

Leisure Utilization to improve Wellbeing in Indonesian Migrant Workers in Malaysia.

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ABSTRACT As migrant workers, they face certain challenges and risks. Some of the problems often faced include difficulties in getting fair treatment from employers, lack of legal protection, and possible labour exploitation. For this reason, every migrant worker needs to be educated to achieve their wellbeing and independence while in Malaysia. One of the most important things is how they utilize their leisure time in between work. The general objective of PKM is an integral part of the tri dharma and providing assistance to improve performance and capacity building of the community towards independence, self-reliance, community development, capacity building of the community towards independence, civilization and community welfare at Indonesian migrant workers. Participants are Indonesian Migrant Workers (IMW), comprising 50 individuals from the shelter of the Indonesian Embassy in Kuala Lumpur, Malaysia. This activity is conducted using a hybrid approach through Zoom meetings. Result is Indonesian migrant workers in Malaysia often face complex challenges, such as adapting to a different culture, language, work environment, and being away from their families and homeland. All of these factors can negatively impact their mental and physical well-being. However, by optimizing the use of leisure time, we can create a healthier work environment and strengthen the sense of self for these migrant workers.

Keywords: Migrant Workers, Leisure Time, Well-Being

1. INTRODUCTION

Indonesian migrant workers in Malaysia refer to workers who come from Indonesia and are licensed to work in Malaysia. They generally come to Malaysia in search of better job opportunities or to support their families in Indonesia. The Indonesian Migrant Workers Protection Agency (BP2MI) noted that the placement of Indonesian migrant workers (PMI) reached 24,088 people in October 2022. This figure grew 10.8% compared to the previous month (month-on-month/mom).

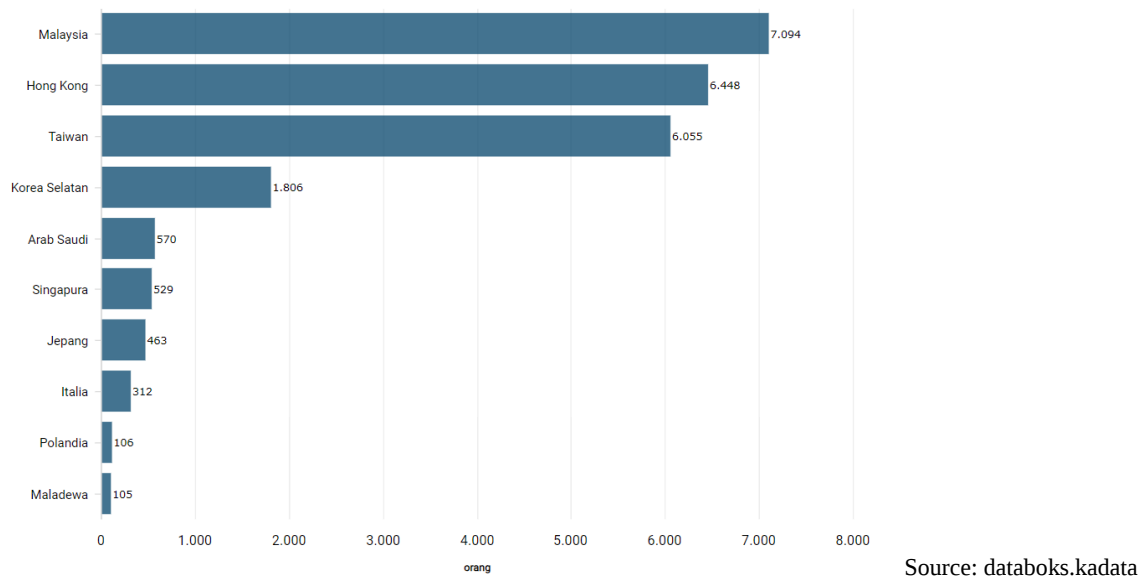


Figure 1. Placement of countries of interest to PMI in 2022

In October 2022, the majority of PMI were placed in Malaysia, as many as 7,094 people or 29% of the total population of Indonesian migrant workers in that month. The next largest destination country was Hong Kong which accommodated 6,448 migrant workers, followed by Taiwan with 6,055 workers, and South Korea with 1,806 workers.

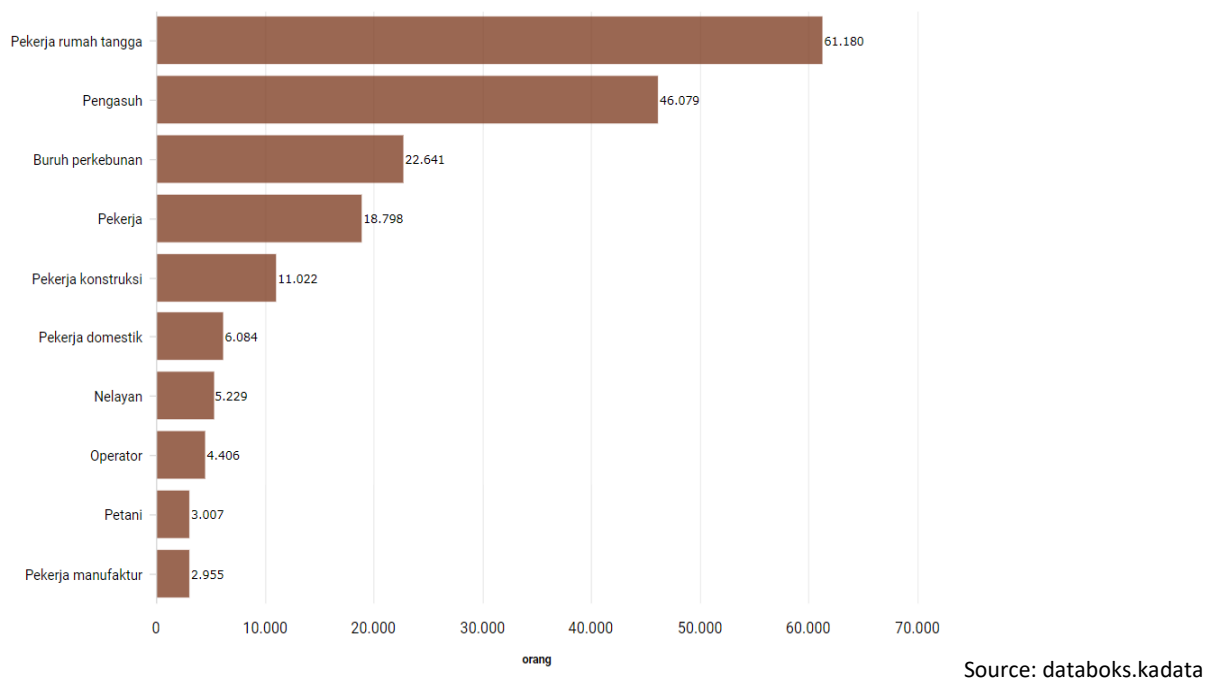


Figure 2. Most Popular Job PMI in 2023

Based on data from the Indonesian Migrant Workers Protection Agency (BP2MI), the placement of Indonesian migrant workers (PMI) reached 237,992 people in January-October 2023. This number was dominated by female migrant workers, namely 146,785 workers and the remaining 91,207 male migrant workers. Most migrant workers work as domestic workers (PRT), totalling 61,180 people. The number is equivalent to 25.70% of the total PMI for the January-October 2023 period.

The second most common occupation of PMI is caregiver, namely 46,079 people or contributing 19.36% of the total PMI this period. Next, there were 22,641 migrant workers who worked as plantation labourers, followed by 18,798 workers. Meanwhile, the fewest PMIs worked as furniture upholsterers (upholsterers) 173 people, followed by restaurant waiters 181 people, and workers in agriculture 203 people.

To meet these challenges, communities of Indonesian migrant workers in Malaysia are often formed. These communities help each other by sharing experiences, information and resources. They also work with local and non-governmental organizations to raise awareness of their rights and achieve better protection.

As migrant workers, they face certain challenges and risks. Some of the problems often faced include difficulties in getting fair treatment from employers, lack of legal protection, and possible labour exploitation. For this reason, every migrant worker needs to be educated to achieve their wellbeing and independence while in Malaysia. One of the most important things is how they utilize their leisure time in between work.

From the results of a brief interview, it was found that 80% of migrant workers answered that the things they did when they had free time were sleeping, playing cell phones, shopping, even though they could do more than that, for example entrepreneurship, sports, learning new things and there are still many useful activities including participating in training or associations held by this LSM Sharing .

The general objective of PKM is an integral part of the tri dharma of higher education which in its implementation is inseparable from the other two dharma and involves the entire academic community: lecturers, students, education staff. The specific objectives of PKM activities are to apply science, technology, arts and culture to the community by utilizing research results that can be applied in real terms to the community, increasing entrepreneurial capacity in the community, government institutions, the private sector and assisting micro, small and medium enterprises, providing information, awareness and learning about the importance of sustainable development and mobilizing masses / communities towards a better future (sustainably developed), solving problems and providing assistance to improve performance and capacity building of the community

towards independence, self-reliance, community development, capacity building of the community towards independence, civilization and community welfare.

2. METHOD

Based on the background of previous studies regarding the urgency of the issues to be addressed, this Community Service activity needs to be conducted for Indonesian Migrant Workers (IMW). This activity is conducted in a hybrid manner for IMW located in Kuala Lumpur, Malaysia.

At the event held at the Embassy of the Republic of Indonesia in Kuala Lumpur, Malaysia, a total of 64 lecturers contributed to the activity as Speakers and Co-Speakers. The event gathered more than 50 individuals who are Indonesian Migrant Workers (IMW) from various regions in Indonesia. The presence of these IMWs was facilitated by the shelter of the Indonesian Embassy in Kuala Lumpur, operated by the Embassy of the Republic of Indonesia in Kuala Lumpur. The event was also attended by several students from various universities in Malaysia.

Activity 1 Date: October 14, 2023 Location: Hassanudin Hall, Embassy of the Republic of Indonesia, Kuala Lumpur, Malaysia Method: Hybrid

Activity 2 Date: November 11, 2023 Location: Hassanudin Hall, Embassy of the Republic of Indonesia, Kuala Lumpur, Malaysia Method: Hybrid

Activity 3 Date: November 8-12, 2023 Location: Hassanudin Hall, Embassy of the Republic of Indonesia, Kuala Lumpur, Malaysia Method: Offline/Face-to-Face

Overall, the preparation for this Community Service program was conducted for approximately $\pm$ 6 months for support activities (survey of the Community Service location, preparation, implementation, and reporting).

Regarding this Community Service Program (PKM), the involved target participants are Indonesian Migrant Workers (IMW), comprising 50 individuals from the shelter of the Indonesian Embassy in Kuala Lumpur, Malaysia.

This activity is conducted using a hybrid approach through Zoom meetings. Participants from the Indonesian Migrant Workers (IMW) gather at the Hassanudin Hall of the Embassy of the Republic of Indonesia in Kuala Lumpur, Malaysia. IMW participants attend the event by observing the screen.

3. RESULT AND DISCUSSION

Indonesian migrant workers in Malaysia often face complex challenges, such as adapting to a different culture, language, work environment, and being away from their families and homeland. All of these factors can negatively impact their mental and physical well-being.

However, by optimizing the use of leisure time, we can create a healthier work environment and strengthen the sense of self for these migrant workers. Therefore, I would like to propose some measures that can be implemented to achieve this:

1. Provide recreational and sports facilities: Establishing recreational and sports facilities at the workplace or in the vicinity of where they live can enable migrant workers to use their free time fruitfully. This could include soccer fields, walking trails, fitness rooms, or even group activity programs.

2. Organizing courses and training: Migrant workers, especially those with free time at the end of work or on holidays, can be invited to attend courses and trainings that can improve their skills both personally and professionally. Language training, leadership skills, or self-development are some examples of training that can be organized.

3. Establishing support groups and social connections: Often, loneliness and loss of family togetherness become a psychological burden for migrant workers. Therefore, establishing active support groups and social connections can help create emotional bonds and support them in facing daily challenges.

4. Encourage participation in local community and cultural activities: Involving migrant workers in local community and cultural events can provide a sense of inclusion and a better understanding of their surroundings. It can also help improve social ties and build better relationships with locals.

4. CONCLUSION

I believe that by implementing these measures, we can create a more pleasant and productive working environment for Indonesian migrant workers in Malaysia. Maximizing the utilization of their leisure time will be a step forward in the effort to improve their overall well-being.

ACKNOWLEDGMENT

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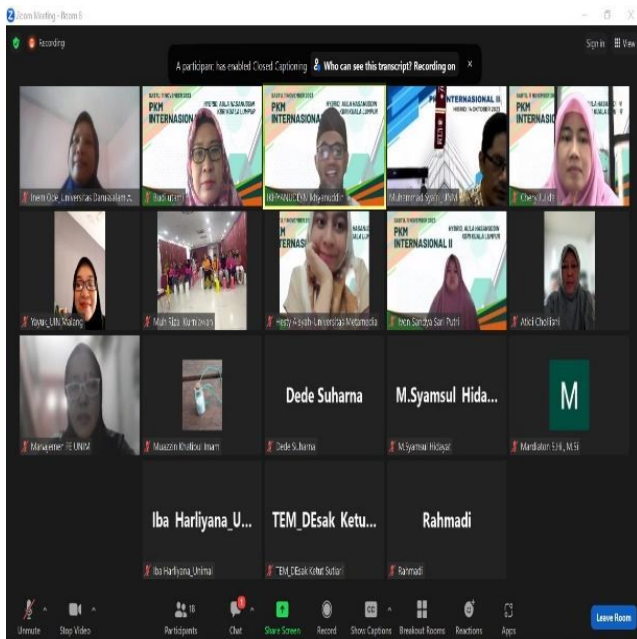


Figure 3. Documentation of PKM activities

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