



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

A Study On The Emotional Status Of Migrates Daily Wage Laboures In Mangalore Taluk

¹VIJAYA 1st, ²Dr.MEENA JULIET MONTIRO 2nd, ³Dr MOHAN S SINGHE 3rd

¹Research Shcolar Department Of Social Work ,School Of Social Work Roshni Nilaya Mangalore University Mangalore-575002

2Assistsnt Professor Department Of Social Work ,School Of Social Work Roshni Nilaya Mangalore University Mangalore-575002

3 Professor, Department Of Social Work, Mangalore University Mangalore-574199

ABSTRACT: A sizable section of Mangalore Taluk's workforce is made up of migrant daily wage workers. Even though they contribute to economic growth, their mental health is still mostly ignored. The psychological, social, and economic elements influencing migrant workers' well-being are highlighted in this study's analysis of their emotional state. Significant stressors, coping strategies, and possible treatments to enhance their quality of life are identified by the study using a mixed-method approach that includes surveys and interviews. This abstract explores the emotional health challenges faced by migrant laborers, the underlying psychological factors contributing to these challenges, and the potential for both positive and negative emotional outcomes. It underscores the need for comprehensive policy interventions, social support systems, and workplace initiatives aimed at safeguarding the mental health of migrant laborers, ensuring their well-being throughout the migration process. The researcher shall use the descriptive method data such as research articles, reports, journals, books, newspapers survey, interview and so on to reach out the aim and objectives of the study. This article has been prepared to present it in a conference as part of the thesis in consultation with the research supervisor and other experts in the field. Approximately 1 billion people live and work outside of their historical country at the moment, according to data. Every year, the global migrant population rises. One of the most prevalent causes of migration is Labouré migration. The variety of subjects fills in many gaps in the literature, but additional social and psychological study needs to link to cultural, political, economic, and environmental studies of migration as well as ecology at several levels.

KEYWORDS: Migration, Daily Wage Laborers, Emotional Well-being, Socioeconomic Factors, Mangalore Taluk.

ACKNOWLEDGEMENT

The author acknowledge financial support received from SC/ST cell Mangalore University Mangalagangothri-574199. The authors express their sincere gratitude to my supervisor Dr. Meena Monteiro, School of Social work Roshni Nilaya Mangalore University and also thankful to Dr. Mohan S Singhe, Department of Social work Mangalore University Mangalagangothri, Mangalore.

INTRODUCTION

Migration has been a crucial factor in shaping the labor market of India, with thousands of individuals moving to urban areas in search of employment. Mangalore Taluk, a commercial hub, attracts a large number of daily wage laborers from different states. However, these workers often face emotional and psychological distress due to job insecurity, low wages, poor living conditions, and social isolation. This paper aims to explore the emotional status of migrant laborers in Mangalore, focusing on the challenges they face and how these impact

their mental well-being. The multifaceted diversity approach taken in this study encompasses not only the obvious distinctions in language, customs, and traditions but also delves into the subtle nuances of socio-economic backgrounds. The amalgamation of students from different strata of society brings forth a spectrum of perspectives that shape their psycho-social experiences. Understanding this complexity is paramount for educators, policymakers, and society at large, as it underscores the need for tailored support systems that foster inclusivity. Socio-economic factors further accentuate the diversity paradigm in this migration narrative.

REVIEW OF LITERATURE

Nicola Mucci, ORCID, Veronica Traversini, Gabriele Giorgi, Eleonora Tommasi Simone De Sio 3ORCID and Giulio Arcangeli (2019). In this journal tells about ,Migrant Workers and Psychological Health: A Systematic Review. this study A number of socio-environmental factors, including loss of social status, discrimination, and family separations, contribute to the higher frequency of severe, psychotic, anxiety, and post-traumatic disorders among migrant workers. Research is showing that the primary problems include anxiety, alcohol or drug misuse, poor sleep quality, and depressive syndrome, which includes poor focus at work, depression, rage, and somatization. Poor living circumstances result from both social exclusion and hard labor; in reality, migrant workers frequently work in hazardous, unhealthy jobs and may experience verbal or physical abuse. For this vulnerable work group, it is crucial to improve well-being and expand the role of occupational medicine.

Nagesha B, Jayarama B Bhat (2019), In this journal tells about , Migration is a major option for agricultural labours for their well-being in urban areas. Majority of the agricultural labourers migrate from rural areas for the purpose of business, employment, education etc. The force which motivates the labourers to migrate to urban areas has been the economic suffering they face in their native places due to unemployment, low wages at the origin, poverty, agricultural failure, large family size, underemployment, and natural disasters. The study shows that the reasons for migration of agricultural labour in Karnataka have been poverty related ones. The study also talked about the effects of agricultural labour migration in Karnataka. The migration of agricultural labour results in serious problems as the sector is unorganized, faces exploitation and malpractices. The paper is depended on secondary sources of information gathered from different publications.

Laveena D Mello, Meena Monteiro and Govindaraju B. M (2017), in this research paper tells about Down the ages, we see disability is as curse or punishment. With the development of science and social change, disability is seen as a societal problem rather than individual problem and solution became focused on removing the barriers to social change, not just medical care. The persons with a disability encounter discrimination; they tend to alienate themselves from society as they feel unwanted and rejected. It affects the psycho social condition of persons with disabilities. The human person is a complex entity composed of two distinct phenomena, the physique, and the psyche, commonly called body and mind.

Chandrakanta', Lakhbhadra S. Naruka, Abhishek Rajhans and Kavya Agrawal in this journal tells about , measuring the problems & emotions of urban-ward migrants: a case study of construction workers in Delhi . It presents a lot of challenging difficulties, such as emotional repercussions, in addition to economic, societal, and demographic considerations. Strong emotions—both good (such pleasure, enthusiasm, and happiness) and negative (like loneliness, homesickness, etc.)—are frequently heightened in the lives of migrants. The problem is made worse when poverty is cited as a contributing factor to migration. A particular group of migrant construction workers is the subject of this investigation. These labourers are mostly low-income migrants who face geographical isolation, family separation, and difficult living and working conditions. Sometimes employees take family vacations, but most of the time they stay and work with individuals they already know, have ties with, or even have a similar history to. Their emotional and mental health is impacted when they leave behind their home, family, and local memories. Therefore, as an urban issue, this study aims to comprehend the positive and negative feelings that migrant construction workers encounter during their migration journey.

Numerous studies have examined the psychological effects of migration on workers, emphasizing problems like stress, anxiety, and depression. Research on Indian urban migrant workers shows that social marginalization and economic insecurity play a major role in their mental suffering. However, there isn't much study that focuses on Mangalore Taluka particularly. By offering a localized perspective of the emotional challenges faced by migrant daily wage workers, this study aims to close this gap.

METHODOLOGY

In this study Descriptive Method and qualitative or quantitative method used. as a topic of discussion and research, is hidden beneath its many facets and different aspects. It is also covered up by buzz words used by the demographers, politicians, economists and industrialists. Various studies in this area have contributed to the complexity of the topic. However, migration remains a burning topic throughout civilizations. It is the movement of people from one place of origin to another place of destination for a stay permanently or temporarily in search of better living conditions. Over 215 million people or 3 per cent of world population are believed to live outside their countries of birth (UN, 2009) ^ People may migrate in order to improve their economic situation or in order to escape civil strife, persecution and environmental disasters. Traditionally, the reasons that encouraging an individual to migrate are categorized as push or pull factors. While push factors (negative forces) operate in the area of origin such as lack of employment, natural calamity, famine, terrorism; the pull factors (positive forces) act at destination place such as better employment opportunity, infrastructure facilities, peace and tranquility, climatic conditions, better standard of living etc. Globalization has introduced a third set called 'network' factors which include free flow of information, improved global communication and faster and lower cost transportation devices. Anyhow, this spatial movement does not erupt all of a sudden. Certain favourable conditions encompassing economic, social and political should emerge as a precondition for a migratory process to commence. Usually, people move from less economic opportunities and retarded social development towards the developed and fast developing areas where migrants can expect greater pecuniary gains and consequently better social living conditions. Sluggish agricultural growth and limited development of the rural non farm sector have raised the incidences of unemployment and under employment of sending economies. People from these areas move towards town or cities or state or nations with a hope to grab diversified livelihood opportunities.

Survey: twenty one migrant workers from a variety of industries including manufacturing, fishing, construction, and domestic work were given a standardized questionnaire.

Interviews: twenty one workers participated in in-depth interviews that shed light on their individual experiences and coping mechanisms.

STATEMENT OF THE PROBLEM :

Migrant daily wage workers frequently deal with lengthy workdays, unstable employment, subpar living circumstances, and a lack of social support. These elements affect their general well-being by causing tension, worry, and sadness. Understanding their emotional state, the variables affecting their mental health, and potential interventions to enhance their quality of life are the goals of this study. a study on the emotional status of migrates daily wage labours in Mangalore taluk

OBJECTIVES OF THE STUDY'S

- To understand the mental health of migrant daily wage workers of Mangalore Taluk.
- To identify living and working conditions and their mental well-being.
- To examine the coping strategies employed by the migrate labours.
- To suggest measures for future policies that can enhance their well-being.

RESEARCH QUESTIONS:

1. What are the main emotional obstacles that migrant daily wage workers must overcome?
2. What impact do working circumstances have on their mental well-being?
3. What kinds of support networks do they have access to?
4. What coping mechanisms do people employ while experiencing emotional distress?

EMOTIONAL STRESSES FACED BY MIGRANT LABORERS

- **Economic Insecurity:** Fluctuating wages and lack of financial stability lead to constant stress and anxiety.
- **Poor Living Conditions:** Overcrowded and unsanitary housing contributes to psychological distress.
- **Workplace Exploitation:** Harassment, discrimination, and job insecurity negatively impact emotional well-being.
- **Social Isolation:** Language barriers and cultural differences result in loneliness and alienation.

ADOPTED COPING STRATEGIES

- **Social Support Networks:** Migrants rely on peer groups and religious communities for emotional support.
- **Substance Use:** Some laborers resort to alcohol and tobacco as a means to cope with stress.
- **Spiritual Practices:** Engaging in religious activities provides a sense of solace and mental stability.

IMPACT ON MENTAL HEALTH

- A significant percentage of respondents reported symptoms of depression and anxiety.
- Lack of access to mental health services worsens their emotional struggles.
- Absence of government intervention or employer support exacerbates distress levels.

EXPECTED OUTCOMES:

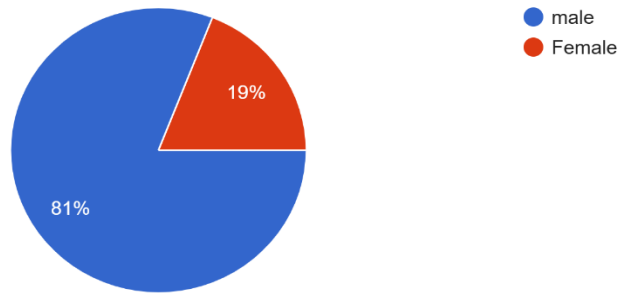
- A comprehensive understanding of the emotional well-being of migrant daily wage laborers.
- Identification of the primary emotional challenges they face, such as stress due to economic insecurity, social isolation, and cultural displacement.
- A clear view of the coping strategies employed by migrant workers, such as social support networks, religious practices, and resilience-building techniques.
- Policy recommendations for improving the emotional health of migrant laborers, including mental health support, community-building initiatives, and labor rights advocacy.

SIGNIFICANCE OF THE STUDY:

- **By having a Academic Contribution:** It contributes to the small amount of research on migrant workers' mental health, particularly in coastal areas like Mangalore Taluk.
- **Implications for Policy:** The results might help legislators create labor welfare programs, enhance housing, and offer migratory workers mental health assistance.
- **Social Awareness:** By drawing attention to the psychological difficulties faced by migrant workers, the study can foster compassion and social integration, which will improve local communities' support.
- **Economic Relevance:** By promoting a healthy work environment, companies and industries may improve worker productivity and lower absenteeism better understanding of workers' emotional health.

DATA ANALYSIS

Gender



Here's a data analysis summary of the pie chart:

What the chart is showing:

This pie chart represents the gender distribution of 21 respondents.

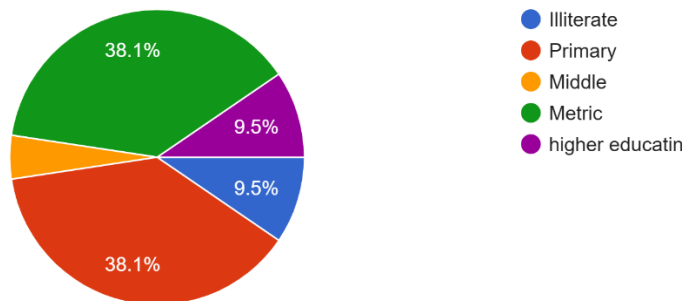
Key Findings:

- **Majority are Male:** A significant majority (81%) of the respondents are male.
- **Minority are Female:** Only 19% of the respondents are female.

In simpler terms:

Out of the 21 people who responded, most of them were male. There were far fewer females in the group.

Education



What the chart shows:

This pie chart displays the distribution of educational levels among 21 respondents.

Key Findings:

- **Primary and Metric are the most common:** The largest segments are "Primary" and "Metric" (likely meaning secondary education), each representing 38.1% of the respondents. This indicates a significant portion of the group has completed primary or secondary education.
- **Equal percentages of Illiterate and Higher Education:** Both "Illiterate" and "higher education" categories represent 9.5% each. This shows a similar proportion of respondents at the lowest and highest ends of the educational spectrum.
- **Small percentage with Middle School Education:** The "Middle" category represents a smaller portion of the group, though the exact percentage is hard to read from the image. It appears to be around 4.8%.

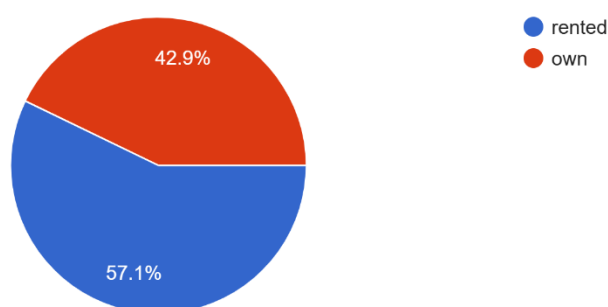
In simpler terms:

Among the 21 people surveyed:

- A large portion completed primary or secondary education.
- There's an equal, but smaller, number of people who are illiterate and those with higher education.
- A very small number of people have only a middle school education.

Important Note: The exact percentage for "Middle" education is slightly obscured in the image. You'd need the original data to get the precise number.

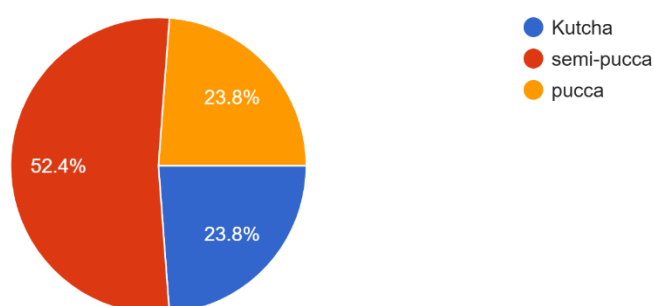
House ownership



A survey was carried out in a small hamlet to learn more about housing conditions. A straightforward pie chart was used to illustrate the data, which clearly communicated a narrative. The bulk of the 21 respondents, or 57.1%, were renters. Homeownership accounted for 42.9% of the total.

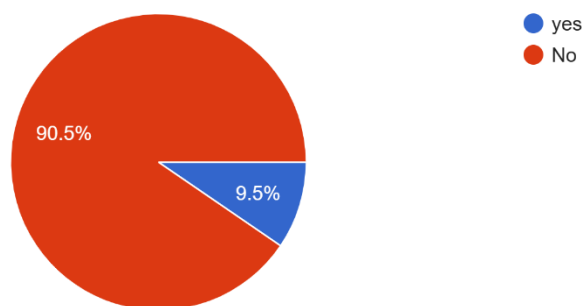
This indicated that renting was more prevalent than buying in this neighborhood. There were around two homeowners and three renters for every five individuals. It suggested possible problems with cost or even a population that was migratory. Regardless of the cause, the graph depicted a neighborhood where renting constituted a substantial portion of the housing stock.

Types of houses



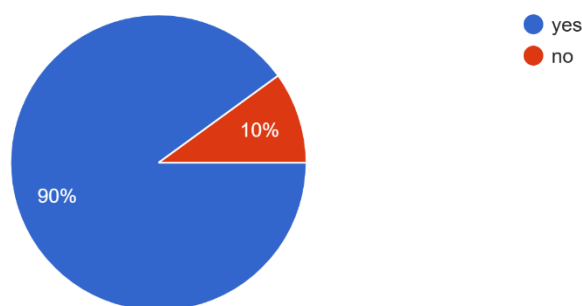
This pie chart shows the types of houses owned by 21 people. The majority (52.4%) live in semi-pucca houses, indicating a mix of temporary and permanent building materials. An equal proportion (23.8% each) live in kutchha (temporary) and pucca (permanent) houses. This suggests that while semi-pucca homes are most common, there's a relatively even distribution between the other two types.

Owning cattle or animals



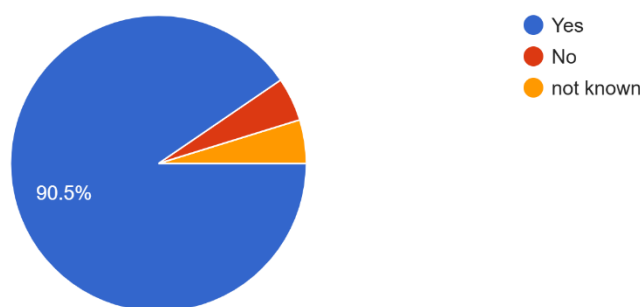
The responses of 21 respondents about owning cattle or animals are displayed in this pie chart. The overwhelming majority (90.5%) said "No," meaning they don't own any animals or cattle. Just 9.5% of respondents said "Yes," indicating that they do own cattle or other livestock. This indicates that a sizable portion of this group does not own livestock.

Socio-economic changes after migration



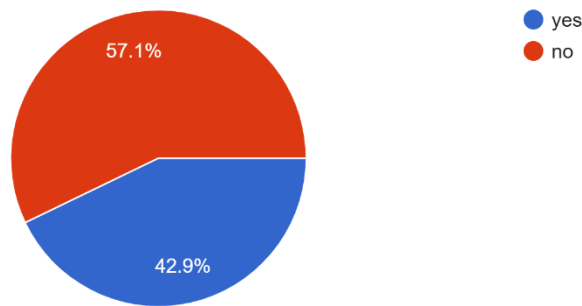
This pie chart represents the responses of 21 people regarding whether they perceive socio-economic changes after migration. A significant majority (90%) answered "Yes," indicating they do observe socio-economic changes following migration. Only a small minority (10%) answered "No," suggesting they don't perceive such changes. This strongly suggests that migration is widely associated with perceived socio-economic changes among the respondents.

Social standing following migration



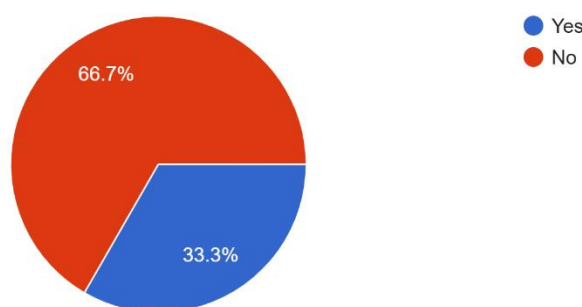
Based on 21 replies, this pie chart illustrates the perceived shift in social standing following migration to Mangalore. The vast majority (90.5%) believe that the social standing of their family has improved. Based on visual estimate, a small number of people (4.8%) believe their social standing has not grown, and a smaller percentage of people (4.8%) are unsure. This clearly indicates that for the majority of respondents, moving to Mangalore is linked to a perceived rise in social status.

Difficulties adjusting to their new surroundings and their native culture



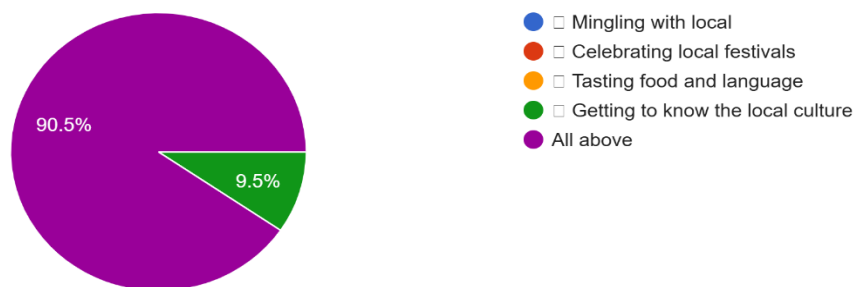
According to this pie chart, of the 21 respondents, the majority (57.1%) said they had encountered difficulties adjusting to their new surroundings and their native culture, while a sizable minority (42.9%) did not.

Isolated in their community



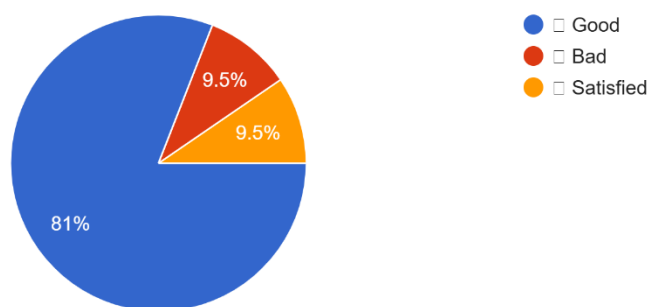
According to the responses of 21 respondents, the majority (66.7%) of them said they did not feel isolated in their community, while a sizable minority (33.3%) said they did. This suggests that although the majority of people feel connected in their community, a sizable portion suffers from feelings of isolation.

Individuals to a new culture and group



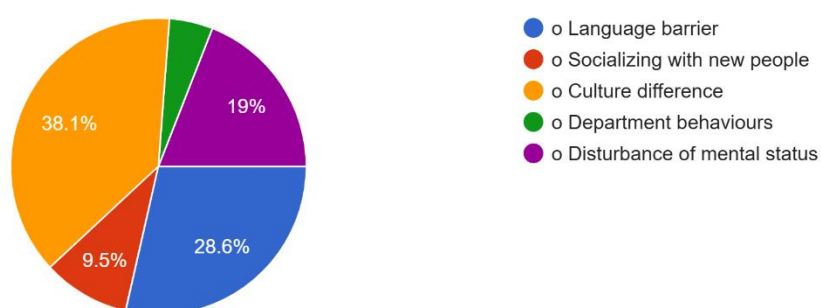
The adaption techniques of 21 individuals to a new culture and group are depicted in this pie chart. Almost all of the tactics mentioned (mingling, enjoying festivals, sampling cuisine and language, and learning about the culture) are being used by the great majority (90.5%). A mere 9.5 percent are employing a single, vague tactic (represented by "Getting to know the local culture"). This suggests that respondents have a strong desire for full cultural assimilation.

Current lifestyle



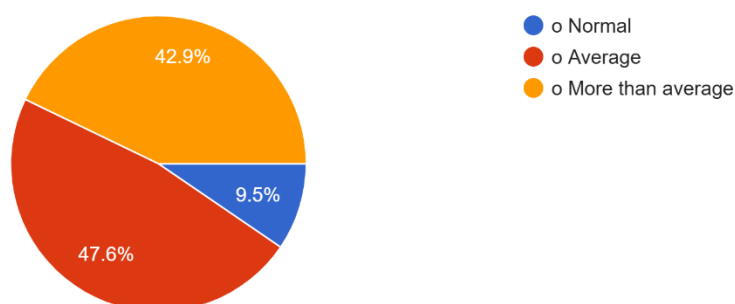
this pie chart shows the perceived quality of current lifestyle among 21 respondents. A large majority (81%) consider their lifestyle **good**. Equal, smaller percentages (9.5% each) consider it **bad** or are **satisfied**. This suggests a generally positive perception of current lifestyle within the group.

Their original culture and the new environment.



This pie chart shows the challenges faced by 21 people between their original culture and the new environment. The most significant challenge is culture difference (38.1%), followed by language barrier (28.6%). Disturbance of mental status is also a notable challenge (19%). Socializing with new people and department behaviors represent smaller challenges (9.5% and a visually estimated smaller percentage, respectively). This highlights that cultural and communication barriers are the primary difficulties faced when adapting to a new environment.

Cultural atmosphere



This pie chart represents the impact of Mangalore's cultural atmosphere on the cultural identity of 21 respondents. A significant portion (47.6%) report an **average** effect, while a slightly smaller portion (42.9%) report an effect that is **more than average**. Only a small minority (9.5%) report a **normal** effect. This suggests that the cultural atmosphere of Mangalore has had a noticeable, and often significant, impact on the cultural identity of the people surveyed.

CONCLUSION

The research concludes by providing a thorough examination of the psycho-social situation of daily wage workers who have relocated to Mangalore Taluk using a diversity approach that goes beyond conventional classifications. By dissecting the intricacies of emotional adjustment, identity psycho-social development, and diversity, it seeks to advance a sophisticated comprehension of the opportunities and difficulties present in this movement, therefore guiding tactics for creating a welcoming and encouraging environment.

MAJOR FINDINGS

- **Gender Inequality:** Approximately 81% of the responders are men, making up a sizable majority. This suggests a possible bias or a feature of the population under study.
- **Rental Predominance:** About 57.1% of the respondents are renters, making up the majority. This suggests a housing pattern in which renting is more common than owning a property.
- **Mental Health Impact:** A notable 19% of respondents reported experiencing a disturbance of mental status, indicating the emotional strain of cultural adaptation.
- **Cultural and Communication Barriers:** The data strongly indicates that cultural and communication barriers are the leading difficulties faced during the adaptation process.
- **Feelings of isolation :** a substantial minority (33.3%) reported experiencing feelings of isolation. This highlights a critical social issue within the community
- **Perceived vs. Actual Social Standing:** It's important to differentiate between perceived social standing and actual social standing.
- **Current life style :** Although the general trend is encouraging, the 9.5% who report leading a "bad" lifestyle call for more investigation to determine the underlying causes of this unfavorable opinion.
- **"Average" and "More Than Average" Dominance:** The analysis indicates that "average" impact is marginally more prevalent than "more than average," indicating a variety of experiences but consistently indicating a significant shift.

SUGGESTIONS

Migrant daily wage laborers in Mangalore Taluk experience significant emotional and psychological distress due to socio-economic hardships. Addressing their well-being requires a multi-faceted approach, including:

- **Policy Interventions:** Implementing labor rights policies to ensure fair wages and job security.
- **Improved Living Conditions:** Providing affordable housing and basic amenities.
- **Mental Health Support:** Establishing community counseling centers and awareness programs.
- **Community Integration Programs:** Encouraging social participation and language training to reduce isolation.

REFERENCES

1. Ismail Thamarasseri and Deepthy Baby (2023), Problems and prospects of undergraduate migrant students from Kerala. *BOHR International Journal of Social Science and Humanities Research*, 2(1), 83-91.
2. Nagesha B and B Jayarama Bhat. (2019), Migration of Agriculture Labours in Karnataka-A study. *International Journal for Research in Applied Science & Engineering Technology (IJRASET)*, 7(7), 1209-1213.
3. Laveena D Mello, Meena Monteiro and Govindaraju B M, (2017), Psycho-Social Problems faced by Persons with Disability. *International Journal of Management, Technology, and Social Sciences (IJMTS)*, 2(2), 1-7.
4. Mehmet ozenc and Mevlut kara, (2021), Problems faced in the education of Syrian immigrant students and recommendation: the Turkey case. *Psycho-educational Research Review*, 10(2), 142-162.
5. de Haas, H. (2010c). Migration transitions: A theoretical and empirical inquiry into the developmental drivers of international migration (IMI/DEMIG working paper no. 24). Oxford: University of Oxford, International Migration Institute.
6. de Haas, H. (2014a). Un siècle de migrations marocaines: Transformations, transitions et perspectives d'avenir. In M. Berriane (Ed.), *Marocains*

7. de l'Extérieur (pp. 61–92). Rabat: Fondation Hassan II pour les Marocains Résidant à l'Etranger. de Haas, H. D. (2014b). Migration theory: Quo Vadis? (IMI working papers, no. 100). Retrieved from <https://www.migrationinstitute.org/publications/wp-100-14>.
 8. de Haas, H. (2020). Climate refugees: The fabrication of a migration threat. Blogpost 31 January 2020. heindehaas.blogspot.com/2020/01/climate-refugees-fabrication-of.html.
 9. de Haas, H., Castles, S., & Miller, M. J. (2020a). The age of migration. London: Red Globe Press.
 10. de Haas, H., & Fransen, S. (2018). Social transformation and migration: An empirical inquiry (International Migration Institute IMI working paper no. 141). Amsterdam: University of Amsterdam.
 11. de Haas, H., Fransen, S., Natter, K., Schewel, K., & Vezzoli, S. (2020b). Social transformation (International Migration Institute IMI working paper no. 166). Amsterdam: University of Amsterdam.
 12. de Haas, H., & Rodríguez, F. (2010). Mobility and human development: Introduction. *Journal of Human Development and Capabilities*, 11(2), 177–184.
 13. de Haas, H., & Sigona, N. (2012). Migration and revolution. *Forced Migration Review*, 39, 4–5.
- Emirbayer, M., & Mische, A. (1998). What is agency? *American Journal of Sociology*, 103(4), 962–1023.
- Enright, M. (2009). Choice, culture and the politics of belonging: The emerging law of forced and arranged marriage. *The Modern Law Review*, 72(3), 331–359.

