

Addressing the Psychological Well-Being of Indonesian Migrant Workers: A Holistic Approach for PMI in KBRI Kuala Lumpur Shelter Care

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ABSTRACT The objective of this community services is to address the psychological well-being of Indonesian Migrant Workers (PMI) currently residing in shelters under the care of the Indonesian Embassy, by implementing a holistic approach aimed at providing tailored interventions to meet their specific needs. The target population consists of PMI who have experienced exploitation, abuse, discrimination, or legal complications in their host countries, leading to their placement in shelter care. The activity employs a community engagement initiative conducted in collaboration with the Indonesian Embassy, local organizations, and universities. The initiative offers psychoeducation sessions, counseling services, and builds supportive communities within shelters through group therapy sessions, recreational activities, and cultural events. The initiative successfully increases awareness of mental health issues among PMI, reduces stigma surrounding seeking help, and provides emotional support, coping strategies, and trauma-informed care through counseling services. Additionally, the initiative fosters a supportive community environment within shelters, promoting social cohesion and resilience among PMI. It is recommended to continue and expand the implementation of similar holistic approaches to address the psychological well-being of PMI. Collaborative efforts between stakeholders, including government agencies, non-governmental organizations, and academic institutions, are crucial to ensure the sustainability and impact of such initiatives. Furthermore, ongoing research and evaluation are needed to assess the effectiveness of interventions and identify areas for improvement in supporting the mental health of PMI in shelter care.

Keywords: Indonesian Migrant Workers, psychological well-being, shelter care, holistic approach, health support

1. INTRODUCTION

The well-being of Indonesian Migrant Workers (PMI) is a multifaceted issue that demands a thorough examination due to the myriad challenges they face, especially those in shelter care under the supervision of the Indonesian Embassy (KBRI). These challenges, as documented by Kurniawan et al. (2020), encompass a broad spectrum, ranging from exploitation and abuse to legal complexities in their host countries. The repercussions of these challenges can deeply impact the psychological well-being of PMI, necessitating urgent attention and intervention.

Labor migration is a prevalent global phenomenon, with millions of individuals seeking better opportunities abroad to support themselves and their families (Renzaho et al., 2019). Indonesia, as one of the largest labor-sending countries, witnesses a significant outflow of its citizens annually.

However, the pursuit of better livelihoods often leads to PMI encountering various risks and vulnerabilities, particularly in sectors characterized by low wages, poor working conditions, and limited legal protections.

PMI, especially those in shelter care, bear the brunt of these challenges. They may have endured exploitative working conditions, physical or emotional abuse, discrimination, or even human trafficking, leading to profound psychological trauma (Prayitno & Utami, 2019). Moreover, the abrupt transition from living independently to being confined within shelter facilities can exacerbate feelings of isolation, hopelessness, and uncertainty about the future.

The COVID-19 pandemic has further exacerbated the difficulties faced by PMI. Travel restrictions, job losses, and economic downturns have amplified their stress and anxiety levels. Additionally, the stigma surrounding mental health within certain cultural contexts may prevent PMI from seeking the support they desperately need, further exacerbating their suffering (Biswas-Diener & Diener, 2010).

Recognizing the urgent need to address these issues, the community engagement initiative titled "Strategies for Sustaining Psychological Well-Being Among PMI" has been launched. This initiative aims to provide holistic support to PMI in shelter care by collaborating with various stakeholders, including the Indonesian Embassy, local organizations, and academic institutions. Through tailored interventions, the initiative seeks to address the specific needs of PMI and promote their overall well-being.

In this regard, the initiative encompasses various components, including psychoeducation sessions, counseling services, and the establishment of supportive communities within shelters. By increasing awareness of mental health issues, reducing stigma, and providing emotional support and coping strategies, the initiative aims to empower PMI to navigate their challenges effectively.

Moreover, fostering supportive communities within shelters is essential for promoting social cohesion and resilience among PMI. Group therapy sessions, recreational activities, and cultural events are organized to create a sense of belonging and camaraderie among PMI, thereby enhancing their psychological well-being.

Through a comprehensive understanding of the challenges faced by PMI and the implementation of targeted interventions, we can work towards ensuring the dignity, safety, and mental health of PMI in shelter care. It is imperative that collaborative efforts continue to be undertaken to address the complex and multifaceted issues surrounding the well-being of PMI.

In conclusion, the well-being of PMI is a critical issue that requires concerted efforts from various stakeholders. By acknowledging the challenges faced by PMI and implementing holistic

support initiatives, we can contribute to enhancing their psychological well-being and fostering a more inclusive and supportive environment for migrant workers worldwide.

2. METHOD

The methodology utilized in the "Strategies for Sustaining Psychological Well-Being Among PMI" initiative encompasses a multifaceted approach aimed at providing comprehensive support to Indonesian Migrant Workers (PMI) in shelter care. This approach involves collaborative efforts with key stakeholders, including the Indonesian Embassy (KBRI), local organizations, and academic institutions. Through regular meetings, workshops, and consultations, these partnerships facilitate the alignment of objectives, coordination of resources, and exchange of expertise to effectively address the needs of PMI.

Furthermore, psychoeducation sessions are conducted to enhance PMI's understanding of mental health issues and equip them with relevant knowledge and resources to bolster their psychological well-being. Tailored to accommodate cultural and linguistic diversity, these sessions cover topics such as stress management, coping mechanisms, resilience-building strategies, and stigma reduction. Utilizing interactive presentations, discussions, and educational materials, the initiative aims to empower PMI with the necessary skills and awareness to navigate their mental health challenges effectively.

Moreover, counseling services are provided by qualified professionals, including psychologists and social workers, to offer personalized support and therapeutic interventions to PMI experiencing psychological distress. Both individual and group counseling sessions are conducted within shelter facilities, focusing on addressing trauma, managing anxiety and depression, enhancing self-esteem, and fostering resilience. These sessions adhere to principles of cultural sensitivity and confidentiality, ensuring a safe and supportive environment for PMI to seek assistance and express themselves.

Additionally, the establishment of supportive communities within shelters plays a crucial role in promoting social cohesion and resilience among PMI. Through group therapy sessions, recreational activities, and cultural events, opportunities for social interaction, mutual aid, and positive peer relationships are fostered. This communal approach encourages PMI to share their experiences, express themselves creatively, and build meaningful connections with fellow residents. Ultimately, these supportive communities serve as invaluable sources of social support, contributing to the overall well-being and resilience of PMI in shelter care.

To monitor the effectiveness of the initiative, a rigorous evaluation process is implemented, comprising regular monitoring, evaluation, and feedback mechanisms. Both quantitative and qualitative data are collected to assess the impact of the intervention on PMI's psychological well-

being, satisfaction with services, and perceived benefits. Feedback from PMI, stakeholders, and service providers is solicited to identify areas of strength and improvement, ensuring the initiative remains responsive to the evolving needs of PMI in shelter care.

3. RESULT AND DISCUSSION

The "Strategies for Sustaining Psychological Well-Being Among PMI" initiative has yielded notable outcomes in enhancing the psychological well-being of Indonesian Migrant Workers (PMI) in shelter care. Through a multifaceted approach encompassing collaborative partnerships, psychoeducation sessions, counseling services, and the establishment of supportive communities, the initiative has made significant strides in addressing the unique challenges faced by PMI. This section discusses the results of the initiative in light of relevant literature, highlighting key findings, implications, and areas for further improvement.

Collaborative Partnerships:

Collaboration with key stakeholders, including the Indonesian Embassy (KBRI), local organizations, and 115 Universities or academic institutions, has been instrumental in facilitating the implementation and success of the initiative. As noted by Renzaho et al. (2019), partnerships between government agencies, non-governmental organizations, and academic institutions are essential for addressing the complex needs of migrant populations effectively. Regular meetings, workshops, and consultations have facilitated the exchange of knowledge, resources, and best practices among stakeholders, ensuring alignment of goals and coordination of efforts in supporting PMI.

Psychoeducation Sessions:

Psychoeducation sessions have played a crucial role in increasing awareness of mental health issues among PMI and equipping them with the necessary knowledge and skills to enhance their psychological well-being. These sessions, tailored to accommodate cultural and linguistic diversity, have addressed topics such as stress management, coping strategies, resilience-building, and stigma reduction. The importance of psychoeducation in empowering migrant populations to address their mental health needs has been emphasized by Prayitno and Utami (2019), who highlight the role of education in reducing stigma and promoting help-seeking behaviors among PMI.

Counseling Services:

Counseling services have provided invaluable support to PMI experiencing psychological distress, offering personalized interventions and therapeutic support. Qualified professionals, including psychologists and social workers, have conducted individual and group counseling sessions within shelter facilities, focusing on trauma recovery, anxiety and depression management, self-esteem enhancement, and resilience-building. The effectiveness of counseling services in promoting

the mental health of migrant populations has been demonstrated by Kurniawan et al. (2020), who underscore the importance of culturally sensitive and confidential support services in addressing the unique needs of PMI.

Establishment of Supportive Communities:

The establishment of supportive communities within shelters has fostered social cohesion, mutual support, and resilience among PMI. Through group therapy sessions, recreational activities, and cultural events, opportunities for social interaction, peer support, and positive engagement have been provided. These supportive communities serve as vital sources of social support, facilitating the sharing of experiences, expression of emotions, and building of meaningful connections among PMI. The significance of supportive communities in promoting the mental health and well-being of migrant populations has been highlighted by Biswas-Diener and Diener (2010), who emphasize the role of social support in buffering against the adverse effects of stress and trauma.

Evaluation and Feedback:

The effectiveness of the initiative has been evaluated through regular monitoring, evaluation, and feedback mechanisms. Both quantitative and qualitative data have been collected to assess the impact of the intervention on PMI's psychological well-being, satisfaction with services, and perceived benefits. Feedback from PMI, stakeholders, and service providers has been solicited to identify areas of strength and improvement in the initiative. This ongoing evaluation process has been crucial in ensuring the relevance, responsiveness, and sustainability of the initiative in meeting the evolving needs of PMI in shelter care.



Figure 1. Counselling sessions



Figure 2. Ice breaking



Figure 3. Psychoeducation session

4. CONCLUSION

The "Strategies for Sustaining Psychological Well-Being Among PMI" initiative has demonstrated significant progress in addressing the psychological needs of Indonesian Migrant Workers in shelter care. Through collaborative partnerships, psychoeducation sessions, counseling services, and the establishment of supportive communities, the initiative has provided comprehensive support to PMI, enhancing their psychological well-being and resilience. However, there remain challenges and areas for improvement, including the need for sustained funding, capacity-building efforts, and culturally responsive interventions. By continuing to prioritize the mental health and well-being of PMI and fostering collaborative partnerships, we can work towards ensuring a more supportive and inclusive environment for migrant workers worldwide.

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CONFLICT OF INTERESTS

We, the authors, declare that regarding this paper there is no conflict of interest at all.

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