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## A descriptive study to assess the mental well-being and its associated factors among migrants in Ottappalam town, Palakkad

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### Abstract

The number of Kerala migrants as estimated by the migration survey in 2014 is 23.63 lakhs. The corresponding number was 22.81 lakhs in 2011, 21.93 lakhs in 2008 and 18.38 lakhs in 2003. These number indicating the migration from Kerala has been increasing since 2003. The study was to assess the level of mental well-being and its associated factors among the migrants in ottappalam. A descriptive research design was used in this study. This study was conducted in resident area of migrants at Vaniyankulam, ottappalam. A total of 35 migrants who meets the inclusive and exclusive criteria of the study. Data was collected by using WHO 5 wellbeing index, consist of five statements which is closest to how you had been feeling over the last 2 weeks. The analysis was done by using descriptive and inferential statistics Findings of the study revealed that, there is no significant association was found between mental wellbeing and its associated factors ( $p < 0.05$ ) of migrants in ottappalam town Palakkad.

**Keywords:** mental wellbeing, migrants, associated factors, migration, WHO Wellbeing index, population

### Introduction

#### Background of the study

Migration is a movement of individuals from one place to another in order to live and work. Movement of people from their home to another city, state or country for a job, shelter or some other reasons is called migration <sup>[1]</sup>. Migration from rural area to urban areas has increased in past few years in India. Migrant is a person who travels to another place or country, usually in order to find work. The cities are full of migrants looking for work. The pay is enough to attract migrants but unappealing to locals.

There are two basic types of migration, internal migration and international migration. Internal Migration refers to change of residence with in national boundaries such as between states, provinces, cities or municipalities etc. International migration refers to change of residence over national boundaries <sup>[2]</sup>.

Migration usually happens on a result of a combination of the push and pulls factors. People migrate from point of origin to point of destination to especially from rural to urban to improve their standard of living people may migrate internally from their home to another place because of natural disaster or civil disturbances to as a refugee, however, refugees do not carry many possessions with them and do not have a clear idea of where they may finally settle.<sup>[3, 4]</sup> According to the state of world population report more than half of world population lives in urban areas, and the number is steadily growing every year.<sup>5</sup> The international migration report 2017, there are now estimated 58 million people living in a country other than their country of birth. In India the economic survey 2017 says the annual average labor migration was close to a million between states during 2011-2016, while census 2011 gives the total number of internal migrants in the country at a staggering 139 million. Uttar Pradesh and Bihar are the highest source states, followed by Madhya Pradesh, Punjab, Rajasthan, Uttarakhand, Jammu and Kashmir and West Bengal and major destination states are Delhi, Maharashtra, Tamil Nadu, Gujarat, Andhra Pradesh and Kerala

### Need of study

Mental health problems are possible in migrants who are employed in dangerous jobs and

face many barriers to prevention and care. Individual migrants may find the experience of migration to be stressful with increased rate of depression and anxiety disorder. Migrant workers in low resource setting may experience multiple types of work place and security related stressors<sup>[8]</sup>. Increasing discrimination and lack of education are sometimes as a result of discrimination has led to deterioration of migrants mental well being. The drastic experience from their previous society and hostile attitude from new one are potentially act on the resources of diminished mental well being. In the study of migration wellbeing problems can appear within the cultural, social and psychological areas. The mental wellbeing of the migrants is decreasing due to different etiological factors. The researcher found a significant of number of migrants in Kerala and so found interest to know about the well being of the study and so this is opted for research<sup>[9]</sup>.

### **Problem statement**

A study to access the mental wellbeing and its associated factors among migrants in ottapalam town, Palakkad.

### **Objectives**

#### **General Objectives**

A study to assess the level of mental wellbeing and its associated factors among the migrants in Ottapalam.

Specific Objectives to assess the level of mental wellbeing of migrants in ottapalam town.

To identify the factors associated with the level of mental well being of migrants.

To associate the factors with the mental wellbeing with the developmental variable.

### **Hypothesis**

The hypothesis will be tested at 0.05 level of significance

*H<sub>0</sub>*: There will not be a significant association between the mental well being of migrants and its associated factors.

### **Delimitations**

The study was limited to

1. Migrants who are illiterate.
2. Migrants who are not present in the time of study.
3. Migrants below the age of 20 yrs and above the age 40 years.

### **Methodology**

#### **Research Approach**

The quantitative approach is used to find out the level of mental well being and its associated factors among migrants in ottapalam town, palakkad district.

#### **Research Design**

The design used in this study is descriptive research design. It is used to observe, document and describe the mental wellbeing and associated factors among migrants in their natural setting without any manipulation on control.

A competitive descriptive design that involves comparing

and contrasting the mental wellbeing at migrants on the factors influencing mental well being. A survey is the research design used to collect information from migrants is ottapalam town having same characteristics of interest.

### **Sampling Technique**

Simple random sampling technique was used

### **Sample**

The samples for the current study consist of 35 migrants in ottapalam, palakkad district

### **Setting of the study**

The present study was conducted in ottapalam town, palakkad.

### **Description of tool**

The tool used for research study was A self structured questionnaire and an standard WHO-5 wellbeing index was used to collect the data. The tool was selected on the basis of objective of the study.

The tool consists of three sections:

**Part A:** Demographic Profoma

**Part B:** Socioeconomic Information

**Part C:** Standard questionnaire, who-5 wellbeing index.

#### **Part A: Demographic Performa**

It includes age, gender, religion, marital status of the population.

#### **Part B: Socioeconomic Data**

It includes monthly income, family home facilities, institutional facilities, year of migration, and purpose of migration of stress relieving factors used.

#### **Part C: Who (5) Wellbeing Index**

The WHO -5 consist of five statements which is closest to how you had been feeling over the last 2 weeks. The respondents rate to the this statement and the raw score is calculated. The total raw score, ranging from 0-25 is multiplied by 4 to give the final score, with responding the worst imaginable wellbeing and 100 representing the best imaginable wellbeing.

### **Data collection technique**

The investigator collected data from ottapalam town palakkad. 35 migrants were selected as per inclusive criteria. Before administrating the tool self instruction and preparation of data collection was experienced to the sample and informed consent was obtained. The sample's mental well being was assessed using WHO-5 wellbeing index. The WHO-5 wellbeing index including 5 statements was given to the selected sample and respondents rate to this statements. The mental wellbeing was assessed by calculating the score. descriptive and inferential statistics was used for data analysis.

## Result Section A

**Table 1:** Distribution of demographic variables of migrants in ottapalam town, Palakkad

Demographic variables	Frequency	Percentage%
Age		
a.20-30 years	15	45.86
b.30-40 years	18	51.42
c.40-50 years	2	5.7
Religion		
a.Hindu	9	25.7
b.Muslim	26	74.29
c.Christian	0	0
d.Others	0	0
Marrietal status		
a.Married	32	91.43
b.Unmarried	3	8.57
c.Divorced	0	0
Educational status		
a.iliterate	7	20
b.1-5 std	19	54.29
c.5-10 std	7	20
d.>10	2	5.7

## Section B

**Table 2:** Distribution of socio economic variables of migrants in ottapalam town, palakkad.

Socioeconomic variables	Frequency	Percentage%
Monthly income		
a.5000-10000	7	20
b. 10000-20000	27	77.14
c.>20000	1	2.86
Family		
a. Living with family	9	25.71
b. Living with out family	26	74.29
Home facilities		
a.Good	5	14.29
b.Moderate	16	45.71
c.Poor	14	40
Institutional facilities		
a.Good	8	22.86
b.Moderate	26	74.29
c.Poor	1	2.86
Year of migration		
a. 2000-2005	0	14.29
b. 2005-2010	5	42.86
c. 2010-2015	15	42.86
d. 2015-2019	15	
Purpose of migration		
a.Job	34	97.14
b. Education	0	0
c. Family problems	1	2.86

**Table 3:** data on association between mental wellbeing and its associated factors

Variables	Chi square value	Degree of freedom	Tabulated value ( $p < 0.05$ )	Inference
Age	2.24	3	7.82	Not significant
Religion	1.595	3	7.82	Not significant
Marital status	0.28	2	5.99	Not significant
Educational status	3.55	3	7.82	Not significant
Monthly income	1.09	2	5.99	Not significant
Family	1.64	1	3.84	Not significant
Home facilities	0.170	2	5.99	Not significant
Institutional facilities	1.43	2	5.99	Not significant
Year of migration	2.36	3	7.82	Not significant
Purpose of migration	1.073	2	5.99	Not significant

**Discussion**

- The findings of the study related to demographic variables revealed that majority 18 (51.2%) migrants belongs to 30-40 years, 26 (74.29%) were Muslims, 31 (91.43%) were married, 19 (54.29%) were studied up to 5<sup>th</sup> standard
- The findings of the study related to socio economic status revealed that 27 (77.14%) migrants have monthly income of 10000-20000, 26 (74.29%) are living without family, 16 (45.71%) having moderate home facilities, 26 (74.29%) having moderate institutional facilities, 15 (42.86%) came in the year from 2010-2015 and 2015 – 2019, 34 (97.14%) came for the purpose of job
- The data showed that the WHO -5 wellbeing index is effective in assessing the mental wellbeing of migrants
- The findings of the study also revealed that there is no significant association was found between mental wellbeing and its associated factors ( $p < 0.05$ ) of migrants in Ottappalam town Palakkad.

**Recommendations**

- A similar study can be undertaken for other peoples for assessing mental wellbeing
- A similar study can be done with experimental approach
- A similar study can be replicated in different parts of the states and countries to examine the variation in the contribution factors
- Similar study can be replicated in a larger sample there by findings can be generalized to a large population
- A similar study can be undertaken on patients with old age health problems
- A similar study can be undertaken with a control group

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