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Mental health status of returnee Ethiopian women from the middle-east vis-a-vis women in the process of migration: Implications for intervention

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This study examined mental health status of women returnees from domestic work in the Middle Eastern countries, in comparison with those who are in the process of migration. The prevalence of mental distress, the impacts of socio-demographic variables on the experiences of mental distress, and the differences between the returnees and those who are in the process of migration in their experiences of mental distress were assessed in this study. The study was conducted in Amhara Region, South Wollo Zone. There were two groups of population out of which two sets of samples were drawn i.e. the returnees and those who are in the process of migration. Using availability sampling method, two hundred participants were selected i.e. hundred from the returnees and hundred from those who are in the process of migration. SRQ24 was used for data gathering and descriptive statistics, one way ANOVA, and independent sample t-test were used for data analysis. The finding indicates that the prevalence of mental distress was elevated among the returnees, some variables namely age and religion were having significant impact on mental distress. Whereas other variables examined in this study were not having significant impact. The independent sample t-test indicated that there was significant difference between the two groups in the experiences of both neurosis and psychosis. This implies that a special attention needs to be given by policy makers, researchers, and therapists so as to handle this issue.

Biography

Meseret Ayalew is currently working as an Lecturer at Bahir Dar University and has completed his M.A in field of Clinical Psychology.

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