

# THE IMPACT OF MENTAL HEALTH DECLINE AMONG EDUCATORS WORKING IN MIGRANT COMMUNITIES

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**ABSTRACT** The loss of motivation in life often affects educators working in migrant areas. They make significant sacrifices by leaving their families and working abroad in pursuit of higher salaries than those available in their home regions. At the same time, they must adapt to cultures that differ considerably from their own. Women who work abroad, in particular, require understanding and support from their families. Such support can be achieved through mutual understanding and respect among family members, enabling educators working abroad to work peacefully and effectively while reducing the risk of stress and depression.

**KEYWORDS:** *Migrant Teachers, Mental Health, Stress, Depression, Cultural Adaptation, Family Support, Overseas Employment*

## 1. INTRODUCTION

### 1.1 Problem Statement

Educators who work in migrant areas inevitably encounter cultural differences, which often become significant obstacles in their professional and personal lives. The situations they face daily are frequently unfamiliar, making adaptation challenging and potentially leading to stress, which is one of the greatest threats to educators working in migrant environments.

The increasing number of individuals experiencing mental decline or stress is a concerning phenomenon that continues to rise each year. Such conditions have a considerable impact on physical health. Furthermore, stress can weaken the body's resistance and immune system.

Symptoms commonly experienced include psychological, physical, and behavioral manifestations. Individuals may experience anxiety, a desire to avoid social interaction, a preference

for isolation, and a tendency to withdraw from others. Feelings of boredom and dissatisfaction with life often affect educators working in migrant areas, creating a substantial emotional burden.

A loss of enthusiasm for life frequently occurs among these educators. Some may also experience physical illnesses, including gastrointestinal disorders. Various health problems may emerge, such as increased blood pressure and rapid heart rate. Persistent fatigue is commonly experienced on a daily basis. These conditions can trigger muscle tension, which may eventually lead to headaches.

Prolonged stress often results in decreased motivation to work, causing tasks and responsibilities to be postponed. This situation can negatively affect both personal well-being and professional performance. However, overcoming these challenges can be difficult without appropriate interventions and support systems to help educators cope with prolonged stress.

Stress often begins at a mild level but may gradually develop into severe stress or even major depression if left unaddressed. Working and living in an environment that does not meet expectations may also contribute to the development of stress.

Stress-related disorders experienced by educators in migrant areas deserve serious attention. Psychological disturbances can potentially lead to various negative consequences, affecting both individuals and the communities they serve.

## **1.2 Solutions and Expected Outcomes**

In today's increasingly challenging economic environment, rising living costs and growing demands have resulted in greater levels of stress and depression among many individuals.

The increasing cost of living requires people to be more selective in seeking employment opportunities that offer higher salaries, enabling them to meet their financial needs. One such opportunity is working as an educator in migrant areas.

Working abroad is often viewed as a dream by many educators because it offers the possibility of earning a significantly higher income, which can provide a foundation for a better quality of life. Financial stability and prosperity are aspirations shared by most individuals.

Compared to working in their hometowns, where salaries are often relatively low and economic opportunities limited, employment abroad appears highly attractive.

Many educators come from rural areas and seek employment to improve their standard of living. As household expenses continue to increase, they often view working as educators working abroad as a means of obtaining higher incomes and fulfilling family needs.

However, the reality is often far more challenging than anticipated. Success requires strong cooperation and understanding within the family. For married individuals, a wife intending to work

abroad should obtain her husband's consent, while a husband planning to migrate for work should similarly reach an agreement with his wife. Mutual cooperation between spouses is essential, particularly when children are involved. Mothers who leave their children behind often experience significant emotional distress, especially given the considerable geographical distance.

Opportunities for family reunions become limited because frequent visits are generally not possible. Without a strong commitment among family members, maintaining such arrangements can be extremely difficult.

Sacrifices are inevitable. If a wife works abroad as an educator, her husband must be willing to accept and support her decision. Conversely, if the husband works abroad, the wife must also accept and support his choice.

Working overseas inevitably means leaving family members behind. This process is rarely easy. At the same time, educators working abroad often face considerable challenges in adapting to their workplaces.

Life abroad is frequently more difficult than educators working abroad initially imagine. They encounter new environments, different lifestyles, and unfamiliar social systems. New communities often have distinct rules, customs, and expectations.

The ability to adapt to such complex situations is crucial. Nevertheless, educators working abroad consciously choose this path because they seek higher incomes and improved socioeconomic status. For many families living in rural areas, relying solely on the husband's income may not be sufficient to meet household needs. As household expenses continue to increase, some families feel that having the wife work abroad as a migrant educator is the most viable option.

This decision requires significant sacrifice due to the numerous challenges involved. Educators must adapt to environments that differ substantially from those in their villages, including unfamiliar cultures and languages that can create barriers if not successfully managed. A wife who chooses to work abroad must possess strong determination and confidence to leave her family behind. The emotional burden is even greater when children are involved.

Working far from one's family requires substantial mental resilience. Family reunions cannot occur immediately and often require waiting until the educator is able to return to Indonesia. In many cases, this reunion may not occur for a year or even longer.

## **2. METHOD**

The role of a mother within a household should never be underestimated. A mother's presence and contributions are essential to family life. As a homemaker, a mother plays a crucial role in raising and educating children. With patience and affection, she nurtures her children, monitors their

development, and manages their daily activities, including playtime and study schedules.

In everyday life, a mother's involvement is particularly important in supporting children's growth and development. Through continuous interaction and guidance, strong communication is established between mother and child. Frequent communication contributes positively to children's physical, emotional, and social development.

However, when a mother works as a migrant educator, negative impacts may arise because she is unable to accompany and supervise her children fully. This situation often causes emotional distress for mothers. Although communication may be maintained through weekly conversations, such interactions are often insufficient to alleviate a mother's longing for her children. Nevertheless, regular communication may help reduce stress to some extent.

A strong commitment to improving family welfare often motivates educators working abroad to endure separation from their families. Their determination to provide for household needs and achieve economic stability serves as a source of resilience against stress. Higher salaries enable them to meet daily living expenses, save money, purchase essential household items, and support their children's educational needs. Ultimately, these financial benefits contribute to improving their quality of life and creating a more prosperous future for their families.

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

For many individuals, working abroad is considered a dream. The prospect of earning higher salaries is particularly attractive for educators seeking employment in migrant settings. Their professional skills and qualifications motivate them to pursue opportunities overseas, where salaries are often substantially higher than those available in their home regions.

Despite numerous reports of challenges and difficulties faced by migrant workers, many educators continue to aspire to work abroad. Upon arriving in their assigned locations, however, they often realize that they are entering entirely unfamiliar environments. This sudden exposure to a new setting can create considerable stress. Everything feels foreign and unfamiliar, yet they must continue adapting to their new circumstances. As time passes, various challenges and problems may emerge.

Eventually, they are required to adapt to their new environment, a process that is often accompanied by numerous obstacles. Many educators working abroad initially focus solely on the prospect of earning higher incomes and improving their economic conditions. They may overlook the reality that they are entering countries with different regulations, customs, traditions, and cultural

norms. They must also adjust to new social environments that may differ significantly from those in their home countries.

As a result, their experiences often fail to meet their initial expectations. Nevertheless, having committed themselves to working abroad, they must overcome various challenges and make significant efforts to adapt. This adaptation process requires time and patience to prevent prolonged stress.

Indeed, adaptation is not easy and demands considerable perseverance. Educators working abroad strive to maintain their mental well-being so that stress does not interfere with their work performance. Adjusting to a new environment cannot be accomplished instantly. Through patience and determination, educators working abroad attempt to overcome feelings of sadness and homesickness. To achieve their goals, they often set aside personal emotions in pursuit of better employment opportunities and higher incomes.

Today, many women participate in the workforce to support their families financially. As a result, they are often willing to leave behind their husbands, wives, children, and extended family members. Many no longer wish to remain solely as homemakers without a source of income. Rather than limiting themselves to domestic responsibilities such as cooking and childcare, they seek employment opportunities that can generate income and improve their family's economic situation.

In modern society, increasing numbers of women choose to work outside the home. Many seek higher-paying jobs, including employment abroad. While women's participation in the workforce contributes significantly to household finances, it also involves considerable risks. These women must leave behind their spouses, children, and families in pursuit of better economic opportunities. Rising living costs motivate them to seek employment that offers greater financial rewards than those available in their local communities.

Working abroad as educators working abroad can significantly improve household welfare and contribute to family happiness. Given the high costs of education and other living expenses, many families view overseas employment as a means of securing a better future. Economic hardships often hinder children's educational opportunities, and parents naturally desire to fulfill all household needs.

Today, women's employment is widely accepted, and gender differences in the workplace have become less pronounced. Nevertheless, economic pressures continue to motivate many women to seek employment abroad as educators working abroad. Higher salaries provide opportunities to achieve financial goals despite the challenges associated with living far from family members.

One of the primary motivations for working abroad is the desire to improve family welfare. Individuals leave their hometowns and villages to pursue better opportunities, fully aware of the

sacrifices involved. They anticipate higher earnings but must also accept the consequences of being separated from their spouses, children, and extended families.

Furthermore, educators working abroad must confront numerous differences between their home and host countries, including variations in food, culture, religion, and social behavior. These differences require acceptance, understanding, and adaptability. Adjusting to a new culture is often a lengthy and demanding process that requires considerable patience. Without adequate coping mechanisms, educators working abroad may experience significant stress.

Living far from family members often intensifies feelings of homesickness. Thoughts of children, spouses, and loved ones frequently occupy their minds and may interfere with concentration and job performance. Therefore, educators working abroad must develop strategies to manage these emotions and prevent prolonged psychological distress.

To address these challenges and prevent chronic stress, psychological counseling and support programs should be provided. Such interventions can help educators working abroad cope with emotional difficulties, reduce stress levels, and prevent the development of more severe mental health conditions such as depression.

#### **4. CONCLUSION**

Within a household, insufficient family income can create financial strain and negatively affect family harmony. Such circumstances are undesirable for any family. As a result, many women choose or feel compelled to work abroad as educators working abroad. This decision often involves leaving behind their loved ones and relocating to distant countries.

Women who work abroad frequently experience prolonged separation from their families due to economic necessity. Limited opportunities to reunite with spouses and children may lead to various family-related challenges. Children who rarely interact with their mothers may receive less emotional support and supervision, potentially affecting their discipline and overall development.

Therefore, it is important to provide family members, particularly children, with an understanding of the reasons behind their mother's decision to work abroad. Families should recognize that such sacrifices are intended to improve their economic well-being and create a better future. Through mutual understanding, respect, and support, educators working abroad can reduce the risk of stress and depression.

Providing psychological preparation and continuous support to all family members represents an important strategy for maintaining family well-being. Such efforts enable educators working abroad to perform their duties with greater peace of mind, without excessive concern about the family members they have temporarily left behind.

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