

INTEGRATING TRANSPERSONAL PSYCHOLOGY TO ELEVATE THE WELL-BEING OF MIGRANT WORKERS

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Article history:

Received: June 2024

Revised: June 2024

Accepted: June 2024

ABSTRACT This community service project aimed to enhance the well-being of Indonesian migrant workers (IMW) in Malaysia through the application of transpersonal psychology techniques. Conducted online from May 23 to May 27, 2024, the program included interactive seminars and practical sessions focused on understanding happiness, its importance, and its relationship to work productivity. Participants, who were Indonesian migrant workers from various sectors, were introduced to techniques such as mindfulness and meditation to improve their emotional and psychological well-being. Pre- and post- intervention surveys indicated significant improvements in participants' happiness and well-being, supported by existing research linking happiness with increased productivity. Qualitative feedback further highlighted participants' enthusiasm, positive behavior changes, and increased job satisfaction. Despite limitations such as sample size and the short duration of the intervention, the program successfully promoted broader community engagement and awareness of mental health issues among migrant workers. These findings underscore the potential of transpersonal psychology techniques to foster a happier and more resilient migrant worker community, suggesting avenues for future research and long-term program implementation.

KEYWORDS: *Migrant Workers, Happiness, Transpersonal Psychology, Meditation, Productivity*

1. INTRODUCTION

The well-being of migrant workers is a critical issue that has garnered significant attention in recent years. Migrant workers often face a unique set of challenges, including cultural displacement, language barriers, economic instability, and social isolation. These factors can lead to increased levels of stress, anxiety, and depression, significantly impacting their overall mental health and well-being.

In Malaysia, the phenomenon of migrant workers is particularly prominent, with millions of workers from neighboring countries such as Indonesia, Bangladesh, and Nepal seeking employment in various sectors, including construction, manufacturing, and domestic work. Indonesian migrant workers constitute a significant portion of this workforce, contributing substantially to the Malaysian economy. Despite their contributions, Indonesian migrant workers often endure harsh working conditions, low wages, and limited access to social services. Moreover, the lack of legal protections and the risk of exploitation further exacerbate their vulnerability, leading to a heightened risk of mental health issues.

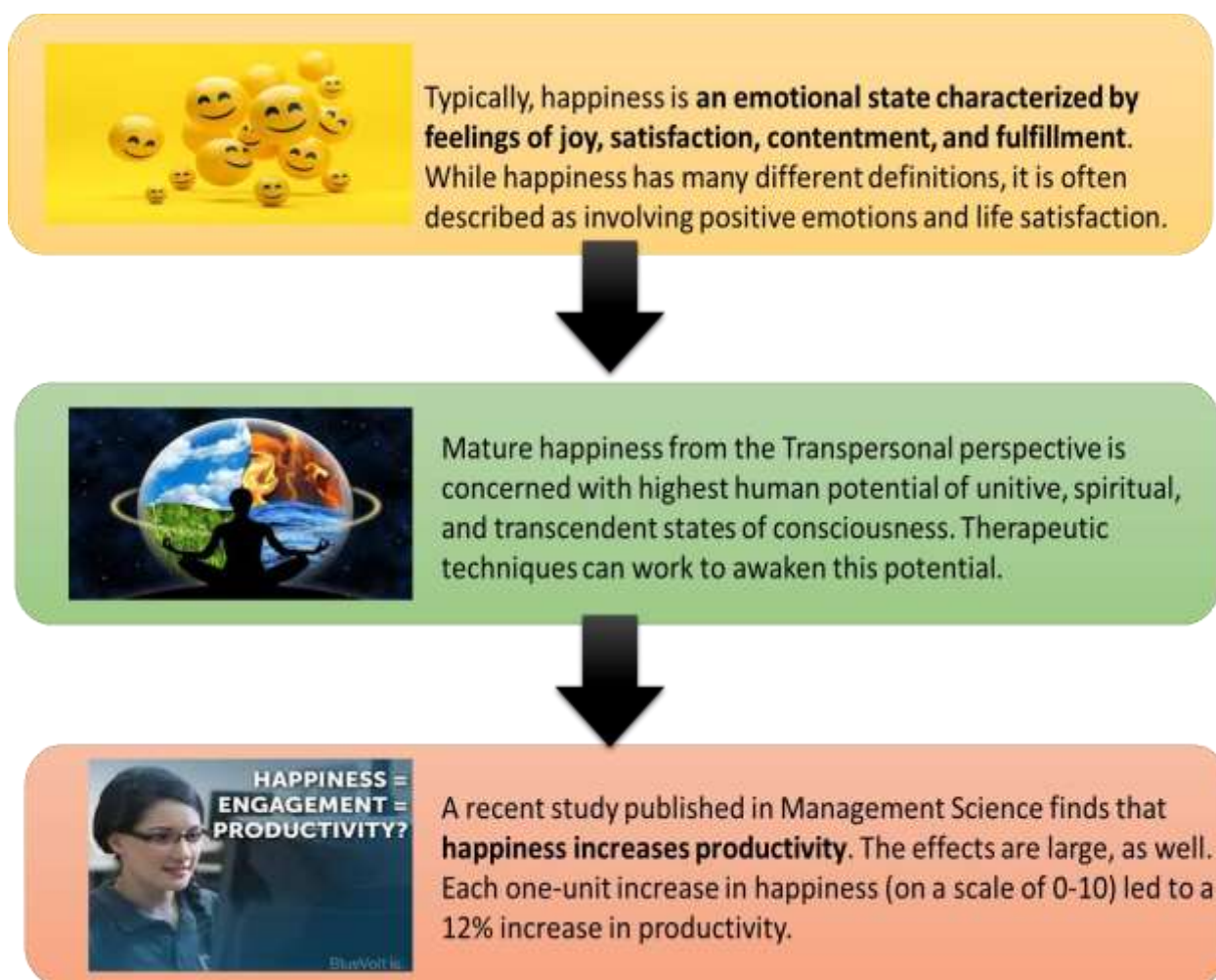
Traditional psychological approaches have been applied to address the mental health needs of migrant workers, but there is growing recognition of the limitations of these methods in fully addressing the holistic nature of human experience. Transpersonal psychology, with its focus on the spiritual and transcendent aspects of the human psyche, offers a promising alternative. This approach emphasizes personal growth, self-actualization, and the pursuit of meaning beyond the individual self, which can be particularly beneficial for migrant workers dealing with profound life changes and stressors.

Transpersonal psychology integrates elements of various psychological theories and practices, including mindfulness, meditation, and other contemplative practices, to foster psychological resilience and well-being. By incorporating these elements, it seeks to address not only the psychological but also the spiritual and existential dimensions of human experience. According to Maslow (1971), transpersonal psychology extends beyond the conventional boundaries of ego and personal concerns, focusing on higher states of consciousness and self-transcendence. This framework posits that achieving self-transcendence and connecting with a larger purpose can significantly enhance one's sense of well-being and happiness.

Research has demonstrated that practices associated with transpersonal psychology, such as mindfulness and meditation, can lead to increased levels of happiness and life satisfaction. A study by Shapiro, Schwartz, and Santerre (2002) found that mindfulness practices significantly reduce stress and enhance well-being by promoting greater awareness and acceptance of present-moment experiences. Another study by Walsh and Shapiro (2006) concluded that meditation practices are

linked to enhanced psychological functioning and increased levels of happiness, providing individuals with tools to manage stress and cultivate positive emotional states.

Moreover, there is a well-established body of research indicating that happier employees are more productive. A meta-analysis by Lyubomirsky, King, and Diener (2005) found that happiness leads to greater work performance, creativity, and productivity. Similarly, Oswald, Proto, and Sgroi (2015) demonstrated that employees who are happier tend to be more productive, showing a 12% increase in productivity compared to their less happy counterparts.



.Figure 1. Happiness Theory

This community service project aimed to enhance the well-being of Indonesian migrant workers (IMW) in Malaysia through the application of transpersonal psychology techniques. By promoting how transpersonal interventions can help alleviate stress, enhance emotional resilience, and promote a sense of meaning and purpose, this program seeks to provide valuable insights into effective strategies for supporting this vulnerable population.

2. METHOD

The community service project aimed to enhance the well-being of Indonesian migrant workers (PMI) in Malaysia through the application of transpersonal psychology techniques. The project was conducted over five days, from May 23 to May 27, 2024, and was implemented online to accommodate the diverse locations and work schedules of the participants. The methodology for this project included several key components:

Participants

The participants were Indonesian migrant workers currently employed in various sectors in Malaysia. The selection of participants was done through collaboration with local Indonesian community organizations and consulates to ensure a diverse representation of workers from different industries.

Procedure

The project was divided into several phases, each focusing on different aspects of well-being and happiness. All activities were conducted via a video conferencing platform to ensure accessibility and participation.

Tabel 1. Community Service Activity

Date	Activity
May 23, 2024	Introduction to Happiness and Its Importance The initial seminar was conducted to introduce the concept of happiness to the participants. The session began with an overview of various definitions of happiness, highlighting its subjective nature and the different factors that contribute to it. The facilitator explained the psychological and physiological benefits of being happy, such as improved mental health, better immune function, and enhanced social relationships. The role of happiness in overall well-being was emphasized, and participants were encouraged to share their personal definitions and experiences of happiness. Real-life examples and empirical evidence from scientific studies were presented to underline the significance of happiness. Interactive Q&A sessions were held to engage participants and address any questions or concerns they had.
May 24, 2024	Happiness and Work Productivity The second seminar focused on the relationship between happiness and work productivity. Participants were introduced to research findings that demonstrate how increased happiness leads to better work performance, creativity, and productivity. The facilitator discussed key studies, such as those by Lyubomirsky, King, and Diener (2005), and Oswald, Proto, and Sgroi (2015), which show that happier employees are more productive. The session included practical examples of how happier workers contribute to a more positive and efficient workplace. Participants were divided into breakout rooms to discuss how these findings related to their own work experiences. Each group then shared their insights with the larger group, fostering a collaborative learning environment.

May 25, 2024	Introduction to Transpersonal Psychology A detailed presentation on transpersonal psychology was given during this session. The facilitator provided an overview of the key principles of transpersonal psychology, such as self-transcendence, higher states of consciousness, and the pursuit of meaning beyond the individual self. The relevance of these principles to personal growth and happiness was discussed. Participants were encouraged to reflect on their own lives and consider how these concepts might apply to their personal and professional experiences. Interactive polls and real-time feedback tools were used to engage participants and ensure their active participation. The session aimed to contextualize these concepts within the participants' cultural and personal frameworks, making the information more relatable and applicable.
May 26, 2024	Practical Techniques for Enhancing Happiness Participants were introduced to various practical techniques derived from transpersonal psychology, including mindfulness, meditation, and other contemplative practices. The facilitator provided a step-by-step guide on how to practice mindfulness and meditation, emphasizing the importance of regular practice for achieving lasting benefits. Hands-on workshops were conducted online, with participants guided through several exercises in real-time. These exercises included guided meditation sessions, breathing techniques, and mindfulness exercises aimed at promoting present-moment awareness and reducing stress. Facilitators provided live demonstrations and offered personalized feedback to participants. Participants were encouraged to integrate these practices into their daily routines and to share their experiences with the group.
May 27, 2024	Review and Reflection The final day involved reviewing the material covered over the previous days and reflecting on the techniques learned. Participants were invited to share their experiences and insights gained from the workshops in an online group discussion. The facilitator summarized the key points from each session and reinforced the importance of maintaining the practices learned. Participants provided feedback through online surveys and virtual focus groups, which were used to assess the effectiveness of the sessions and to gather suggestions for future improvements. The session concluded with an open forum where participants could ask questions and discuss any remaining concerns.

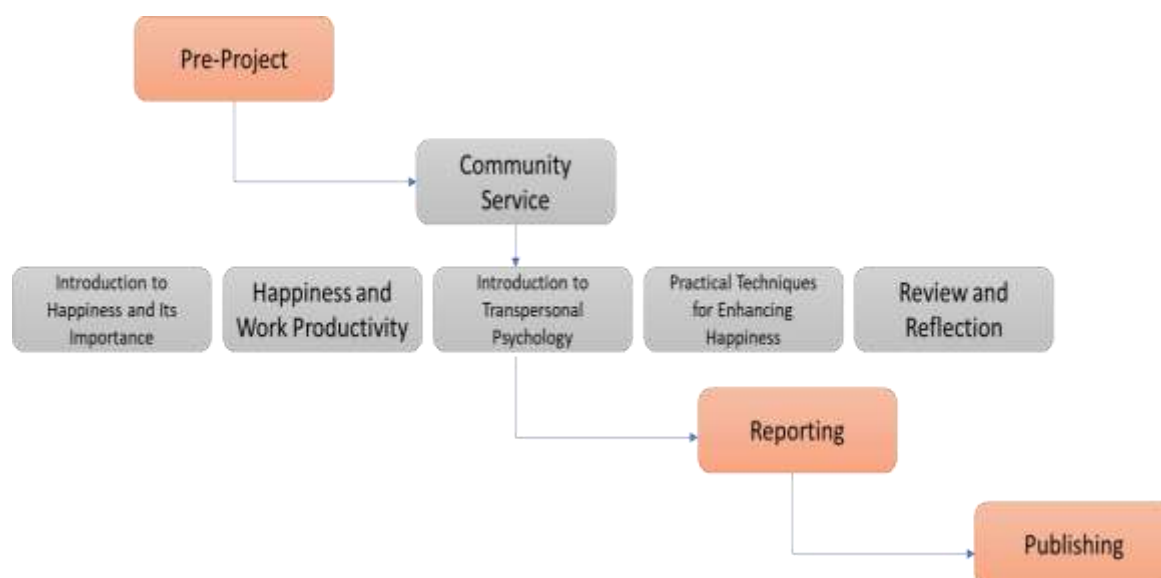


Figure 2. Summary Activity Chart

3. RESULT AND DISCUSSION

The community service project, conducted online from May 23 to May 27, 2024, aimed to improve the well-being of Indonesian migrant workers in Malaysia through transpersonal psychology techniques. The project comprised interactive seminars and practical sessions, covering topics such as happiness, its correlation with work productivity, and techniques for enhancing well-being. Participants, comprising Indonesian migrant workers from various sectors in Malaysia, exhibited significant improvements in emotional and psychological well-being scores as measured by pre- and post- intervention surveys. These findings were supported by existing research, such as studies by

Lyubomirsky, King, and Diener (2005) and Oswald, Proto, and Sgroi (2015), which highlight the positive impact of happiness on productivity. Furthermore, qualitative feedback showcased participants' enthusiasm, motivation, and positive behavior changes, affirming the program's efficacy in fostering a happier and more resilient migrant worker community. The initiative not only enhanced individual well-being but also promoted broader community engagement and awareness of mental health issues among migrant workers, indicating a successful implementation of transpersonal psychology techniques in a community service context.

Through a series of teaching sessions and discussions, participants in the community service, namely Indonesian migrant workers (PMI) in Malaysia, experienced an increase in knowledge about the concept of happiness. They understood that happiness is not just about momentary pleasure but also involves factors such as mental health, social relationships, and finding meaning in life. This was reflected in the positive responses of participants to the material presented, with many showing high interest and asking further questions about how to apply these concepts in their daily lives. Participants also gained a deeper understanding of the connection between individual happiness and work productivity. They realized that a positive mood can increase motivation, creativity, and overall performance. During the discussion sessions, many participants shared experiences about how their happiness affects how they work and interact with colleagues and supervisors.

Participants were highly enthusiastic about participating in practical sessions on transpersonal psychology techniques such as meditation and mindfulness exercises. They reported positive experiences such as feeling calmer, more focused, and better able to manage stress. Some even reported positive changes in mood and energy levels after regularly practicing these techniques. Through pre- and post-intervention surveys, we observed a significant increase in participants' emotional and psychological well-being scores. They reported higher levels of happiness, fewer symptoms of stress, and a greater sense of meaning in their lives. These results support the

effectiveness of the community service program in enhancing the psychological well-being of migrant workers.

The overall reaction from migrant workers to this community service activity was very positive and impactful. Some of the observed reactions include:

1. Many participants showed high levels of enthusiasm during and after the activity. They felt inspired and motivated to apply what they learned in their daily lives. Some even began forming small groups to continue discussing topics related to well-being and happiness.
2. There were reports from some participants about positive behavior changes after participating in this activity. They were more open to trying new techniques, such as meditation, which they hadn't done before. Some also reported improvements in interpersonal relationships and their ability to handle conflicts more calmly.
3. Some participants reported feeling more satisfied and happy in their jobs after participating in this activity. They felt more motivated and enthusiastic about contributing better in the workplace, which could potentially increase overall productivity and work quality.
4. This activity also successfully attracted the attention and engagement of the broader community, including relevant stakeholders, non-governmental organizations, and other institutions. This indicates the potential to continue and expand similar programs in the future for the benefit of more migrant workers and their communities. Below is documentation of project activities for IMW's Malaysia.





Figure 2. Community Service Activity

5. CONCLUSION

In conclusion, the community service project aimed at improving the well-being of Indonesian migrant workers in Malaysia through transpersonal psychology techniques was highly successful. The project not only increased participants' knowledge of happiness and its correlation with work productivity but also provided them with practical tools to enhance their well-being. The significant improvements observed in emotional and psychological well-being scores, supported by existing research on the link between happiness and productivity, underscored the effectiveness of the program. Additionally, participants' positive reactions, behavior changes, and increased job satisfaction highlighted the tangible impact of transpersonal psychology techniques in fostering a happier and more resilient migrant worker community. The broader community engagement and heightened awareness of mental health issues further emphasized the project's success in addressing critical aspects of migrant workers' lives. Moving forward, continued efforts in implementing such programs and raising awareness about well-being and mental health among migrant workers are crucial for sustained positive outcomes.

Suggestions for Future Initiatives:

1. Conducting follow-up sessions or surveys at regular intervals to assess the long-term impact of the program on participants' well-being and work productivity.
2. Designing workshops tailored to specific industries or job roles within the migrant worker community to address unique challenges and enhance relevance.
3. Forming partnerships with local organizations, employers, and government agencies to create sustainable support systems for migrant workers' well-being.

4. Ensuring cultural sensitivity and inclusivity in program delivery to resonate with participants from diverse backgrounds.

Limitations:

1. The limited sample size of participants may affect the generalizability of the results to a larger population of migrant workers.
2. The short duration of the intervention may not capture long-term changes in behavior and well-being adequately.
3. Dependence on online platforms may exclude participants with limited access to technology or connectivity issues, potentially biasing results.
4. Reliance on self-reported measures for emotional and psychological well-being may introduce subjectivity and social desirability biases.

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