

**45th Biennial Convention (16-20 November 2019)**

**Confirmatory Factor Analysis and Reliability of the Acculturative Stress Scale Among Myanmar Migrants in Thailand**

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The United Nations estimates that there are 214 million migrants globally and could exceed 400 million by 2050. Similarly, the influx of migrants into Thailand has increased from 528,693 in the 1990s to a peak of 1.7 million in 2017 and migrant workers now make up 65 percent of the total workers in Thailand. Of the migrant workers from Thailand's neighboring countries, 82% were migrant workers from Myanmar who worked in the agriculture, fisheries, and manufacturing of Thai industry. Statistics from the United Nations (UN) and the Thai Department of Employment about migrants both shared that the number of migrants is increasing and the biggest number of migrant workers are from Myanmar. Thus, Thai government health departments and health care professionals are focusing to develop health care policy or services that appropriate for the specific group of migrant workers to maintain strong healthy migrants. The complex situation in the migration process itself can impact mental well-being. The stress that is a response to an individual's difficult experiences related to the process of acculturation, has been termed "acculturative stress". Experiencing language barriers, discrimination from the native people, and unfamiliarity with the host country's culture and society can lead to poor relationships with employers and the native people. These stressors are associated with negative health impacts, especially mental health problems (e.g. anxiety, stress, or depression symptoms). Previous effort to develop acculturative stress scale among migrant workers have mainly focused on specific population, such as the acculturative stress for Latino immigrants and the acculturative scale for Hispanic migrants. Findings from such tools are useful in a specific ethnic group, they have limited application generally among migrant workers in other areas. To address this limitation, the Acculturative Stress Scale (ASS) for Myanmar migrants in Thailand are being developed based on the literatures about acculturative stress among Myanmar migrants in Thailand. Therefore, further testing is required to determine whether the ASS is relevant to use in the context of Myanmar migrants in Thailand.

**Purpose:** To test for reliability and construct validity of the Acculturative Stress Scale (ASS) – Burmese version for use in migrant workers from Myanmar in Thailand.

**Design:** Methodological research.

**Methods:** Data from a previous study of 445 migrant workers from Myanmar in Thailand were used to assess construct validity by conducting a confirmatory factor analysis through LISREL, and reliability by calculating Cronbach's alpha coefficient.

**Main findings:** The analysis yielded satisfactory results of chi-square = 179.03, df = 151, p-value = 0.059, RMSEA = 0.02, GFI = 0.97, AGFI = 0.94. The results support that the ASS

consists of four components: perceived discrimination, perceived hate, culture shock, and financial problems. Cronbach's alpha coefficients for total score was 0.921, and four components were 0.865, 0.912, 0.832, and 0.607, respectively

**Conclusion and recommendations:** Findings indicate that the ASS is a reliable measure for use in migrant workers from Myanmar in Thailand. This instrument will be of great benefit for use as an assessment tool for both research and clinical purposes.

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**Title:**

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**Keywords:**

ACCULTURATIVE STRESS, MIGRANT WORKERS and MYANMAR

**References:**

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**Abstract Summary:**

The United Nations estimates that the number of migrants are increasing more and more. Thus, migrant health especially mental health should be addressed. Migrants have to confront with stressful situations. The results from this study will help health care professionals to identify the level of acculturative stress among migrants.

**Content Outline:**

1. Significance
  - o The number of migrants is increasing more and more
  - o Mental health problems among migrant workers especially stress
  - o The limitations of the acculturative stress scale
2. The objective
3. Methodology

- Site selection and Sampling technique
- Instrument (Translation process)
- Data analysis
- 4. Findings
  - Factor analysis
  - Reliability
- 5. Conclusion
- 6. Implication

First Primary Presenting Author

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**Author Summary:** The author works with a group of migrants in Thailand for several way. for example, training program for a leader in the migrant communities and mental health care promotion program for adolescent migrants.

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Third Author

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Research Interest: Depressive Symptoms in Adolescent of Depressed mothers Psychosocial Intervention for Adolescent of Depressed mothers

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**Author Summary:** Dr. Punpuing has published numbers of articles on urbanization, migration and health, aging, particularly related to different population such as older persons and adolescents. Now as the Asia Population Association (APA) council member, and also a site leader of the Kanchanaburi DSS which is a member of INDEPTH network - longitudinal study sites in Asia and Africa based on health - demographic surveillance system.