

## PSYCHOEDUCATION TO KNOW THE DIFFERENCES IN PERSONALITY TYPES IN ORDER TO IMPROVE INTERPERSONAL RELATIONSHIPS AS MIGRANT NOMADS AND IMPROVING THE QUALITY OF LIFE

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**ABSTRACT** Humans are social creatures who interact with other people. Individuals have the urge to establish relationships with others wherever and whenever they are. Especially when someone becomes part of a community or organization, individuals are expected to be able to interact and work together with coworkers, both in the work environment and in everyday life at work. This condition can be met through effective interpersonal communication. Interpersonal communication is the verbal and nonverbal interaction between two (or more) interdependent people. In interpersonal communication, the communicator can convey messages directly, the recipient can receive and respond directly. Individuals have the drive to have relationships with others wherever and whenever. Especially when someone lives away from home, individuals are expected to be able to interact and work together with coworkers, both in the work environment and in everyday life. Interpersonal communication is very necessary in life abroad to improve the quality of life. The purpose of this psychoeducation is to overcome problems in migrant travelers related to interpersonal communication with personality types in order to improve the quality of life. So that the results obtained show a significant increase in interpersonal relationships by knowing the personality type.

**KEYWORDS:** *Personality Type, Interpersonal Relationships, Migrants, Migrants and Quality of Life.*

## **1. INTRODUCTION**

The need to get a better and more decent life often forces some people to trying to find opportunities in the world of work. This is also what some people do who want to changehis fate by becoming a worker in another country. To become a worker abroad (Elviandri & Shaleh, 2022). Humans are social creatures who interact with others. This condition can be fulfilled through effective interpersonal communication. Interpersonal communication is verbal and non-verbal interaction. verbal communication between two (or more) interdependent people. In interpersonal communication, the communicator can convey messages directly, the communicant can receive and respond directly.

Individuals have the urge to establish relationships with other people wherever and whenever they are. Especially when someone becomes part of a community or organization, the individual is expected to be able to interact and collaborate with co-workers, both in the work environment and in life everyday at work. According to Muhammad (in Yuliana & Rahadi, 2021) communication is an idea or information directly or indirectly from the sender of the message to the recipient of the message, with the purpose of influencing attitudes or behavior. Interpersonal communication is the process of exchanging information between one person and at least one other person or usually between two people who can the feedback is immediately known (Muhammad, 2004).

In communicating with other people, individuals can be influenced by many things such as the social environment,mood, and body language. However, within each individual there are relatively fixed characteristics, survive, and influence the individual's adjustment to the environment, namely personality. Personality According to Allport (in Barrick & Ryan, 2003), it is a dynamic organization within an individual. Which is a psychophysical system and it determines the individual's unique adjustment toenvironment. In the field of psychology, personality is an important aspect of psychology in determining individual behavior.

One of the personality tests used in the personality taxonomy approach, which generally accepted, namely The Big Five Personality. The Big Five thinking framework is a a personality hierarchy model with five factors, each of which describes personality clearly andvery broad. McCrae & Costa, 2003 (Azzahra et al., 2024) the Big Five view states that each Individual differences in personality can be empirically grouped into 5 (five) parts, namely, neuroticism, extraversion, openness to new experience, agreeableness, and conscientiousness. Indonesian MigrantWorkers (PMI) working in Malaysia often face various challenges, such as problems interpersonal communication.

Indonesian Migrant Workers (PMI) working in Malaysia have a role that important in its contribution to the economy of both countries. To face all the challenges that exist in Migrants are important for individuals to be able to adapt to all the new things they encounter so that they don't experience other problems in the future, the ability to do this shows that a person has good adaptability. However, interpersonal communication with this type Personality is often an obstacle for migrant workers in living their lives and working abroad. This condition creates various challenges including in improving the quality of life. Interpersonal communication is very much needed in life abroad to improve the quality of life.

## **2. METHOD**

The method used is to conduct psychoeducation in the form of seminars. Psychoeducation can be interpreted as an effort to provide psychological understanding of existing problems in society so that individuals can develop skills in solving problems faced and gain a deep understanding of the issues related to (Rinaldi & Hardika, 2022). Psychoeducation also has benefits in providing knowledge, understanding, about interpersonal communication in recognizing personality types which is useful for improve one's quality of life.

This community service activity was carried out in the form of a one-day workshop. on May 25, 2024 in collaboration with KESAH Educate Resource, an organization non-profit dedicated to migrant worker education and empowerment. The workshop involving 150 migrant workers domiciled in Malaysia, consisting of individuals from Indonesia and other foreign countries.

This psychoeducational seminar activity was carried out offline using the method lectures and play. The stages of psychoeducational seminar activities are as follows:

1. Designing psychoeducational activities Designing psychoeducational activities is The first step taken in implementing the activity. In In planning this seminar, there are several stages, namely analyzing needs, determine the theme and title, contact sources, and make evaluations.
2. Preparing the technical aspects of psychoeducational activities. Technical preparation is carried out with the following steps: steps such as preparing all equipment and materials related to implementation of the seminar. This includes making activity posters, certificates, attendance participants, activity evaluations, and reward games.
3. Carrying out psychoeducational activities. The implementation of this seminar activity is the main focus of the psychoeducational seminar activities carried out. Implementation of activities This involves all stages of the planned event, starting from the opening until closing.
4. Question and answer session with participants.

### **3. RESULT AND DISCUSSION**

Implementation of psychoeducation with the theme "Recognizing the Differences in Personality Types in Order to Improving Interpersonal Relationships as Migrant Travelers and Improving Quality of Life" was held on Saturday, May 25, 2024 in collaboration with KESAH Educate

Resource, a non-profit organization dedicated to migrant education and empowerment workers. The workshop involved 150 migrant workers domiciled in Malaysia, consisting of individuals from Indonesia and other foreign countries.

This counseling event was attended by 150 Indonesian Migrant Workers and was carried out with The aim is to provide a better understanding of interpersonal relationships with different types of people. personality of migrant travelers in improving the quality of life.



**Figure 1:** Delivery of material

International Community Service (PKM) III was attended by lecturers from 13 universities in Indonesia including Airlangga University, Malikussaleh University, Aceh, Veteran University Build the Archipelago, Sriwijaya University, Sayyid Ali Rahmatullah University of Tulungagung, Teacher Training College Bima Student Park, Fatmawati Sukarno State Islamic University of Bengkulu, Sahid University of Surakarta and Polytechnic of Health Ministry of Health Jakarta 2.



**Figure 2:** Presentation of plaque

Interpersonal relationships affect communication and relationships with other people. A the message that is communicated, starts from a person (Muhammad Kuasi, 2014), Students who Having good interpersonal communication makes it easy to improve the quality of communication. life. The core of communication carried out by each individual is to convey information (Sukarelawati, 2018). Effectiveness is the most important thing in conveying information. Effectiveness The information conveyed depends on many factors including external factors and internal factors. internal. Internal factors include the personality type of the individual (Suryabrata, 2018).

Certain personality types have distinctive communication styles. In other words, personality influences the form of communication carried out by individuals. Individuals who are too Introverts will lose their objectivity so they will not be able to receive the message being conveyed. in good communication. Because he is closed and has difficulty socializing, he will find it difficult to open up completely so that their interpersonal communication skills are poor. While individuals Extroverts who have the characteristics of being sociable and open will be more open to understand the message conveyed in communication. Individuals with these characteristics always object-oriented so that it is easy for him to understand the message conveyed by communicator.

In relation to interpersonal communication, there are aspects that make the quality of life in interpersonal communication can be formed well. The following aspects can considered in improving the quality of life of each introvert personality and also extrovert : (1) Equality; (2) Openness; (3) Empathy; (4) Supportive Attitude; (5) Attitude Positive. In interpersonal relationships, extroverts and introverts are symbols of each other. individuals represent personality

types that bring emotional connections along with a commitment toThere is a strong relationship between personality and how to deal with a situation. events faced (Putra & Aryani, 2015).

#### **4. CONCLUSION**

With this community service, activities like this are able to attract... community interest, especially Indonesian citizens. The results of community service activities to improve the quality of life migrant workers obtained results that migrant workers have known the differences between the types personality to improve interpersonal relationships and quality of life.

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