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Stress levels and its associated factors among Nepali, Bangladeshi and Indonesian migrant workers in the Klang Valley, Selangor, Malaysia.

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Abstract:

Stress is a major health issue in this century especially related to occupation. Malaysia receives numerous of migrant workers each year who may encounter health issue which related to high stress level. This study was aimed to correlate stress levels of migrant workers to their blood pressure (BP), their stress prevalence and the occupational factors associated with their stress levels. Respondents were from Subang, Shah Alam, Petaling Jaya and Kuala Lumpur. Questionnaires were given and BP reading was taken. Overall, the respondents comprised of 113 Indonesians, 68 Nepalese, and 38 Bangladeshis. Although the migrant workers live in stressful work environment, their health conditions are not compromised. This was reflected by their BP readings. Most of the migrant workers are male, married with secondary education. A total of 85.4% of the migrant workers had higher than average perceived stress levels, with >50% very high perceived stress levels. Occupational factors related to stress among migrant workers are large amount of work, insufficient time to complete work, no feedback allowed on workplace policy, differences of opinion in department, departmental personnel cannot get along with others, poor working environment. The majority of migrant workers in the Klang Valley work as domestic helpers, and staff in service and manufacturing sectors. Occupation-related problems are prominent stress factor. Although the stress levels were high, this did not apparently impact their health.

Keywords: Low Skilled Migrant Workers, Stress, Klang Valley, Blood Pressure