

## EMPOWERING INDONESIAN MIGRANT MOTHERS IN THAILAND: A HYBRID SEMINAR ON PARENTING AND MENTAL HEALTH

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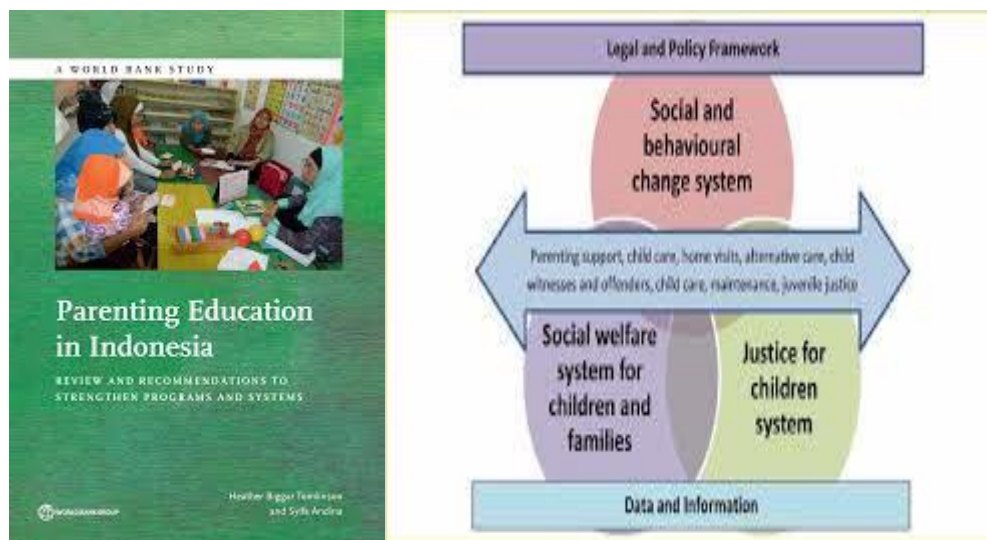
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**ABSTRACT** The "Parenting for Indonesian Working Moms in Thailand" seminar aimed to provide Indonesian migrant workers in Thailand with practical parenting strategies, mental health support, and tools for balancing work and family life. Held on October 30, 2024, at Lukmanulhakim School in Yala, Thailand, the hybrid seminar gathered 274 participants. The seminar, organized by Universitas Esa Unggul's Faculty of Psychology, included sessions on effective parenting techniques, stress management, and family dynamics. Pre-tests and post-tests were administered to assess knowledge gains, while participant feedback was collected to measure satisfaction and commitment to implementing the strategies discussed. The results revealed significant improvements in participants' understanding of parenting concepts, mental health resilience, and their commitment to applying the learned strategies in their daily lives. The positive response highlights the importance of accessible, culturally relevant support for migrant mothers, and the need for ongoing initiatives to sustain and expand such programs. This seminar serves as an important step in supporting Indonesian migrant workers and their families, contributing to their well-being and resilience abroad.

**KEYWORDS:** *Parenting, Indonesian Migrant Workers, Working Mothers, Mental Health Resilience, Work-Life Balance, Hybrid Seminar, Universitas Esa Unggul, Thailand, Family Support, Migrant Community*

## 1. INTRODUCTION

Parenting while managing professional responsibilities presents unique challenges for Indonesian working mothers residing in Thailand. These mothers, who juggle dual roles as caregivers and breadwinners, often face obstacles in balancing their responsibilities effectively due to the demands of their jobs, limited family support, and the cultural differences encountered while living abroad. According to the Indonesian Migrant Workers Protection Agency (BP2MI), over 100,000 Indonesian citizens work in Thailand, predominantly in manufacturing and service sectors, where extended working hours are common (BP2MI, 2023). The absence of local family networks and limited childcare services can exacerbate the stress experienced by these working mothers, impacting both their emotional well-being and their capacity to parent effectively.



**Figure 1.** Example of the form of the Indonesian government's program.

Research reveals that migrant working mothers frequently experience high levels of stress and guilt due to the dual demands of work and family life, affecting their psychological well-being and diminishing the quality of their interactions with their children. Studies such as those by Riyanto and Suparman (2019) underscore how work-family conflicts among Indonesian migrant mothers can disrupt their mental health, while Suparman (2020) highlights how this stress can influence parenting efficacy, particularly in an environment without community or familial support. Lestari and Rahmawati (2021) further identify the need for mental health resources among migrant mothers, finding that limited support and long working hours often lead to feelings of isolation and anxiety, which can, in turn, impact their children's development. Suryani et al. (2022) advocate for parenting education as a means of alleviating these stressors, pointing to educational workshops as effective tools for building resilience and coping skills in migrant mothers. Widodo (2023) finds

that community-based support programs enhance family well-being for migrant parents, underscoring the importance of access to parenting resources within migrant communities.

The urgency of this program is underscored by the significant impact that Indonesian working mothers' conditions in Thailand have on both their mental well-being and their children's development. Given the limitations in family and social support in a foreign country, these mothers require additional resources and skills to manage stress and maintain healthy relationships with their children. This program not only aids mothers in strengthening their parenting roles but also promotes emotional stability and enhances their capacity to handle the pressures of being migrant workers. Through this educational and supportive initiative, participants benefit from improved quality of interactions with their children, reduced feelings of isolation, and the creation of a community among Indonesian migrant workers who can support one another.

The Indonesian government has initiated several programs aimed at assisting Indonesian migrant workers through agencies such as BP2MI and the Ministry of Foreign Affairs. These programs include information dissemination, legal assistance, and family counseling services to aid workers in managing the complexities of employment and family issues abroad. According to BP2MI (2023), these services play a critical role in safeguarding the welfare of Indonesian migrant families in Thailand, providing necessary resources for managing both work and family responsibilities. Nonetheless, these initiatives often do not address the specific parenting challenges faced by mothers, underscoring the importance of targeted programs that focus on parenting skills and psychological support. By focusing on parenting skills and psychological well-being, the program complements government initiatives, addressing specific needs that may not have been fully met by existing programs.

In response to these needs, the Faculty of Psychology at Universitas Esa Unggul conducted a community service program dedicated to supporting Indonesian working mothers in Thailand. On October 30, 2024, from 09:00 to 18:00 WIB, a hybrid seminar was held, combining in-person attendance with online participation, thereby accommodating the diverse circumstances of the attendees. Led by a team of professors with expertise in psychology, child development, and cross-cultural adaptation, the seminar provided sessions on effective parenting strategies, mental health resilience, and family dynamics for migrant mothers. This hybrid format allowed working mothers to join from various locations in Thailand, enhancing accessibility without interfering with their professional commitments. The support provided by Esa Unggul University through this hybrid seminar not only meets the practical needs of Indonesian migrant workers in Thailand but also serves as an example of collaboration between academia and government in efforts to enhance the quality of life for Indonesian migrant workers and their families. The material in this seminar will

use the framework below (figure 2) which is considered to occur more often so that parents can realize that their parenting style includes a toxic parenting style.

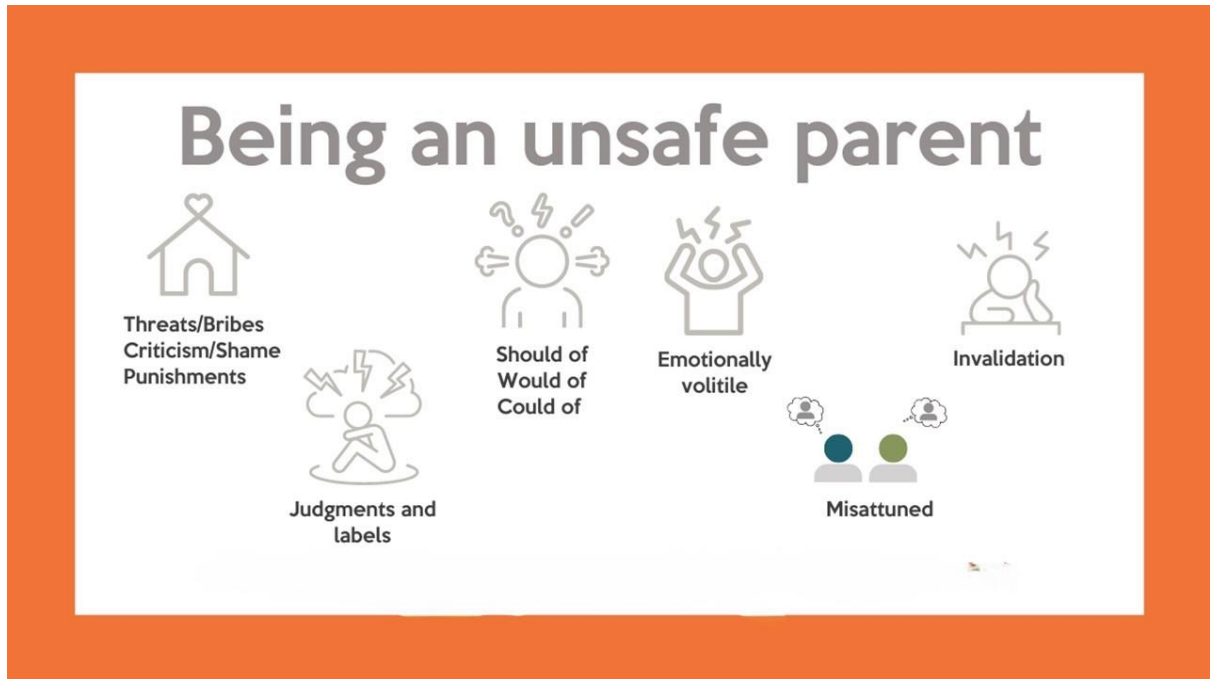


Figure 2. The material seminar framework

## Literature Review

The challenges faced by migrant working mothers, particularly in balancing professional responsibilities with parenting, have drawn substantial research attention over the past decade. The unique pressures on these women, who manage dual roles within demanding work environments in a foreign context, affect both their mental well-being and family dynamics. Indonesian migrant mothers in Thailand, like others in similar contexts, experience specific stressors that can impact their psychological health and parenting efficacy (Riyanto & Suparman, 2019).

### *Work-Family Conflict and Mental Health*

Work-family conflict is a central issue for migrant mothers, as highlighted by several studies. Riyanto and Suparman (2019) found that Indonesian migrant mothers frequently experience high levels of stress and guilt, impacting their mental health and diminishing the quality of their interactions with their children. In environments where family support is limited, these mothers face heightened pressure to fulfill their roles, often leading to psychological strain and burnout. Suparman (2020) further explored this phenomenon, noting that the isolation and limited access to mental health resources in foreign countries exacerbate these mothers' stress, often resulting in anxiety, depression, and a sense of helplessness.

### *Parenting Efficacy and Child Development*

Parenting efficacy among migrant mothers is another crucial area of research. According to Lestari and Rahmawati (2021), mothers who face high stress levels due to work-family conflicts may struggle to meet their children's emotional needs, which can adversely affect the children's social and cognitive development. Their study, conducted with Indonesian migrant families, revealed that mothers often feel inadequate in their parenting roles, especially when physical or emotional support systems are lacking. This inadequacy can, in turn, affect children, who may develop feelings of insecurity and behavioral issues as a result of disrupted parent-child relationships.

### *Importance of Parenting Support Programs*

The value of parenting support programs has been well-documented in recent literature. Suryani et al. (2022) advocate for education programs that provide migrant mothers with resources to build resilience and coping skills, which are essential for navigating the dual pressures of work and family. Their research, focused on Southeast Asian migrant mothers, found that parenting education workshops significantly alleviate stress, enhance parenting skills, and strengthen family bonds. Similarly, Widodo (2023) emphasized the role of community-based support systems, noting that mothers participating in community programs reported higher satisfaction in their parenting roles and lower levels of stress.

### *Government Initiatives and Migrant Family Support*

Several studies examine the role of government support in addressing the challenges faced by migrant families. The Indonesian government has implemented various programs aimed at assisting migrant workers, such as the provision of legal aid, family counseling, and mental health resources (BP2MI, 2023). These initiatives are essential for safeguarding the well-being of Indonesian migrant families, providing resources for managing work and family responsibilities. However, Suparman (2020) points out that these programs often lack a specific focus on parenting support, which is crucial for empowering mothers to foster healthier family environments.

### *The Role of Academic and Community Collaboration*

Collaborations between academic institutions and community organizations can further enhance support for migrant mothers. The involvement of universities in community service programs, such as the one conducted by Universitas Esa Unggul, provides migrant mothers with access to professional expertise in parenting, child development, and psychological resilience. Such

programs not only offer immediate support but also contribute to building a foundation for long-term psychological and familial stability among migrant families.

### Parenting Style



Figure 3. Parenting Style

The current program by Universitas Esa Unggul aims to bridge these gaps by providing tailored resources, thereby supporting government initiatives and enhancing the quality of life for Indonesian migrant families.

## 2. METHOD

The program, titled "Parenting for Indonesian Working Moms in Thailand," will be conducted as a hybrid seminar on October 30, 2024, at Lukmanulhakim School, Yala, Thailand. The seminar include 274 participants, consisting of Indonesian migrant workers who serve as partners and key beneficiaries of the program. This one-day event aims to provide practical strategies for parenting while managing work responsibilities abroad, with sessions covering effective parenting skills, mental health resilience, and strategies for work-life balance.

The seminar's implementation method includes several phases: preparation, execution, and evaluation. The preparation phase involves logistical planning, coordination with stakeholders, and development of seminar materials. During the execution phase, expert speakers deliver structured sessions, which cover themes from parenting techniques to mental health resilience, using a hybrid

format to facilitate real-time interaction with participants. After the seminar, an evaluation will be conducted to gather feedback and measure the program’s impact on participants' knowledge and confidence in their parenting skills.

Tabel 1. Implementation Table

Phase	Activities	Description	Date
<b>Preparation</b>	1. Team Formation	Forming a team of psychology lecturers and support staff from Universitas Esa Unggul to coordinate and execute the program.	October 1-5, 2024
	2. Coordination with Stakeholders	Collaborating with Indonesian consulates and migrant worker organizations in Thailand to inform the target audience and gather participants.	October 6-10, 2024
	3. Development of Seminar Materials	Creating presentations, educational materials, and exercises focused on parenting strategies, mental health resilience, and work-family balance.	October 10-15, 2024
	4. Technical Setup	Setting up the online platform, testing hybrid meeting technologies, and ensuring accessibility for online participants.	October 16-20, 2024
	5. Promotion and Registration	Promoting the event through social media, Indonesian consulates, and community groups to maximize outreach and registration.	October 10-25, 2024
<b>Execution</b>	1. Opening Session	Welcome address by the university representative and introduction to the goals and agenda of the seminar.	October 30, 2024, 09:00 WIB
	2. Session 1: Effective Parenting Strategies	A session on parenting techniques tailored for working mothers, including communication skills, emotional support, and child development.	October 30, 2024, 09:30 WIB
	3. Session 2: Mental Health Resilience	Techniques for managing stress, emotional resilience, and mental well-being, specifically for migrant mothers in a foreign country.	October 30, 2024, 11:00 WIB
	4. Lunch Break	Time for participants to network and engage informally.	October 30, 2024, 12:30 WIB
	5. Session 3: Family Dynamics and Work-Life Balance	Strategies for balancing professional and parenting roles and maintaining healthy family relationships despite work pressures.	October 30, 2024, 13:30 WIB

Phase	Activities	Description	Date
	6. Session Community Networking and Support Systems	4: Building a supportive community among migrant mothers and connecting them with resources and local networks in Thailand.	October 30, 2024, 15:00 WIB
	7. Q&A Closing	Open discussion for participants to ask questions, share experiences, and receive expert advice, followed by program conclusion.	October 30, 2024, 16:30 WIB
<b>Evaluation</b>	1. Participant Feedback Collection	Gathering feedback through surveys or interviews to assess participant satisfaction and perceived benefit from the seminar.	October 31, 2024
	2. Data Analysis and Reporting	Analyzing feedback data to evaluate the effectiveness of the program and compiling a report with recommendations for future programs.	November 1-5, 2024
	3. Program Follow- up	Providing participants with additional resources or follow-up materials and considering potential follow-up events for continued support.	November 6-10, 2024

### 3. RESULT AND DISCUSSION

The "Parenting for Indonesian Working Moms in Thailand" seminar, held on October 30, 2024, at Lukmanulhakim School in Yala, Thailand, successfully attracted 274 Indonesian migrant worker participants. The program provided them with valuable resources and knowledge on effective parenting strategies, mental health resilience, and work-life balance. To assess the program's impact, participants were given both a pre-test and a post-test, which measured their knowledge levels and readiness to implement parenting practices learned during the seminar.

The results of the pre-test and post-test showed a notable improvement in participants' understanding of the topics discussed. This increase suggests the seminar effectively conveyed practical knowledge that participants felt confident applying in their daily lives. Additionally, participants provided feedback on the seminar, focusing on three main areas: their overall response to the seminar, perceived knowledge gain, and commitment to implement the strategies learned.

#### Participant Feedback Summary

1. **Response:** Feedback regarding the overall experience, including session delivery, content relevance, and facilitator engagement.
2. **Knowledge Gain:** Feedback on the increase in parenting-related knowledge and skills from the seminar.

3. **Commitment to Implementation:** Participant commitment to applying the parenting strategies and mental health practices discussed.

Below is a histogram summarizing the feedback:

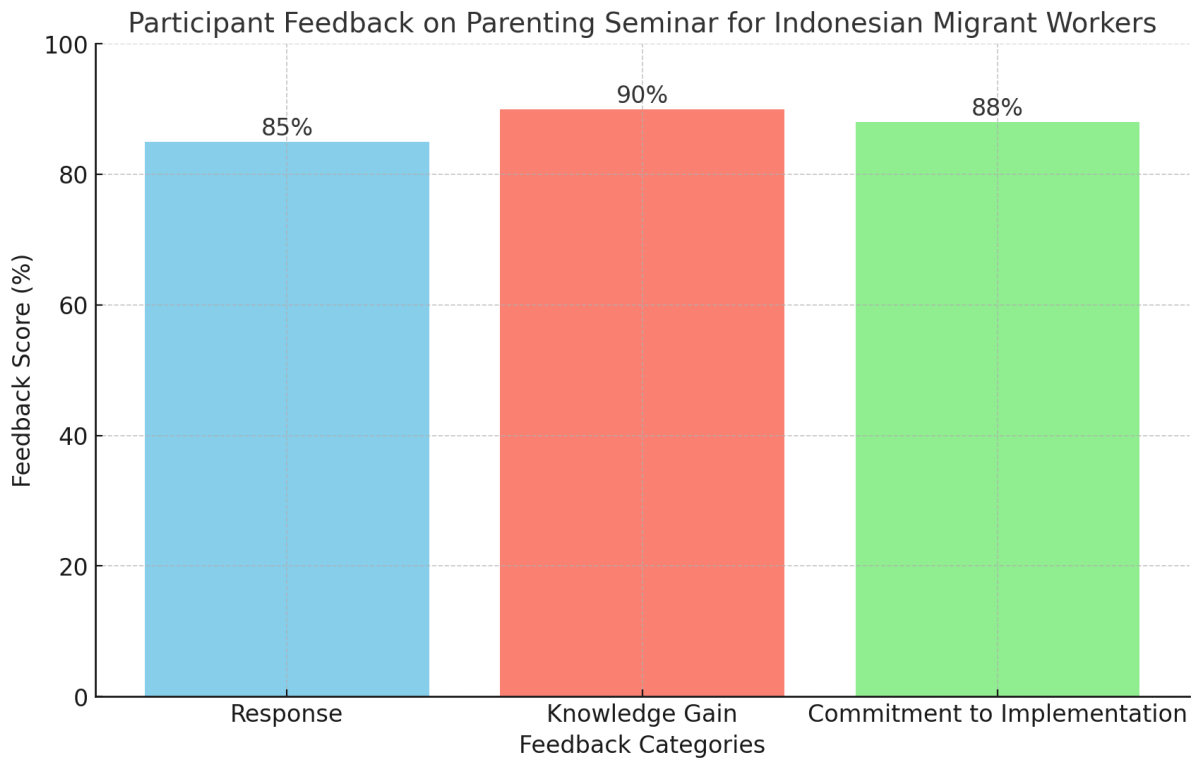
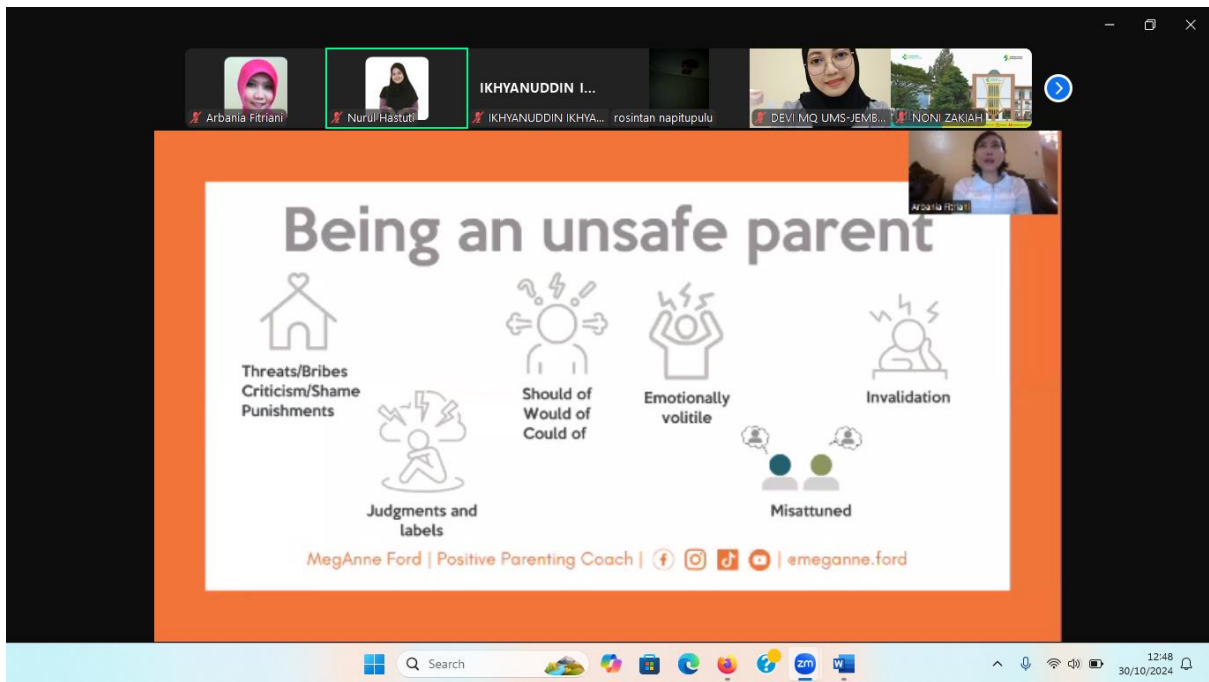


Figure 4. Summarizing the feedback

The histogram above illustrates participant feedback on the seminar, showing strong positive responses across all categories. The scores reflect high satisfaction with the seminar content and delivery (85%), substantial knowledge gains (90%), and a strong commitment to implementing the strategies learned (88%). These results highlight the seminar’s effectiveness in enhancing parenting knowledge and readiness to apply new skills among Indonesian working moms in Thailand.



Figure 4. Community service participants





#### 4. CONCLUSION

The "Parenting for Indonesian Working Moms in Thailand" seminar successfully provided essential support and resources for Indonesian migrant workers, helping them to manage parenting responsibilities while working abroad. The pre-test and post-test results, combined with participant feedback, indicate significant improvement in parenting knowledge, mental health awareness, and work-life balance strategies. The high levels of satisfaction and commitment to implementing new practices highlight the seminar's relevance and effectiveness in addressing the unique challenges faced by Indonesian migrant mothers in Thailand. The positive response and engagement also demonstrate the importance of accessible and culturally tailored parenting programs for migrant communities.

To further enhance the impact and sustainability of this program, several recommendations are offered:

1. Implement ongoing seminars or support groups to maintain engagement and provide continuous learning opportunities. Periodic follow-ups can help reinforce the skills learned and address any new challenges participants face.
2. Creating an online repository of recorded sessions, practical resources, and parenting guides could allow participants and other migrant workers to access information and support beyond the seminar. This would cater to mothers who may not have been able to attend and allow for flexible, self-paced learning.
3. Building partnerships with local organizations, Indonesian consulates, and migrant worker groups in Thailand could strengthen the program's outreach and ensure continued support for participants in their parenting journeys.
2. Conducting research on the long-term effects of such parenting programs on family well-being, child development, and mental health among migrant communities would provide insights to refine future programs and contribute to the growing literature on migrant family support.

By implementing these suggestions, Universitas Esa Unggul and other stakeholders can ensure that Indonesian migrant mothers continue to receive the support they need to foster positive family relationships while navigating the challenges of working abroad.

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