

Emotional Regulation Training for Migrant Workers in Malaysia

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ABSTRACT A migrant worker is someone who works in a country other than their country of origin. Basically, the goal of migrant workers is to get a job with a salary that is generally higher than working in their home country. However, not all migrant workers who work have smooth careers and pleasant experiences while working in other countries. Many things that happen to them are bitter experiences that they receive that do not match their hopes or expectations. Several heartbreaking incidents such as violence, harassment, receiving salaries that do not meet standards and even not being paid. This requires good emotional regulation in responding to it in order to survive in carrying out its daily roles. The method of this service is lectures and discussions with emotional regulation training methods provided in the form of simple games or ice breaks with 70 migrant worker respondents working in Malaysia. This service will be carried out in December 2023 at the Embassy of the Republic of Indonesia in Malaysia. The result of this service is that the training provided by the presenters is able to entertain and give rise to good emotional regulation or management. Several participants felt happy in participating in this training.

Keywords: *Emotional Regulation & Migrant Workers*

1. INTRODUCTION

Migrant Workers or PMI are every Indonesian citizen who will, is, or has done work for wages outside the territory of the Republic of Indonesia (<https://gajimu.com/pekerjaan-yanglayak/pekerja-migran>). Indonesian Migrant Workers (PMI) have long been an important part of economic growth in Indonesia because they are a large contributor to foreign exchange assets. Seeking the needs of a better life is one of the goals of Indonesian Migrant Workers (PMI) who want to work in another country.

With information and results or a large salary, it creates enthusiasm for migrant workers. One of the factors that makes someone become a migrant worker is economic factors, but not all migrant workers get good luck or a decent living while working. There are many countries where migrant workers want to go, one of which is Malaysia. Malaysia is the country that contributes the most migrant workers, followed by other Asian countries such as Singapore, Taiwan and Hongkong.

Migrant workers are the country's foreign exchange whose existence must be taken into account when working in another country. There are many things that need to be of concern to the government regarding what PMI receives. Because not all migrant workers have good news, good fate and livelihood. The number of cases such as murder, harassment, not getting a decent salary or even not being paid are some of the negative phenomena experienced by Indonesian migrant workers. With the many problems experienced by PMI, they need good management or emotional management so that they can and are able to fight something that becomes a problem. Managing emotions in this case is called emotional regulation.

Emotions have an important role in every human activity because they are a quick reaction to the stimulus or treatment received. Emotions have 2 values, namely positive and negative emotions, positive emotions are able to produce creativity in a person in solving problems and are able to bring good stimulus when making decisions (Bonanno & Mayne, 2001). Meanwhile, negative emotions are found in individuals who are susceptible to disease.

This ability to manage emotions is called emotional regulation. Emotion regulation means an individual's ability to assess, overcome, manage and express appropriate emotions to achieve emotional balance. Inappropriate emotions can cause problems that can actually harm yourself and others. Therefore, we need a strategy that can be applied to deal with emotional situations in the form of emotional regulation and can reduce negative emotional experiences and maladaptive behavior (Gross, 2014).

Every PMI individual really needs emotional regulation training so that they can survive the onslaught of trials to become a PMI in another country, especially if a PMI has difficulty accessing or seeking help, it is very important that these emotional regulation skills, skills and competencies are mastered. From this phenomenon, the impact experienced by disadvantaged PMI will cause stress and frustration so that their psychological well-being will be disturbed. Weakness in regulating emotions will have a very negative impact on PMIs, the lack of knowledge and experience makes them even more miserable. Emotion regulation includes efforts to accept emotions, the ability to control impulsive behavior and the ability to flexibly use emotional regulation strategies according to situations (Gratz and Roemer, 2004). Positive emotions such as joy, pleasure and happiness will make an individual feel comfortable, but negative emotions such as sadness, anger, disappointment and despair will affect a person's thinking and behavior, making them vulnerable to stress.

This picture can be explained by the results of research conducted by Estefan and Wijaya (2014) which also explains that teenagers who have low emotional management are characterized

by hurting themselves. Even though this research talks about managing teenagers' emotions, it can be concluded that poor emotional management can easily make individuals worse off.

The same thing is also said in other research that individuals are able to manage their negative emotions (sadness, fear and anger), that person has the resilience to not suffer from anxiety and depression (Gross, Richards & John, 2006; Santrock, 2007).

In another explanation put forward by Gyurak, Gross and Etkin (2011) explain the formation of emotional regulation with an emphasis on explicit and implicit processes. Emotion regulation is explicitly a stage that requires conscious effort to elicit and demands some level of monitoring during implementation, and is associated with some level of knowledge and awareness. Implicit emotion regulation is believed to be generated automatically by the stimulus itself and progresses to completion without monitoring and can occur without knowledge and awareness.

By managing emotions well, a person will be able to strengthen mental health. This is reinforced by the results of research conducted by Betts, Gullone and Allen (2009) which found that the ability to manage emotions well is one of the factors that can reduce the risk of depression. The same thing was also explained in research conducted by Putri, Uyun and Sulistyarini (2017) who found that good emotional management can contribute to an individual's psychological health.

2. METHOD

Community Service (PKM) with the title Emotion Regulation Training for Indonesian Migrant Workers (PMI) was held on Sunday, December 10 2023. This PKM was carried out in the Hall of the Embassy of the Republic of Indonesia (KBRI) Kuala Lumpur, Malaysia with a number of PMI of approximately 70 migrant workers. The method of this service includes the following stages:

1. Introduction which aims to make the event easier.
2. Yells aimed at establishing cooperation
3. Provide games consisting of:
 - a) Ice breaking which aims to lighten the atmosphere and train positive emotional responses
 - b) The "chicken-duck" game aims to train concentration and bring out happy emotions
 - c) The "Black and Green" game which aims to train cooperation and provide an emotional stimulus of enthusiasm and happiness
4. Discussion and closing. Discussions were held to provide responses related to the emotional regulation training that had been provided

3. RESULT AND DISCUSSION

From the results of the service carried out by speakers or presenters using lecture, discussion and game methods, it can be explained that the Indonesian Migrant Workers (PMI) who work in Malaysia initially did not understand and were not able to regulate their emotions well. Due to the lack of education and knowledge regarding emotional regulation, PMIs feel disappointed with the unpleasant circumstances and conditions because their initial goals of becoming migrant workers have not been achieved, such as working in a comfortable atmosphere and working with a large salary. This is because some workers do not register as migrant workers through unprofessional agents, so many of their rights do not match their dreams.

Because of this phenomenon, they feel disappointed, coupled with poor emotional management, feelings of disappointment and sadness are still felt. With education and socialization accompanied by practice through games, migrant workers understand how to cultivate and implement emotional regulation. The workers also looked very enthusiastic and happy with the games provided so that they felt emotional at this time and became happy and cheerful. As stated by Betts, Gullone and Allen (2009) who found that the ability to manage emotions well is one of the factors that can reduce the risk of depression. The same thing was also expressed in the results of research conducted by Putri, Uyun and Sulistyarini (2017) who found that good emotional management can contribute to an individual's psychological health.

With education regarding the spirit of positive emotional regulation, migrant workers felt that the service event on that day was enjoyable and there was no sadness visible on their faces. PMIs are very concentrated when playing the "Guess the Word" game which requires individuals to really focus on the instructions given by the presenter. With the enthusiasm of his shouts, he made the migrant workers who had previously looked silent burst into laughter full of joy.

During speed racing game sessions, PMIs really focus their attention because the game requires concentration and understanding clear instructions, so they don't want to lose quickly to their opponents. From the descriptions of the phenomenon of service, the methods of lectures, discussions and games really help increase the understanding, concentration and enthusiasm of migrant workers. By continuing to be trained and improved, the author believes that good management will improve for migrant workers in managing their emotions so that their mental health and psychological well-being will be maintained. description which links the figures. Relevant documentation with a focus on community



Figure 1. Author at PKM Internasional Malaysia Activities

4. CONCLUSION

From the results of the service carried out by the speaker using the lecture, discussion and game playing methods, it can be concluded that Migrant Workers (PMI) who work in Malaysia feel enthusiastic, happy and happy with the service with the theme Emotional Regulation. The PMIs realized that they still had minimal knowledge regarding how to regulate their emotions, so they felt confused when they were at the Indonesian Embassy. Apart from that, PMIs also feel very helped because they are given education and socialization regarding regulating emotions.

This service activity was very useful because the PMIs could learn about concentration and broaden their insight with the word charades game because it required them to focus their attention to be able to answer well and correctly. Managing positive emotions can help PMIs reduce and overcome stress

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