



Optimism in Migrant Workers in Asia: Systematic Literature Review

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ARTICLE INFO	ABSTRACT
<p>Submitted: 13-05-2022 Accepted: 16-07-2022 Published: 16-09-2022</p>	<p>This literature review aims to examine the literature on the optimistic attitude of Asian migrant workers. As databases, Science Direct, Springer Link, Emerald Insight, and JSTOR were used. Based on the inclusion and exclusion, there are three criteria for journal articles. The study results show that migrant workers were optimistic and had a strong spirit because of the social support and the fulfilment of health services in their workplace. However, they experience lousy behavior from local domestic workers as jobs clarity by migrant workers resulting in unemployment and labor market competition.</p>
<p>KEYWORDS Optimism, Migrant Workers, Asia</p>	

INTRODUCTION

The spirit of earning income describes the positive energy perceived by workers in doing work. When workers have a better sense of spirit and enthusiasm, a sense of happiness, an optimistic attitude, and self-confidence, this condition explains that immigrant workers have a high spirit at work (Novemaryl, 2019). According to the International Labor Organization (2006), there are two types of migrant workers, including internal and external migrant workers. Internal migrant workers are those who move from one place to another in one of the countries they choose while external migrant workers are those who move to work from one country to another (Raissachelva, 2020).

Migrant workers are associated with a newcomer, so they are considered members of an unwelcome group and are known as foreigners, and are likely to experience discrimination (Major et al., 2013; Noor & Shaker, 2017; Astuti, 2019). On the other side, according to Schwartz (1998), when carrying out immigration, is characterized in two ways, consisting (a) a job market that provides facilities and infrastructure, including excellent opportunities and benefits; and (b) the target country of destination is prioritized and is very important because of the consideration of more maintained physical conditions, such as the existence of family relationships and the enactment of definite and appropriate laws against immigrants seeking refuge and shelter (Utami & Rahmanto, 2020).

The same thing was conveyed by Ciptoningrum (2009) that various factors support a person working as a migrant worker, including increasing their own and family income, independence from economic needs, eliminating boredom in life, spending spare time, lack of harmony in marriage, have skills that they want to explore and apply to other things, and want to obtain a good social strata status and self-development (Mariyanti et al., 2021).

Optimism, according to Seligman (2008), is the overall view to see positive things and provide convenience for the self. Optimistic individuals can adapt well, are not afraid of failure, and think ahead of whatever they do in the future even if they fail. On the other hand, when individuals have a pessimistic attitude, this can result in the emergence of stress to depression. Chang et al. (2017) define optimism as an individual's foothold about beautiful and pleasant events that will occur. In other words, individuals do not doubt and believe that something with positive value will happen in the future (Rodiyah, 2021). Moreover, positive attitudes and behaviors will have a big and good impact on health, both physically and mentally (Scheier et al., 2009; Priyatama et al., 2018).

Optimism greatly affects the quality of life, psychological calm, happiness, tenacity, good grades in schools and sports, norms, job, success in politics, existence in someone's field, better physical and mental health, and problem-solving that has implications, to make life longer in the world and free from mental illness and trauma (Rezaei et al., 2015; Wahid et al, 2018). Individuals who have an optimistic attitude will be able to adjust their coping strategies according to the level of stressor they experience, so they can apply an optimistic attitude compared to pessimistic individuals (Reed, 2016; Agustina et al., 2021). The optimism phase in an individual is influenced by distinguished factors, including experience and knowledge, biological factors, social strata in society, customs, and social resources (Riziq, 2015; Augustiya et al., 2019).

This study aimed to conduct a literature review on the optimistic attitude of Asian migrant workers over the last ten years. The results of this study can provide a better overview of the optimism of Asian migrant workers so that they can make contributions that can be used for further research.

METHODS

This study is a systematic literature review that follows the PRISMA guidelines (Page et al., 2021) to find out how optimism factors are perceived by migrant workers. Literature data collection began in January 2022 by searching for articles from several databases, consisting of ScienceDirect, Springer Link, Emerald Insight, and JSTOR.

The keywords were determined based on the research question: "optimism migrant workers". The inclusion criteria in the literature search were articles related to migrant worker optimism, research samples were male and female migrant workers in Asia, articles written in English, publications from 2012 to 2022, and quantitative research types, only show open access. The reason of the last ten years refers to the increasing research of migrant workers so that the search for the latest information can be found. Meanwhile, the exclusion criteria in the literature search were types of documents that did not meet the criteria, such as undergraduate theses, theses, magazines, book chapters, encyclopedias and news, qualitative research types, literature, and not from the Asian continent.

Next, a manual screening process was carried out by looking at the presence of keywords in the article. If the keywords do not available, the article will be immediately eliminated. Meanwhile, if the keywords are available in the article, it will be ready for the abstract, content, and conclusion sections. The results obtained were three articles according to the research topic and they could be used in this literature review.

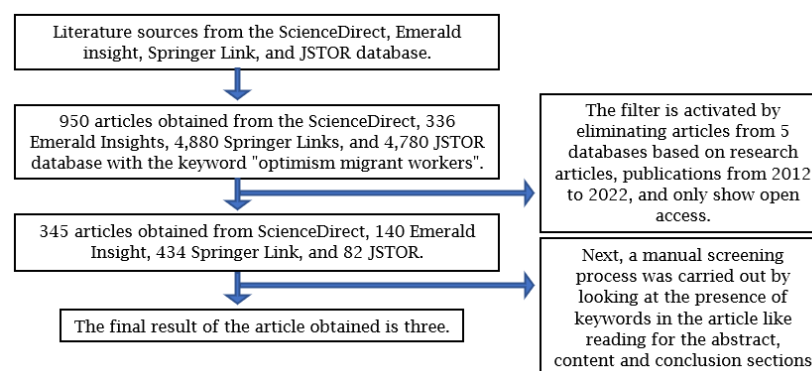


Figure 1. Research Flow

RESULTS AND DISCUSSION

As summarized in Table 1, three articles related to the optimism of migrant workers in Asia were found.

No.	General Information	Sample	Method	Results
1	Individual characteristics, behavioral biases, and attitudes toward foreign workers: Evidence from a survey in Japan Eiichi Tomiura, Banri Ito, Hiroshi Mukunoki, Ryuhei Wakasugi Japan & The World Economy 50(1), p. 1-13. (2019) doi: https://doi.org/10.1016/j.japwor.2019.03.002	The sample in this study was 10,816.	Quantitative method	The results show that Japanese people have an optimistic attitude towards foreign workers with an attitude of tolerance and well-established social interaction. However, there are some domestic workers who are pessimistic because they are unskilled and it has an impact on unemployment and competition in the labor market. There are behavioral biases, such as anti-immigrant sentiment (domestic workers oppose foreign workers entering their workplace) due to threatened job opportunities and lower wages in the domestic labor market.
2	Analysis of health service utilization of migrants in Beijing using Anderson health service utilization model Shuang Shao, Meirong Wang, Guanghui Jin, Yali Zhao, Xiaoqin Lu and Juan Du BMC Health Services Research 18(462), p. 2-11. (2018) doi: https://doi.org/10.1186/s12913-018-3271-y	The sample in this study was 4578.	Quantitative method	Migrant workers are too optimistic about their health status. This is because when migrant workers experience poor health, they will get health services from their employers or from where they work.
3	Factors influencing resilience in patients with burns during rehabilitation period Zhen Yang, Jun-qiao Wang, Bao-Zhen Zhang, Yu Zeng, Hai-ping Ma International Journal of Nursing Sciences 1(1), p. 97-101. (2014) doi: https://doi.org/10.1016/j.ijnss.2014.02.018	The sample in this study was 129 patients.	Quantitative method	Migrant workers have a feeling of optimism because of social support from Chinese people.

The results of the research in the first article stated that Japanese people have an optimistic attitude towards foreign workers with an attitude of tolerance and well-established social interaction. However, some domestic workers are pessimistic because they are unskilled and it has an impact on unemployment and competition in the labor market. There are behavioral biases, such as anti-immigrant sentiment (domestic workers oppose foreign workers entering their workplace) due to threatened job opportunities and lower wages in the domestic labor market.

In the second journal article, it is stated that migrant workers are too optimistic about their health status. This is because when migrant workers experience poor health, they will get health services from

their employers or from where they work. Similarly, the third article states that migrant workers have a feeling of optimism because of social support.

Based on the results of the literature review that has been carried out by researchers, overall, it can be seen that migrant workers have a sense of optimism regarding their careers and they have self-confidence for their future experience and knowledge development (Eva et al., 2020; Rottinghaus et al., 2005; Manoharan et al., 2021). The optimism and motivation of migrant workers do not only affect their work and career in improving their economy but also factors such as quality of life, the meaning of life with the money earned, and lifestyle (Bobek, 2020; Liu et al., 2022).

Although migrant workers experience behavioral bias in the form of discrimination by the local environment, social acceptance can be perceived with adequate skills, which is by being new members of the community, and social interaction relationships can be well structured and being tolerant with one another (DeWall et al, 2011; Taebi, 2017; Gu et al, 2022). Working as a migrant worker is a high-risk and dangerous thing, such as in construction, mining/industry, factories, agriculture, and the service sector. These types of work usually involve long working hours and strenuous physical work, which can increase occupational accidents and illnesses. One example of a terrible event is the fire that affected migrant workers. This has an impact on survival, such as feeling trauma and stress, but they still survive (Adhikarya et al., 2017; Mucci et al., 2019; Devkota, et al., 2021). Thus, it is expected that migrant workers have the optimism to face all risks in their work to survive until the end of their working period and return to their respective countries.

In addition, the obstacle to working as a migrant worker is language. if it cannot be mastered, then the language has a negative impact on safety (Shepherd, 2021). Factors that can increase the optimism of migrant workers are family support, social support, support from the workplace, experience and self-confidence. on the other hand, the factors that can reduce the optimism of migrant workers are unskilled right (Prasetyo, 2014).

In conducting this study, there were many limitations and shortcomings. First, the search for articles was limited to only four databases, including ScienceDirect (write anything) using keywords that are less varied or limited. Second, methodological screening was not carried out in this study, so the quality of the articles reviewed still needs to check again. Third, the quality assessment was not carried out in the study so the researchers felt that they had not fully understood the workings of migrant workers who perceived optimism when working in this study. Therefore, it is suggested for further research that takes this theme to increase the scope of the database so that researchers can obtain more articles to be able to dig up wider information and consider more varied keywords. Researchers are also expected to carry out methodological screening and quality assessments so that the study can provide correct and maximum information.

In addition, further researchers can carry out studies on factors that influence the optimism of migrant workers, such as social acceptance and social interaction, especially those related to the family. As shown in a study by Prasetyo et al. (2014), it is stated that there is optimism for the benefits of welfare, physical and mental health, making individuals more adaptable in social life, reducing psychological problems, and more able to enjoy life satisfaction and feel happy. It is expected that this study can provide benefits, especially to the families of migrant workers and friends of migrant workers who have never worked as migrant workers to pay attention to their physical and mental conditions while working.

CONCLUSION

In general, it can be concluded that migrant workers feel optimistic when working and can survive through the obstacles faced when living in another country. Physical and mental health is needed to maintain stability in work to help good performance in performing at work. The good attitude and optimism possessed by migrant workers will result in social interaction and an attitude of tolerance that

supports them in living in other countries. This can prevent the emergence of bias and discriminatory behavior in the environment in which they work.

CONFLICTS OF INTEREST

The authors declare no conflict of interest.

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