

A close-up photograph of a person's hand typing on a silver laptop keyboard. The laptop is open on a white desk. In the background, there is a white mug, some colorful sticky notes (yellow, pink, orange), and another laptop. The scene is brightly lit, suggesting an office environment.

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The impact of migration on the psychosocial well-being of migrant workers in Mauritius: A Qualitative Study

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Abstract: *Migrant workers play an important role in the economic development of any country including Mauritius. The country has a very long history that is founded by migrants and foreign labours. There are several laws and policies that Government has put in place to protect and preserve the legal rights of foreign workers working in Mauritius. Despite all these policies put in place to recognize foreign worker's rights, these workers face tremendous challenges in terms of language barriers, difficulties to socialize with local society, exploitation in terms of excess number of working hours, poor living environment, marginalization, stress and depression. All these impacting negatively on the psychosocial wellbeing of migrant workers and affecting adversely their mental health. The aim of this study was to explore the psychosocial wellbeing of migrant workers working in Mauritius, identifying the key factors and problems affecting their mental health and social inclusion. The methodology applied for this study was qualitative using the Grounded Theory Approach. Semi-structured interviews were conducted with twenty-two migrant workers. Six main themes were derived from the findings using Thematic Analysis approach as follows: Work Environment & impact on psychosocial wellbeing, Challenges & barriers faced by migrant workers, Emotional & mental health experiences, living conditions, Working conditions and social integration & Social support. Thematic mind map representing psychosocial wellbeing of migrant workers was derived from the Grounded theory*

emphasizing on the key elements required in improving the psychosocial wellbeing of migrant workers in Mauritius. The recommendations proposed in this research is based on findings emanated from this study. These recommendations can be very useful for policymakers in terms of improving the wellbeing of migrant workers in Mauritius. This research contributes to the existing research gap regarding psychosocial wellbeing of migrant workers and impact of migration on the mental health and social integration of foreign workers in Mauritius.

Keywords: Grounded Theory, Migrant workers, Mental health, Psychosocial well-being, Social Integration.

1. Introduction

Migration has become an integral part of the global labor market. There are millions of people moving from one place to another in search of better employment and improved quality of life [1]. The Sustainable Development Goal (SDG 3) emphasized on good health and well-being. It also includes addressing the mental needs of migrant workers that face challenges due to displacement and difficult working conditions [2]. With a rapid increase in economic development and globalization, the number of migrant workers around the world has increased significantly. Social, Economic and Environmental factors such as war, natural calamities, unemployment, poverty and better living conditions are among the main motives encouraging people to migrate from one place to other [3]. In Mauritius, the percentage

of migrant workers in terms of the Mauritian working population is estimated to be around 6% [4]. It is true that migrant workers contribute enormously in terms of economic growth in our economy, but they often face numerous challenges in terms of language barriers, cultural differences, workplace exploitation, discrimination, social exploitation and isolation, inadequate access to healthcare services, lack of psychological, emotional and moral support and no social support network [5]. The absence of appropriate policies and support systems further worsen their vulnerability. This contributes to stress & depression, anxiety and problem of adapting to their present living, working and living environment [6]. Research shows that migrant workers faced mental health issues and depressive symptoms [7]. The psychological

distress experienced by Migrant workers are mostly linked to different factors such as financial problems, health issues (due to poor working conditions), limited access to healthcare facilities and social barriers such as discrimination, language [8]. While Mauritius has policies that safeguard the migrant workers' right, there remains a gap in addressing the psychosocial and mental health needs of migrant workers. Understanding the challenges and factors that influenced migrant worker's mental health and social integration is important in formulating effective psychosocial policies, workplace interventions and community support initiatives to support these migrant workers. The aim of this study was to explore the psychosocial wellbeing of migrant workers working in Mauritius, identifying the key factors and problems affecting their mental health and social inclusion.

2. Social Inclusion and Exclusion theory of Migration

The social inclusion perspective of migration highlights on how foreign workers are able to integrate in the host countries in terms of their contributions in different spheres of sociological, economic and cultural settings [40]. It includes key features such as

inclusivity; equality in terms of human rights, cultural diversity; social cohesion and policies against any kind of marginalisation and discrimination [9]. Social Inclusion Theory can be of great help in promoting integration and wellbeing of migrant workers in the host countries. This theory emphasises on a societal model where every person irrespective of their class, education level, culture or ethnicity must have equal access to resources [10]. This theory when applied to migrant workers perspectives, enables to address the challenges that professionals such as Psychologists, Social workers and Authorities endure in the host countries in terms of inclusion of migrant workers. Besides, this theory helps in the facilitation towards a more inclusive society. Furthermore, the social inclusion theory can further be applied with migrant workers so that they have access to employment opportunities in terms of works that correspond with their skills, knowledge and qualification. In addition, this theory refers to rights of workers in terms of proper and safe working conditions, decent pay, reasonable working time and power of bargaining [11]. Moreover, this concept supports the ideas of training and education of the migrant workers. By doing so, it ensures that

the migrants have access to healthcare services; proper housing facilities; integrating the migrants in culturally, englobe migrants in the community activities and programmes and provide language courses so that they can easily integrate with the local community [12]. The application of social inclusion theory in the context of migration enables societies to create and progress towards an equitable and interconnected community where all people irrespective of their religion, community and background can positively contribute and gain at the same time from the host society [13].

3. Psychosocial wellbeing of Migrant workers

Psychosocial wellbeing for migrant workers refers to their overall mental, emotional and social health considering the unique challenges and stressors they face due to migration, including factors like cultural adaptation, language barriers, discrimination, family separation, unstable employment and poor living conditions [14]. All of these can significantly impact their well-being and quality of life [15]. Key aspects of psychosocial wellbeing for migrant workers include: Social integration, cultural adaptation, language proficiency, employment

stability, family support, mental health and self esteem [16].

3.1 Social Integration

Social integration in the context of migration refers to the capability of migrant workers to be able to participate fully in the social, economic, political and cultural activities available in the host country [17]. It is further cascaded in terms of promoting a sense of belonging and inclusion, giving full respect of their rights, fair and descent work and ensure that migrant workers have access to basic needs such as food, clothing, shelter, healthcare and education [41]. When referring to integration within the society, it can only happen when migrant workers feel they have been accepted and they are connected with their surroundings and people living around them [18]. For this to take place, it is important that both the local community and the migrants are open to dialogue, have an open minded to accept different cultures and be able to mingle with people that are from other countries. Nevertheless, language barriers remain a key challenge [42]. Other associated challenges that prevent social integration to happen are discrimination, long working hours, insufficient access to healthcare, emotional sorrow due to family

separation [19]. It is crucial that there is sufficient language training program put in place by the host country, promote intercultural exchange initiatives, descent work policies, anti-discrimination actions and access to basic healthcare [20].

3.2 Cultural Adaptation

Cultural adaptation is about eliminating all types of cultural differences and adapt to the host country's traditions, social norms and way of living of the host country [21]. It is about providing the possibilities and promote learning and understanding of the host country values, language, behaviour and culture. It is found that the adaptation journey of the migrant workers to a new country start with the "honeymoon period" which is considered as full of excitement, motivation and curiosity to be in a new country [43]. Then gradually, it follows by complex challenges in terms of "culture shock", feeling of loneliness and difficulty to adapt [22]. During this difficult period, migrant workers need psychological, social and emotional support from professionals and from the close relatives [23].

3.3 Language Proficiency

Effective communication is important in order for migrant workers to have

access to basic healthcare, find a job, housing and integrate into the society lifestyle [24]. But in most cases, migrant workers find it very difficult to master a new language and access to different services. This often results into loneliness, social isolation, education deprivation, discrimination and depression [25].

3.4 Employment Stability

It is important that migrant workers have a decent and stable work with financial security, psychological stability and social inclusion [26]. Research shows that good and decent wages, good working environment and work conditions are factors that help to reduce stress and foster a sense of belonging within the society [44]. Migrant workers having a stable employment increase their self-esteem, prevent them from being exploited and improve their mental well-being. These conditions are associated to resilience and enable them to live a stable quality of life [27].

3.5 Family Support

Having support of the family is another key element for the migrant worker psychological well-being [28]. It is important that migrant workers received emotional and moral support from their close relatives [45].

Connecting with their family or close relatives helps to bring some comfort, motivation and cope with work stress and life difficulties [29]. Regular communication with their family and close relatives help to foster mental stability and being more resilient [30].

3.6 Mental Health

Migrant workers can enjoy positive mental health when there is absence of significant psychological distress in terms of anxiety, depression and post-traumatic stress disorder [31]. Element of stress for the migrant workers comprise of difficulties to adjust to the host country’s culture, job insecurity, social isolation, discrimination, family separation [46]. Therefore, it is important that migrant workers have psychological support and counselling from professional [32].

3.7 Self-Esteem

Self-esteem, confidence and feeling of self-worth are important elements that will encourage migrant workers to engage within a new community [33]. It is important that there is appropriate support mechanism put in place to support migrant workers at their workplace, value their work, integrate them within the social events, eliminate all sorts of discrimination at society level or workplace and offer job security

[34]. Therefore, access to psychological support helps migrant workers to build their self-esteem, strengthening social and psychological well-being [35][47].

4. Findings

4.1 Demographic of Participants (Migrant Workers)

Characteristics	Participants (N=22)	Age: 21-31	32-40	42-52
Gender:				
Male	12	4	4	4
Female	10	3	4	3
Total	22	7	8	7

4.2 Participant’s countries of origin

Country	India	Nepal	Madagascar	Bangladesh	Botswana
Male	2	3	3	2	2
Female	2	1	4	2	1
Total	4	4	7	4	3

4.3 Work Environment and Impact on Psychosocial Wellbeing

Theme 1: Work Environment and Impact on psychosocial wellbeing
Long hours of work and no work-life balance.
Physical and Emotional problem due to long working hours.
No time for leisure activities

Data captured from the interviews revealed that most of migrant workers faced tremendous pressure that affect their physical and mental state. In the quest of making more money, even though the migrant workers get days off to relax or as leisure time, they prefer to look for alternative work with the objective of making more money. A young Bangladeshi (Iqbal 28 years) working in the construction sector reported *“I normally work from 7am to 6pm with 3 breaks of 30 min. It is not easy to work outside as these days it is doing extremely hot. We are paid monthly and our salary are calculated on per day presence. At times I feel tired and want to take a day rest. But we don’t have any choice as not working means no pay for that day and this will reduce our salary at the end of the month. We do get 1 day off on Sunday, but I usually go to look for a job at someone place like painting, cleaning etc so as to make some extra money. We have come here to work and to make maximum money and send back money to our family at the end of each month. So, no time to rest or for leisure time”*.

4.4 Challenges & barriers faced by Migrant workers

Theme 2: Challenges and barriers faced by Migrant workers

- Difficulties to communicate to local people due to language barriers.
- Discrimination within the local community
- Social exclusion
- Difficulties in accessing essential services such as health and other facilities

The biggest challenges that migrant workers faced in Mauritius is language barriers and communicating to the local people in “creole”. The native and daily language that Mauritian use to communicate is “creole”. Migrant workers with little education and qualification have difficulties to communicate with the Mauritian. Many of them do not know how to speak English or French. Consequently, when going to health services they find difficulties to explain their health issues. One of the participants from Nepal name Aastha reported that *“I am a drop out from high school. I know very little English. One day I went to hospital as I was having stomach problem, I went to the hospital and was unable to communicate properly to the doctor nor the latter was able to understand me. They made me wait for more than 3*

hours before I can be admitted and received the necessary treatment. There was no interpreter who could help me. I was admitted for 5 days and each time the doctor or nurse came to see me, I was unable to communicate to them. I don't even know what medicine they give me and what health issue I was diagnosed. This is very frustrating and cause additional mental pressure over and above being ill." This statement clearly demonstrates the psychological effect that migrant workers have to endure due to language barriers.

4.5 Emotional and Mental Health Experiences

Theme 3: Emotional and Mental Health experiences

- Psychological effect of migration- Culture Shock, homesick, adaptation problem, loneliness, financial burden.
- Work related stress, depression, anxiety, Post Traumatic Stress Disorder, Mood swing

The findings from this research revealed that during their first week and second week of arrival migrant workers were very excited to come to a new country. This phase is normally considered as "honeymoon" phase, as everything look so beautiful. However, after the second week they enter into the "culture shock" phase. This stage they experienced the

feeling of anxiety, homesickness and feeling of frustration being in a country with different culture, traditions and societal norms. They experience the real difficulties in navigating in the 'daily routine of the society and faced the problems of language barriers and social isolation and start missing their families and food. Thus, this eventually impact negatively on their mental state and leads to depression, anxiety and mood related problem. One male respondent of age 35years old from Botswana reported "In the beginning I was so happy and excited coming to Mauritius which is so beautiful. However, as days passed, I started to feel the economic pressure as cost of living is very high here. Also, I was not able to adapt to the cultural environment here. The food taste different compare to my country and this eventually impacting my diet and affecting my mental state negatively. After a few weeks, I felt the loneliness overcoming my body and soul. As being away from my family, having to do everything by my own and it was difficult for me to cope with my loneliness as I have no friends here. I was like a robot. Wake up in the morning and go to work and come back late sleeping and repeat same every day. Life starts to become boring and I was very depressed".

4.6 Living Conditions

Theme 4: Living conditions

- Living environment and lifestyle.
- Malnutrition
- Poor hygiene conditions
- Limited access to basic amenities

All participants interviewed informed they live in dormitory provided by their employer. Consequently, they do not have their personal room and have to share with other migrant workers. By observation made during the interviews. I could clearly see the poor sanitary conditions in terms of lack of cleanliness, poor ventilation, lack of privacy and overcrowding. Thus, this likely to attract rats and infectious diseases among migrant workers. To improve their psychosocial wellbeing, it is important that these migrant workers have a reasonable space of living and live in a clean environment. Moreover, lack of basic amenities in terms of clean running tap water, no proper cooking facilities and overcrowding affect their psychosocial and mental wellbeing. One Indian lady reported *“I do not have my personal room and have to share it with other migrants. 10 people sleep in the same room. This causes great inconvenience at time as we cannot talk with our family at night, we have to keep our items under lock and key every time.*

But the positive side is at least we have a concrete house to live. In my country I used to live in a house made of iron sheet and the conditions were worse off than this”.

4.7 Working conditions

Theme 5: Working conditions

- Poor working conditions with long hours of work.
- Job insecurity and financial constraint.
- No employer-employee support, no counselling and no ongoing job training.

The findings revealed that migrant workers have to work for long hours particularly in certain sector such as textile, hotel and food production such as bakery, food processing. Interviewees reported that they do feel tired, insomnia and weak when they worked for long hours (16 hours/day) continuously for the entire week. This eventually affect their mental ability negatively and impact in their physical condition as well. A young Bangladeshi worker name Mohammad (fictitious name) of 28 years old, reported *“I am prepared to work up to 16 hours every day. Eventually, I am tired, exhausted and affect my mental state. But I am here (Mauritius) to work not to relax. By working long hours, this is the only way that I can make more money and*

eventually send extra money to my family at the end of the month. For me money comes first, then health”.

Other migrant working in the construction industry informed “Imagine during our recruitment interviews, we were recruited for the job of construction supervisor and site manager, but coming here in Mauritius we are doing work of mason and not supervisor. Unfortunately, we have to accept the jobs offered to us, as we cannot go back. We have contracted loans and our family has lots of hope on us. Even the salary we are getting is very low compared to what we were promised to get during our recruitment interview. Can you imagine what our mental state can be when we have to endured all these things. We suffered almost every day mentally. We do not have any support, no counselling and no follow-up by Psychologists of Social Workers”. In addition, migrant workers often work in dangerous condition and paid with low salary. This eventually has an adverse result in terms of their mental health, emotional and physical conditions.

4.8 Social Integration and Social Support

Theme 6: Social integration and social support

- Socialization within the community
- Marginalization.
- Access to community network, support and cultural integration.

The findings revealed the difficulties that migrant workers endured in socializing with local people due to their language barriers. Despite, they want to socialize with the local community, not understanding and not able to communicate with the locals refrain them from participating in social activities. Migrants are often marginalized and bullied when they travel in metro, bus or are in public market or shopping malls. They get different treatment compare to Mauritians and this eventually affect negatively their psychological state of mind.

One female Malagasy worker age 24 years old name Camelia (fictitious name) working in a hotel in the north of the country, reported that “I do feel going out and mingle with the local community. But the fact our language is different that always stop me because I know I will not be able to communicate with them properly. It is already 2 years

since I am in Mauritius, and I have never participated in any activity organized by the local community. Despite, these people are nice and welcoming, I feel uncomfortable to mingle with them and socialize with them. But when I am invited, I often participated in activities organized by my Malagasy friends. We are women we are more vulnerable compare to male migrant workers. I work in the hotel, you won't believe, but I am often victims of being bullied and harassment by hotel clients. Some even proposed me just to have sex with them against payment. I am being traumatized and cannot even report this to my parents as I don't want them to get stress because of me".

Other participants from Bangladesh and Nepal informed "The local people often treat us as aliens, called us different names and make fun of us when we go in the market to buy vegetables or groceries. We are being discriminated in most public places in terms of services being offered. Some places such as eating in a restaurant or going to bank to transfer money we feel humiliated and marginalized because we are foreigners and do not understand the local procedures, systems and language. This has inevitably a negative consequence in our state of mind and social behavior".

5.0 Discussion

5.1 Role of Social Inclusion Theory in improving the integration of migrant workers.

This study confirms the Neoclassical theory emphasizing that "migration as an individual decision revolved around maximizing economic benefits by shifting from one place with low paying job to another place with higher wages and its associated economic benefit". The findings eventually revealed that the main motive that has pushed foreign workers to come to Mauritius was to make maximum money. Moreover, despite precarious working conditions, long working hours resulting in tiredness and mental health pressure. Migrant workers still willing to work additional hours with the only objectives of making more money. Moreover, according to research of Liang and Zhang [36] emphasized that the features that provide the conditions for social inclusion for migrant comprise of equality in terms of human rights, cultural diversity, social cohesion and policies against marginalization and discrimination. However, in this study conducted it has been noted, even if there are sufficient laws in terms of protecting the rights of migrant workers, policies against discrimination at workplace and

cultural diversity. Yet, there is the absence of that connection between social cohesion and linking the migrant workers with the local community. In other words, there should be professionals such as Migrant Care Workers, Social Workers, Counsellors or Psychologists who help the migrant workers to connect with the local populations social culture. In developed countries such as USA, Canada, Australia there are centres known as “community centre” that are available in different places to provide counselling and facilitate the integration of migrants including foreign workers within the local society. These centres provide post arrival counselling, psychological, emotional and moral support to migrant workers on a weekly basis or on appointment. Unfortunately, in Mauritius such facilities are not available. In addition, as per the research of [21], for social inclusion to happen it is important that psychologists, social workers and other stakeholders work together in promoting social inclusion to take place in a society where every person irrespective of their class, education level, culture and ethnicity are able to have access to resources such as health, psychological support, learn the local language. These facilities should

not only be provided to the inhabitants of the host country but extend to the foreign workers as well. Furthermore, the concept of Social Inclusion Theory in migration emphasizes the importance of providing structured training and education programs for the foreign workers. By empowering them with the required skills and knowledge in terms of facilitating their access to essential services such as healthcare, proper and descent housing and language courses this open the doors for social inclusion and foster a sense of belonging. It is equally important that the local community are sensitized on the importance of these foreign workers in the economic development of our country and to socialize with them. As per [23], the emphasis was laid on language acquisition, which empowers foreign workers to overcome the burden of communicating with the locals and help them to engage in meaningful connections with the host community. [24] highlight how inclusive policies and practices are important in building an equitable and interconnected society where migrants, irrespective of their religions, ethnicity and socio-economic background can eventually contribute to and benefit to the host country. Unfortunately, this raises critical questions on how far our strategies of

integrating foreign workers is working? The findings revealed that none of such strategies exist when it comes to integration strategies and building mutual understanding and cooperation among foreign workers and the local populations in Mauritius. It is high time that stakeholders (Government, Social workers, Counsellors, Psychologist and NGOs) come together and think, how to strengthen the effort to ensure sustainable and long-term inclusion.

5.2 Psychosocial wellbeing of migrant workers

According to Prilleltensky [6], mentioned about a person experienced wellbeing when that person's individual, relational and collective needs have been fulfilled. Individual needs are something that are personal and unique to each individual. It focuses on physical, emotional, psychological and intellectual wellbeing. According to Maslow these psychological needs can be in terms of basic needs such as food, water, shelter and sleep. Whereas psychological needs are self-esteem, autonomy and personal growth. Intellectual needs are learning, curiosity and self-actualization. The findings of this study revealed that the basic needs of the Migrant workers in terms of food, water shelter and sleep are being fulfil. But the question is what about the

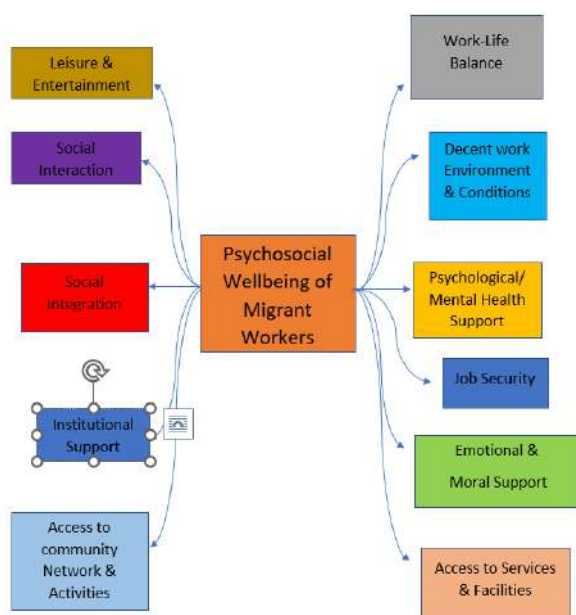
quality of food they are eating? What about the comfort of the shelter they are getting? Since, the findings revealed that most of the workers are facing with mental pressure, are the migrant workers sleeping peacefully? In addition, relational needs come from interaction with others and this contribute to the healthy relationships and social connections. It includes emotional support, trust and security in relationships, communication and mutual understanding, conflict resolution and cooperation [39]. Based on the findings of this study, there is absence of emotional support, poor communication between employer and employee, lack of communication and understanding between migrant workers and local inhabitants [38]. Thus, it is clear that the relational needs of the migrant's workers are not being met. On the other hand, collective needs are societal needs that affect communities and group in general. It also comprises of social stability, equity and shared well-being. It includes characteristics such as social justice and equality, public health and safety, environmental sustainability and access to education and employment. What can be concluded based from the findings are that the collective needs in terms of social justice, health and

safety, access to employment are being met. But equality in terms of health care services, equality in terms of fairness in promotion at work, equality in terms of access to resources are still far from being realized.

[25] stated that migrant workers face numerous challenges that have a negative consequence on their psychosocial wellbeing. These include cultural adaptation, discrimination, language barriers, unstable employment, family separation and poor living conditions. Consequently, these challenges affect various aspects of their day-to-day living which necessitates a comprehensive approach to well-being. Psychosocial wellbeing comprises of mental health, emotional resilience and social stability. Migrating to a new country whether for work or for permanent residency often disturbs a person's sense of identity and security. Eventually, this leads to stress, anxiety and depression (WHO, 2021). Therefore, it is important that there are appropriate policies put in place like in developed countries (Canada, UK, Australia, USA) where migrant workers are empowered and supported by professionals such as Social Workers, Psychologists, Counsellors and NGOs. Besides, many migrant workers experience loneliness because of

language barriers and cultural differences. This eventually prevents them from making meaningful social relationships with the local community. To overcome this, integration programs such as mentorship, community support and networks can help in building connections and diminish the feeling of isolation. Another important factor to overcome loneliness, depression and improve psychosocial wellbeing of migrant workers is family support. Many migrants faced what we called "home sickness" and prolonged separation from their partner or family members. Thus, it leads to emotional distress and weakened family bonding. Fortunately, nowadays through technology, migrant workers can connect with their family members and get emotional support. Moreover, psychological support can also be provided remotely by psychologists, counsellors or migrant care workers.

5.3 Mind map representing psychosocial wellbeing of migrant workers



Mind map representing psychosocial wellbeing of migrant workers

The above diagram, is a self-adapted framework derived from the Grounded Theory derived from the themes and findings of this study on the key elements required in promoting the psychosocial wellbeing of Migrant workers working in Mauritius. These elements comprise of: Work-life balance, Decent work environment & Conditions, Psychological and Mental Health support, Job Security, Emotional &Moral support, Access to services and facilities, Leisure and Entertainment, Social interaction, social integration, Institutional support, Access to community network &activities.

6.0 Conclusion

Migrant workers' psychosocial well-being is a multidimensional problem that requires addressing various challenges and support systems. It is important that appropriate conditions, policies and framework are put in place to provide psychological support, ease access to employment, social support, language learning and proper mechanism to enable integration of the migrant workers within our society. Equitable policies can enhance the integration of the foreign workers in the host society. By adopting a comprehensive and a more humane approach, we can provide appropriate conditions that foster an inclusive environment where migrant workers can work and live-in peace, justice and thrive in their new environment. Therefore, it requires a multi-stakeholder's collaboration that involves government, employers, Civil society, Non-Governmental Organization and Private sectors in creating sustainable solutions for the psychosocial wellbeing and their integration in our society. It is important that policy makers review our policies regarding wellbeing of migrant workers. According to World Health Organization report (2022) [26], Mauritius is experiencing an aging population and there is massive brain

drain taking place, where the trained and young talented professionals are migrating to developed countries. Consequently, this is impacting a shortage of labour mostly in blue collar job involving manual labour in the construction, manufacturing, hotel, agriculture and domestic job market. Eventually, to keep our “economic activity rolling”, we are dependent and need the migrant workers. Thus, it is important that we have appropriate policies that promote workplace inclusivity, legal justice and protection, good salary, accessible health care services, including mental health services, language literacy programs and conditions that improve the overall quality of lives of the migrant workers. Implementing the above proposed measures will certainly help to enhance migrant worker’s confidence, communication skills, psychosocial wellbeing and reduce the mental health issues migrants’ workers experience.

Psychosocial challenges in terms of Gender-specific differences, as well as the effect of migration on family dynamics, particularly for those living away from their families, are also under-research [37]. Policy and intervention gaps continue. It is also important, to evaluate prevailing support systems or the effectiveness of

government and NGOs in addressing migrant workers’ mental health needs. Furthermore, much of the research in this area relies on quantitative methods which often fails to capture the lived experiences and personal stories of migrants. Consequently, a qualitative approach could better capture these experiences. Addressing these gaps is crucial for developing effective policies and interventions that enhance the psychosocial wellbeing and integration of migrant workers in Mauritius.

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