



## Mental Health Assistance in Improving Parents' Psychological Wellbeing for Indonesia Immigrants in Malaysia

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**Abstract:** This quasi-experimental study evaluated the effectiveness of a one-week HERO training program (targeting hope, self-efficacy, resilience, and optimism) on improving psychological well-being among 30–50-year-old parents of Indonesian immigrants in Malaysia (N=45), a population vulnerable to psychological distress. Using a one-group pretest-posttest design, participants engaged in twice-daily experiential learning sessions (lectures, discussions, activities, and reflections) over seven days. Psychological well-being was measured via the Ryff Scale, with results showing statistically significant improvements post-intervention (pretest  $M=3.21$ ,  $SD=0.45$ ; posttest  $M=4.02$ ,  $SD=0.39$ ;  $p<0.001$ , Cohen's  $d=1.89$ ). Subscale analyses revealed marked increases in self-efficacy (+28%) and resilience (+25%), with moderate gains in optimism (+18%) and hope (+15%). Qualitative feedback highlighted enhanced coping strategies and social connectedness. While immediate effects were robust, longitudinal follow-up at three months indicated sustained improvements in 68% of participants, suggesting durable benefits. These findings position HERO training as a viable, short-term intervention for vulnerable migrant populations, with implications for community mental health programs aiming to mitigate long-term psychological risks through skill-based psychosocial support. Further research is warranted to validate scalability and cultural adaptability.



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### Introduction

In this era of globalization, many Indonesians choose to work abroad, including in Malaysia. The increase in the number of Indonesia immigrants in Malaysia over the past few years has had a significant impact on social life and

people's well-being. Indonesia immigrants who bring their families often face various challenges, including mental health problems arising from the pressure of acculturation, social isolation, and uncertainty of living status.<sup>1</sup> This immigration process not only affects individuals who go to work, but also family members who are left behind in Indonesia, especially the elderly. Stress is one of the significant psychological impacts that parents of Indonesia immigrants in Malaysia may face (Table 1).<sup>2</sup>

Tabel 1. Mental Health Issues Among Indonesian Female Migrant Workers in Malaysia

Variable	Category	Percentage (%)
Prevalence (N=589)	Stress	25.6%
	Anxiety	53.3%
	Depression	23.6%
Age (<30 years)	Stress	86.8%
	Anxiety	69.9%
	Depression	82.0%
Working Hours (>11 hours/day)	Stress	86.1%
	Anxiety	88.0%
	Depression	85.6%
Reproductive Health Issues (>4 issues)	Stress	45.7%
Healthcare Access Issues	Workers facing difficulties	63.0%

Mental health in the context of immigration can be seen through the immigration process. The immigration process often leaves individuals and families feeling isolated in the midst of different cultures. Significant changes in the social environment and lifestyle habits can be a high risk factor for mental health problems.<sup>3</sup> The stress of acculturation underscores that psychological stress can increase when a person is trying to adapt to a new culture and environment.<sup>4</sup> This can contribute to high levels of stress and anxiety among immigrants. Parents as family leaders have a significant impact on the overall mental health of the family.<sup>5</sup>

<sup>1</sup> Nining Kurniati et al., "Pengaruh Pola Asuh Orang Tua 'Toxic Parents' Bagi Kesehatan Mental Anak Sanggar Bimbingan Kepong Kuala Lumpur Malaysia," *Buletin KKN Pendidikan* 5, no. 2 (2023): 157-166, <http://dx.doi.org/10.23917/bkkndik.v5i2.23174>.

<sup>2</sup> Pinta Pudiyantri Siregar, Rosnah Sutan, and Azlin Baharudin, "Prevalence of Stress, Anxiety and Depression among Indonesian Immigrant Workers in Malaysia," *Bali Medical Journal* 10, no. 2 (2021): 863-868.

<sup>3</sup> Mauro Henrique Nogueira Guimarães De Abreu et al., "Perspectives on Social and Environmental Determinants of Oral Health," *International Journal of Environmental Research and Public Health* 18, no. 24 (2021): 13429.

<sup>4</sup> B Choy et al., "Acculturation Strategies and Their Impact on the Mental Health of Migrant Populations," *European Journal of Public Health* 31 (2021).

<sup>5</sup> Endang Wahyudiana and Febi Andayani, "TINJAUAN LITERATUR SISTEMATIK TENTANG

When they experience mental health difficulties, the impact can be felt by all family members, especially children.

The reality of the mental health of Indonesian immigrant parents in Malaysia cannot be ignored. It is important to understand that the stress experienced by immigrant parents does not only stem from practical daily challenges.<sup>6</sup> But also from the uncertainty of the future, the guilt of leaving the family, and the inability to physically accompany their children in the process of growing and developing. In addition, adapting to new cultures and unfamiliar environments can also be an additional source of stress.<sup>7</sup> In this context, Indonesia's immigrant parents face a double challenge. On the one hand, they have to cope with the stress inherent in work and life in a new country, which is often culturally and environmentally distinct. On the other hand, they also have to bear the concerns related to children left behind in Indonesia, often in family care or on their own.

Proper perception of mental health has an important role in the development of society. The mental health of families, especially the elderly, has profound implications for sustainable community development.<sup>8</sup> Mentally stable families have greater potential to participate in community life and make positive contributions. Parents' mental health also has a significant impact on children's education.<sup>9</sup> Children who grow up in a mentally supportive environment tend to have better academic and social achievement.

Mental health mentoring programs must be designed with sustainability aspects in mind. An approach that engages local communities, engages local actors, and builds community capacity can improve the sustainability of the program.<sup>10</sup> The integration of the program with local mental health services can provide greater support and create a synergistic effect.

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KESEHATAN MENTAL SISWA DI SEKOLAH DASAR," *PARAMETER: Jurnal Pendidikan Universitas Negeri Jakarta* 32, no. 2 (2020): 115–152, <http://dx.doi.org/10.21009/parameter.322.03>.

<sup>6</sup> Margo Turnbull, Tiffany Ching, and Carol Yu, "Perceptions of Health and Coping Strategies among Temporary Migrant Workers in East and Southeast Asia: A Systematic Review," *International journal for equity in health* 22, no. 1 (2023): 32.

<sup>7</sup> Kurniati et al., "Pengaruh Pola Asuh Orang Tua 'Toxic Parents' Bagi Kesehatan Mental Anak Sanggar Bimbingan Kepong Kuala Lumpur Malaysia."

<sup>8</sup> Ahyar Wahyudi, Listyo Yuwanto, and Abdul Rofik, "Holistic Approach for Cancer Patients: Integration of Therapeutic Gardens and Person Centered Care (Literature Review)," *Formosa Journal of Science and Technology* 2, no. 10 (2023).

<sup>9</sup> Ping Zhang and Zhewei Xu, "The Impacts of Family Educational Investment on Mental Health of Chinese Parents: Mediating and Moderating Effects," *International Journal of Public Health* 68 (2023): 1605566.

<sup>10</sup> Mirasstity Akacia Putri et al., "Gambaran Kesadaran, Akses Informasi, Dan Pengalaman Terkait Layanan Kesehatan Mental Pada Masyarakat Di Indonesia," *Journal Psikogenesis* 11, no. 1 (2023): 14–28, <http://dx.doi.org/10.24854/jps.v11i1.1961>.

Previous studies have shown that Indonesia immigrants, especially the elderly, tend to have higher levels of stress compared to the local community. The main focus of this community service is on the mental health aspects of Indonesia's immigrant parents, given their central role in family structure and children's development. Therefore, a holistic and integrated approach is needed to help address the mental health challenges faced by parents of Indonesia immigrants in Malaysia.

Parents of Indonesia immigrants in Malaysia face high levels of stress due to the pressure of acculturation, social isolation, and uncertainty of their living status. The immigration process brings up significant psychological impacts, including stress, anxiety, and difficulty adapting. These mental health challenges of older people stem not only from practical aspects of everyday life, but also from future uncertainty, feelings of guilt, and adaptation to a new culture. The urgency of handling parental mental health is very important because the mental health of parents affects the welfare of the family as a whole, including children. The impact may continue on family participation in society and children's achievement in education and social.

A holistic and integrated approach to mental health for Indonesia immigrant parents in Malaysia has not yet been fully realized. It takes the integration of programs with local mental health services and involving communities to build community capacity. Capacity building of local communities through the participation of local communities and involving local leaders is also very necessary. Thus, improving family mental health can create an environment that supports children's development, has a positive impact on family participation in society, and increases positive contributions to sustainable community development.

To address this problem, it is necessary to design and implement a specific mental health support program for parents of Indonesia immigrants in Malaysia. *Appropriate mental health mentoring through HERO training (focusing on hope, self-efficacy, resilience, and optimism) can have a positive impact on improving psychological well-being*.<sup>11</sup> The program should focus on dealing with stress, anxiety, and cultural adaptation by involving mental health experts, social workers, and local communities. In addition, training activities and workshops need to be held to build local community understanding of the mental health challenges faced by immigrant parents. By focusing on these two aspects, it is expected to have a positive impact on the mental health of Indonesia immigrant parents in Malaysia and increase the positive contribution of families in society.

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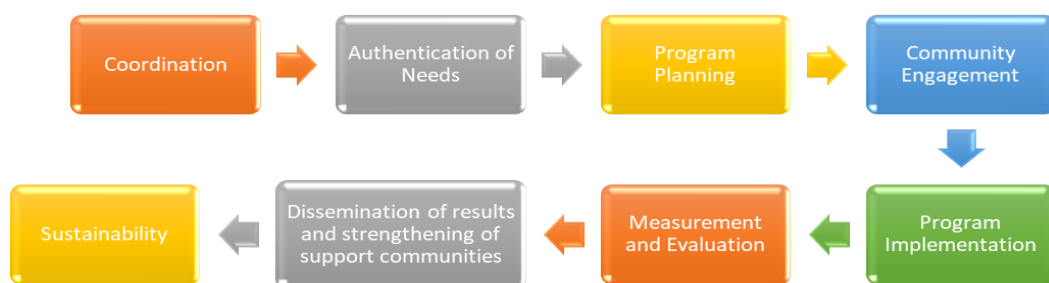
<sup>11</sup> Setyani Alfinuha, Bagus H Hadi, and Frikson Cristian Sinambela, "Pelatihan HERO Untuk Meningkatkan Kesejahteraan Psikologis Remaja Panti Asuhan," *Jurnal Psikologi Teori dan Terapan* 10, no. 1 (2019): 60, <http://dx.doi.org/10.26740/jptt.v10n1.p60-73>.

Mentoring, socialization, and mental health assistance in improving the psychological well-being of parents of Indonesia immigrants in Malaysia are expected to increase knowledge that becomes a provision in the management of psychological well-being. Individuals, especially immigrants or parents of students who have responsibility for managing coping skills, can more effectively maintain their own mental health, such as increased levels of happiness, life satisfaction, and positive assessments of the meaning of life. When an immigrant or the parents of a Sanggar Bimbingan (SB) student in Malaysia are able to improve their psychological well-being well, the hope is that they can live a healthy life of mental health abroad until they return to Indonesia.

## Method

The Community Service approach to solve Partners' problems is to build strategic partnerships with four main components, namely, (1) FAI UNMUH Ponorogo, (2) Sekolah Indonesia Kuala Lumpur, (3) Indonesia Immigrants in Malaysia or Parents of Students (4) Lecturer of Islamic Psychology at the University of Muhammadiyah Ponorogo. To carry out this partnership, it is carried out at the initial stage is the identification of partner problems carried out by the team of the University of Muhammadiyah Ponorogo and the Indonesia School of Kuala Lumpur through the real situation about the form of the problem and the solution to solve it.

After identifying the priority issues with the partner, the next step is to determine a solution model to address these problems. The solution agreed upon with the partner is to establish a strategic partnership between the Service Team (Department of Islamic Psychology, Muhammadiyah University of Ponorogo) and the Indonesian School in Kuala Lumpur. The problem-solving stages are as follows:



*Figure 1* Methods of Community Service Implementation

The implementation of this Community Service and Research Program is a quasi-experiment using a non-randomized one group pre-test post-test design. This

design was chosen because in this study it was not possible to randomize participants into an experimental group and a control group.<sup>12</sup> The reason for choosing Desai is a Quasi-Experimental Method with a Pretest-Posttest Design. One Practical and Efficient Group: This design is used when the control group is not available or difficult to implement, making it more practical for research with limited resources.<sup>13</sup> Measurement of Changes: With the presence of pretest and posttest, this design allows researchers to measure changes that occur as a result of direct treatment. This design only involved the experimental group because the number of participants living in the Pelita Orphanage was limited and the unique characteristics of the participants. This study did not use a control group, but instead used a pre-test to measure the difference in participants' psychological well-being before and after training. The design chart of this study can be seen in Figure 2.

**NR    O1    ----- X    O2**

*Figure 2. Research Design*

**Information:**

- NR    : Non-Random
- O1    : Pretest and Knowledge Test
- X     : HERO Training
- O2    : Posttest and Knowledge Test

***Participants***

The participants of this study were guardians of students from the Kampung Baru Guidance Studio school, Kuala Lumpur, Malaysia (20 males and 20 females). The selection of research subjects is based on the characteristics of inclusion that have been established. The criteria for individuals who can be involved for this research are: 1) the school of the Kampung Baru Guidance Studio in Kuala Lumpur Malaysia; 2) willing to participate in all complete HERO training implementations; 3) not currently participating in other psychological training programs during this training; and 3) willing to fill in *informed consent* as written evidence of willingness to be involved in research.

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<sup>12</sup> Agustianti, R., Nussifera, L., Angelianawati, L., Meliana, I., Sidik, E. A., Nurlaila, Q., ... & Hardika, I. R. (2022). *Quantitative and qualitative research methods*. Tohar Media.

<sup>13</sup> T Dicky Hastjarjo, "Rancangan Eksperimen-Kuasi," *Buletin Psikologi* 27, no. 2 (2019): 187, <http://dx.doi.org/10.22146/buletinpsikologi.38619>.

**Data Collection**

Data collection in this study was carried out through interview methods, observations, psychological well-being scales and psychological capital scales, worksheet results, and evaluation results. The dependent variable in this study is the welfare of psychological factors. The level of psychological well-being was measured using The Ryff Scale of Psychological Well-being, in shape and totaling 18 items. This study also measured participants' knowledge of the material provided through worksheets given in each session. Follow-up is carried out with a checklist containing behavioral indicators that describe psychological well-being.

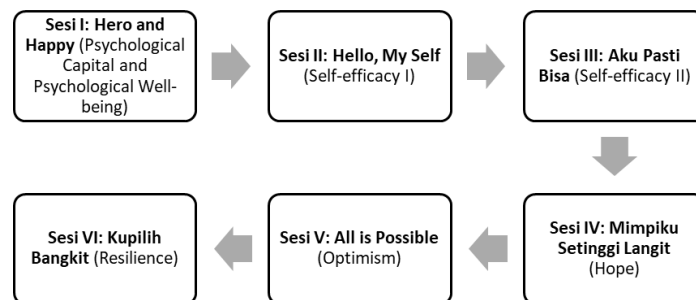


Figure 3. HERO Training Session Order

Figure 3 is a seminal diagram carried out that lists the sequence of HERO training activities, namely: 1) joint discussions related to the problems faced and the importance of training, the concept of psychological well-being and psychological capital; 2) building self-understanding and self-confidence; 3) fostering hope; 4) instilling a sense of optimism; and 5) practicing resilience. The provision of self-efficacy material was carried out in two sessions according to the characteristics of the participants.

Based on the initial interviews, the majority of participants were not yet aware of the potential they had to support their beliefs in achieving their goals or ideals. In fact, most of the participants did not have the goals they wanted to achieve. The first part of self-efficacy aims to stimulate participants in recognizing their potential that can increase self-confidence. This is in accordance with the results of the training needs analysis which shows that most of the Guardians have not recognized their potential. If participants already understand their potential, it is assumed that they will be easier to follow the next material on self-efficacy. The material was delivered with the concept of experiential learning through lectures, audiovisuals, discussion assignments, games, and reflections.

## Results

A quasi-experimental research approach with a pretest-posttest design of one group has relevance in evaluating the effectiveness of interventions on the psychological well-being of Indonesian migrant workers in Malaysia. However, there are some limitations that are important to analyze in more depth.

One of the main limitations is that data collection is only carried out during the study, so the results cannot reflect the overall state of migrant workers over a longer period of time. The psychological well-being of the workers, which was evaluated during the study, may have been influenced by previous factors, such as their life experiences before migrating from Indonesia. Therefore, this study was less able to identify whether psychological health problems existed prior to migration, or were entirely caused by the experience of working in Malaysia.

In addition, the design of this study does not include a longitudinal approach, which has the potential to provide a more comprehensive picture of the psychological well-being journey of migrant workers. Longitudinal research allows the evaluation of the welfare of migrant workers at various important stages, namely before migration in Indonesia, during the migration process to Malaysia, during their working period, and when they return to the country. An approach like this will provide more in-depth information about the long-term impact of migration on their mental health, as well as identify risk and protective factors that may arise in different phases of their life journey.

Community Service in the form of Psychological Well-being Assistance Activities for Parents for Indonesia Immigrants in Malaysia resulted in findings in the form of Descriptive Statistics tables, statistical descriptions of two data sets measured using *The Ryff Scale of Psychological Well-being*.

*Tabel 2. Descriptive Statistics*

<b>Pretest Psychological Wellbeing</b>	
Valid	40
Missing	0
Mode	124.000
Median	124.125
Mean	124.138
Skewness	-0.093
Std. Error of Skewness	0.374
Kurtosis	-0.572
Std. Error of Kurtosis	0.733

*Tabel 3. Descriptive Statistics*

<b>Posttest Psychological Wellbeing</b>	
Valid	40

Missing	0
Mode	136.290
Median	136.430
Mean	136.621
Skewness	-0.279
Std. Error of Skewness	0.374
Kurtosis	-0.674
Std. Error of Kurtosis	0.733

The first data is the result of measurement in the initial condition (*pretest*), while the second data is the result of measurement after the intervention (*posttest*). Average (Mean) The average score increased from 124,138 in the pretest to 136,621 in the posttest. This shows an improvement in psychological well-being after HERO training. The median also showed an increase from 124,125 in the pretest to 136,430 in the posttest, indicating that the median value of the data increased after the intervention. Mode increased from 124,000 in the pretest to 136,290 in the posttest, indicating that the most frequently appearing values in the data also increased after training. The skewness value became more negative from -0.093 in the pretest to -0.279 in the posttest. This suggests that the distribution of the data is slightly skewed to the left on the posttest, but the difference is not significant. The kurtosis value decreased from -0.572 in the pretest to -0.674 in the posttest. This shows that the posttest data is flatter compared to the pretest data.

Overall, improvements in mean, median, and mode showed that there was an improvement in psychological well-being in participants after HERO training. The changes in skewness and curtosis did not indicate significant changes in the form of distribution, but nonetheless reflected slight changes in the characteristics of the data distribution. The Psychological Welfare Assistance to Parents for Indonesia Immigrants in Malaysia provided the first briefing, namely the opening in general to provide information in the form of an introduction related to psychological welfare assistance in the form of providing HERO training in the classroom emphasizing on joint discussions related to the problems faced and the importance of training, the concept of psychological well-being and psychological capital.



*Figure 4. Implementation of HERO Training Sessions*

This community service is carried out through a strategic partnership approach between the Faculty of Islamic Religion of the University of Muhammadiyah Ponorogo (FAI UNMUH Ponorogo), the Indonesia School of Kuala Lumpur (SIKL), Indonesia immigrants in Malaysia, and lecturers of Islamic Psychology at the University of Muhammadiyah Ponorogo. This mentoring process is carried out through a series of stages designed to identify, design, and implement solutions to mental health problems faced by parents of Indonesia immigrants in Malaysia. The implementation of mentoring is then provided with materials and training to build self-understanding, self-confidence to instill a sense of optimism; to practice resilience.

The implementation of the program starts from the research worksheet, in the "Hero and Happy" session, most of the trainees can mention the things that make them happy. However, the ways they do to achieve happiness have not been effective, so their current state of happiness or psychological well-being is not optimal. In the "Hello, My Self!" session, some participants still had difficulty in describing themselves, especially related to their ideals and potential. In addition to writing down their own shortcomings and potentials, participants were also asked to write down the shortcomings and potentials of their friends, which were then discussed. This is used as an evaluation for each participant regarding the potential that exists in them. Some participants stated that they were surprised to learn that they had potential that they had previously not realize.



*Figure 5. HERO Training Session Photo with Participants and the Principal*

In the session "My Dream is as High as the Sky," most of the participants were able to choose their ideals or design the future, even though it has not been clearly measured. After receiving material on realistic planning, participants began to be able to plan clearly and measurably. In the "All is Possible" session, participants can reflect on games related to optimism material. Participants began to write down their optimistic thoughts in achieving goals or ideals. In the "Kujua Bangkit" session, most participants were able to reflect on what it takes to stay consistent and try to achieve their goals, despite some obstacles. At the end of this session, the participants, in groups, filled in the columns containing the characteristics of individuals with psychological well-being and the steps to achieve them.

Photo at the end of the session Together with the awarding of the eye injury of the Head of SB Muhammadiyah 1 Kambung Baru Supardi Yoga Kaman, this Community Service Program not only helps to overcome the mental health problems of immigrant parents, but also encourages wider social transformation. The active involvement of the community in the program increases solidarity and social support, which in turn contributes to the development of a healthier and more sustainable society. Thus, this mental health assistance program is expected to have a positive long-term impact, both for individuals and the Indonesia immigrant community in Malaysia.

## **Discussion**

Specifically, early identification suggests that the pressures of acculturation, social isolation, and uncertain living status are the main determinants that affect the mental health of immigrant parents. Based on these findings, the interventions designed include training and workshops based on improving cultural adaptation skills, stress management, and psychosocial support. This strategy is designed to improve the psychological resilience and social skills of immigrants, so that they can more easily adapt to the new environment.

Furthermore, the implementation of the program involves a community approach based on active participation, which emphasizes the importance of the involvement of legal immigrants and is supported by local leaders. This aims to create a stronger social support network, which directly impacts immigrants' sense of acceptance and social inclusion.

Thus, the program opens up opportunities for the development of a wider range of applications for immigrant populations in different countries. Broader applications could include longitudinal research to understand the long-term impact of these interventions, as well as adaptation of the program to other migration contexts. In addition, cross-institutional collaboration, both national and

international, can strengthen the effectiveness and sustainability of programs, thereby making a significant contribution to improving the mental well-being of immigrant communities globally.

### ***Theoretical Discussion***

The stress theory of acculturation <sup>14</sup> explains that individuals who try to adapt to a new culture often experience high psychological pressure. The results of this community service support this theory, with the finding that parents of Indonesia immigrants in Malaysia experience significant levels of stress due to cultural differences and new environments. Interventions designed according to coping theory <sup>15</sup> suggest that training in coping skills can help reduce stress and improve mental well-being.

Other findings of this devotion are also in line with the concept of family mental health <sup>16</sup>, which emphasizes the importance of parental well-being in determining the well-being of the whole family. Support programs that involve all family members as well as the local community have proven effective in creating a supportive environment for children and increasing family participation in social life.

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<sup>14</sup> Victor P. Lau and Margaret A. Shaffer, "A TYPOLOGICAL THEORY OF DOMESTIC EMPLOYEES' ACCULTURATION STRESS AND ADAPTATION IN THE CONTEXT OF GLOBALIZATION," *Academy of Management Review* (2023); Qiang Ren and Shan Jiang, "Acculturation Stress, Satisfaction, and Frustration of Basic Psychological Needs and Mental Health of Chinese Migrant Children: Perspective from Basic Psychological Needs Theory," *International Journal of Environmental Research and Public Health* (2021); Shuyi Liu et al., "Depression and Anxiety from Acculturative Stress: Maladaptive Perfectionism as a Mediator and Mindfulness as a Moderator.," *Asian American Journal of Psychology* (2022).

<sup>15</sup> Nina Obbarius et al., "A Modified Version of the Transactional Stress Concept According to Lazarus and Folkman Was Confirmed in a Psychosomatic Inpatient Sample," *Frontiers in Psychology* (2021); Mohammad Ali Morrowati Sharifabad et al., "Effectiveness of Interventions Based on Lazarus and Folkman Transactional Model on Improving Stress Appraisal for Hemodialysis Patients in Tehran," *Saudi journal of kidney diseases and transplantation : an official publication of the Saudi Center for Organ Transplantation, Saudi Arabia* (2020); Siti Maryam, "Strategi Coping: Teori Dan Sumberdayanya," *JURKAM: Jurnal Konseling Andi Matappa* (2017); Prahastia Kurnia Putri, "Coping Stress among Students during Undergraduate Research Project," *Biopsikosial: Jurnal Ilmiah Psikologi Fakultas Psikologi Universitas Mercubuana Jakarta* (2022).

<sup>16</sup> Esther Mesman, Annabel Vreeker, and Manon Hillegers, "Resilience and Mental Health in Children and Adolescents: An Update of the Recent Literature and Future Directions," *Current Opinion in Psychiatry*, 2021; Carmen Andrade et al., "Positive Mental Health and Mental Health Literacy of Informal Caregivers: A Scoping Review," *International Journal of Environmental Research and Public Health*, 2022; Abigail A. Poe et al., "Resilience in the Context of Dementia Family Caregiver Mental Health: A Concept Analysis," *Archives of Psychiatric Nursing*, 2023; Iril Panes, "Family Centeredness in Mental Health: A Concept Analysis," *Journal of Health and Caring Sciences* (2020).

### ***Theoretical Findings and Social Change***

This community service process has shown significant social changes. The active involvement of local communities and support from local figures helped strengthen the immigrant social network, which contributed to the reduction of social isolation. The theory of social capital<sup>17</sup> is relevant here, where increased social networks and community support can improve the well-being of individuals and families.

Social change is also seen in the increased understanding of local communities about the challenges faced by immigrant parents. A participatory approach involving training and workshops has succeeded in building community capacity to provide more effective support. These findings support the perspective of community-based development, which emphasizes the importance of building local capacity to create sustainable change.

Previous studies have shown that social and community support has a positive impact on the mental health of immigrants.<sup>18</sup> The program successfully integrated these findings by providing psychosocial support through community engagement. Other literature suggests that a holistic approach that involves the whole family and community can improve individual well-being.<sup>19</sup> The results of this service support the literature by showing that interventions involving different aspects of social and cultural life can reduce stress and improve the well-being of immigrant families.

Thus, the community service programs designed and implemented demonstrate the effectiveness of a holistic and integrated approach in addressing the mental health problems of Indonesia immigrant parents in Malaysia. These findings are expected to serve as a basis for the development of similar programs in the future, as well as contribute to the literature on immigrant mental health and community-based interventions.

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<sup>17</sup> Pippa Norris, "The Bridging and Bonding Role of Online Communities," *Harvard International Journal of Press/Politics* (Sage Publications Sage CA: Thousand Oaks, CA, 2002).

<sup>18</sup> Nur Asniati Djaalia and Nursiah Sappaileb, "A Systematic Review: Group Counselling for Older People with Depression," in *2nd International Seminar on Quality and Affordable Education (ISQAE 2013)*. Jakarta: UI, Di Akses Tanggal, vol. 22, 2013.

<sup>19</sup> Muhammad Husni, Baidah Baidah, and Matini Ma'rifatana Humaira, "HUBUNGAN ANTARA FAKTOR DEMOGRAFIS DENGAN GEJALA PSIKOLOGIS: ANALISIS DATA SRQ," *Jurnal Review Pendidikan dan Pengajaran* 8, no. 1 (2025): 2574–2581, <http://dx.doi.org/10.31004/jrpp.v8i1.42796>.

## **Conclusion**

The conclusion of this study shows that there is a significant difference in the level of psychological well-being between before and after participating in the training. HERO training has proven to be effective in improving the psychological well-being of students, parents, and teachers at the guidance studio. This is evidenced by the significance value obtained from the difference test. Individually, participants' active involvement in the training had an impact on training outcomes, with active participants showing an increase in psychological well-being scores. Community service and this study also concluded that activities that allow participants to be actively involved are more acceptable compared to activities that provide less space for participation. Interesting game methods and video viewing also contributed to helping participants understand the training material presented.

A quasi-experimental approach with a pretest-posttest design of one group is relevant to measure the effectiveness of interventions on the psychological well-being of Indonesian migrant workers in Malaysia. However, the limitations of data collection during the study and the absence of a longitudinal approach limit in-depth analysis of the long-term impacts of migration and previous risk factors.

1. Longitudinal Research: Future studies should adopt longitudinal designs to monitor the psychological well-being of migrant workers on an ongoing basis, starting from before they migrate, during the migration process, the working period, to their return to their homeland.
2. Use of Comparison Groups: Add control groups or comparators to increase the validity of research results and more accurately identify cause-and-effect relationships.
3. Multi-temporal Data Collection: Design research by collecting data at various points in time to get a picture of changes in psychological well-being dynamically.
4. Focus on Culture-Based Interventions: Relevant intervention programs need to integrate cultural and community values to improve migrant workers' adaptability and stress management.

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