

## 호주 이민 아시아 여성들의 삶의 질에 영향을 미치는 요소들 : 설문지를 이용한 단면연구

박강현\*, 강은정\*\*, 전병진\*\*\*

\*대한작업치료사협회

\*\*Wellness and lifestyle aged care services

\*\*\*강원대학교 작업치료학과

### — 국문초록 —

목적 : 이민은 개인이 가진 습관, 일상 및 문화적 행동들 전반을 바꿔야 하므로 개개인의 신체적, 정신적으로 많은 손상을 유발 할 수 있는 스트레스를 불러 올 수 있다. 또한, 이민은 때로는 개인의 의미 있는 일상생활에 참여하는데 부정적인 영향을 끼치기도 한다. 따라서, 본 연구의 목적은 호주에 이민 온 아시아 여성을 대상으로 이민 후 그들의 달라진 환경적 요소가 의미있는 작업 수행에 영향을 미치는 지 분석하고, 작업 참여의 변화가 그들의 삶의 질에 어떠한 영향을 끼치는지 설문지와 질적 인터뷰를 통하여 분석하고자 하였다.

연구방법 : 2015년 6월 1일부터 2주간 총 아홉명의 이민여성들을 대상으로 본 연구를 위해 개발된 반구조화된 설문지를 실시하였다. 폐쇄형 질문에서 얻어진 삶의 질, 작업참여도, 환경요소들, 작업참여와 삶의 질의 상관관계를 보기위해 SPSS(version 20,0)이 사용되었다. 개방형 질문에서 얻은 결과는 Liamputtong(2009)이 제시한 주제 분석단계를 통하여 분석하였다.

결과 : 설문지 분석 결과, 이민여성들의 이민 후 작업 참여도가 이민여성들의 삶의 질에 통계적으로 유의미하게 영향을 미치는 요소로 보고되었다. 즉, 이민으로 인해 변화된 환경적 요소 및 거주 기간은 이민자들의 삶의 질에 유의미한 영향을 미치지 못한 반면, 작업의 참여도가 이민여성들의 삶의 질에 매우 중요한 영향을 미치는 것으로 보고되었다.

결론 : 이민여성들 사이에서 삶의 질을 결정짓는 가장 중요한 요인은 개인의 의미 있는 작업에 대한 참여도로 확인되었다. 이민 여성은 달라진 환경 속 에서 일상생활의 작업을 수행 할 수 없었고, 이는 곧 그들의 삶의 질에 영향을 주는 것으로 생각된다. 따라서 향후 이민여성의 일상생활의 작업참여를 위해 지역사회 기반의 작업치료가 긍정적인 영향을 줄 것으로 생각된다.

주제어 : 이민여성, 이민, 작업적 참여, 삶의 질, 환경

## I. Introduction

Migration is a process which a person moves from one cultural setting to another to settle permanently and

교신저자: 전병진(nomadot@daum.net)

접수일: 2017. 12. 27. 심사일: 2018. 04. 09. 게재승인일: 2018. 04. 24.

plays a significant role in enhancing the country's population and economics (Tsai & Sun, 2013; Hoersting & Jenkins, 2011; Weishaar, 2010). In terms of Australia, more than 27% of Australia's population originates from international migration (Australian Bureau of Statistics, 2012). The visible, cultural, and linguistic differences of Asian or African people make them more vulnerable within the relatively dominant white culture that they often migrate into (Abdelkerim & Grace, 2012; Australian Human Rights Commission, 2010; Kivunja, Kuyini, & Maxwell, 2014). Part of human experiences, for many people, is going to a new place. However, adjusting to a permanent change of environment, may be more difficult than anticipating (Nayar, Hocking & Wilson, 2007). Immigration can be a stressful proposition that requires adaptation and adjustment of valued occupations, such as shopping and socializing with friends and family (Blair, 2000; Hamilton, 2004). Improving culturally competent care and enhancing their health and wellbeing have been diversified among migrant population. Although the experience of immigration has focused on a vast amount of research and the experience of migrant females have been studied (Gupta & Sullivan, 2013), very little research has been conducted with married middle-aged immigrant women from Asia in particular. Studies with this population are important because research can facilitate and support the transition of these women into society improving their QOL (Zhu et al., 2012). Research can also increase the body of knowledge on this specific population (Wong, Daniel Fu Keung, Leung & Grace, 2008). From the occupational therapists' point of view, this population might have difficult to participate in meaning occupations after they moved to another country and this might be able to effect on their quality of life. Therefore, the purpose of the present study is to explore how occupational engagement impacts migrant women's QOL.

## 1. Impact of migrant on people's health

Ottawa Charter (1986) acknowledged that work and

leisure occupations have a significant impact on health and that they need to be reframed as a source of health for people. Performing to our own satisfaction, wellbeing is derived from the performance of occupations in ways that conform to societal expectations. A major part of wellbeing stems from the interaction between the individual engaged in occupation and others in the environment (Harvey, 1993). Additionally, a study conducted by Nayar, Hocking and Wilson (2007) revealed that arriving in new environment, migrants are confronted by major changes in lifestyle in terms of work situations, language difficulties, and loss of social supports. Making these lifestyle changes in a culture complete with its own implicit rules and expectations poses threats to migrants' perception of themselves as competent beings. In addition, the overall challenge of integrating with society has the potential to undermine psychological wellbeing. A study by Nayar, Hocking, & Giddings (2012) reported that an increasing number of migrant female access mental health services due to the stresses of being in a new country, being deprived of occupations and becoming socially isolated. Gupta and Sullivan (2013) discussed how immigrants renegotiate ways of doing, being and belonging in order to adapt and progress in their new country. Suleman and Whiteford (2013) considered the relationship between occupational deprivation and occupational adaptation as addressed through resettlement life skills and the complex process of reconstructing meaning and identity in new socio-political contexts. In addition, a wealth research shows that QOL among people is diminished by poor social participation, reduced life opportunities, inadequate income, having limited choices and control over one's life, dissatisfaction with occupations, loneliness, boredom (Hammell, 2014).

## 2. Occupational engagement

Immigrant have to adapt to a new physical, social, political and economic environment in the new host country (CAOT, 2002). Schisler and Polatajko (2002) elaborated that occupation for migrants changes within

the physical, socio-cultural, economic, and political dimensions of daily life. Muradian (2006) further emphasized that environmental change has a significant impact on migrant's self-care, productivity and leisure activities. Because of these environmental changes, many migrant women tend to have difficulty to participate in meaningful occupations. George and Ramkissoon (1998) found that, in a group of 47 immigrant women from South Asia, many did not find work in their area of expertise. In addition, Martins and Reid (2007) found that migrant women tend to identify themselves as 'homemaker' or 'caregiver'. As a result, they often experienced a lack of leisure because they devoted considerable time to care-giving and their own time became less essential. This can affect occupational balance negatively and can lead to burn-out and other health issues. Thus it is helpful to explore the experiences of individual, in the context of emigrating to a new environment, from an occupational perspective.

### 3. Quality of Life (QOL)

The World Health Organization (1993a; 1993b) defined the QOL as individuals' perceptions of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns. The concept of QOL has been used to encompass a range of issues, including health status, physical well-being, life satisfaction, and happiness (Bradley, 2001). Previous studies have demonstrated that QOL can be influenced by multiple factors, such as age,

educational level, physical activity, occupational stress, working hours, social networks, self-worthiness, occupation and disease (Wu et al., 2011). Especially, poor social networks are associated with worse QOL (Benyamini, Leventhal, & Leventhal, 2000; Kawachi & Berkman, 2001). Investigating individuals' QOL can be significant because based on this, institutions, communities, and the governments can provide proper and needed services for people who have migrant background. Moreover, with understanding their QOL, health professionals will be able to figure out strategies to promote their health. Hence in this study, the relationship between migrant women's QOL and their occupational engagement will be identified and discussed, with use of carefully designed survey questions.

## II. Method

### 1. Sampling

A total of nine people responded to the survey over a period of 2 weeks in June, 2015. All participants were non-western immigrant women who had migrated to Australia from South Korean, Afghanistan and Nepal. All participants also married and they are permanent resident or they want to live in as a permanent resident. The women were between the age of 25 and 40 years. Five women had not children but four women had children. Five women participate in work but four women do not participate in work. An overview of the information is presented in table 1.

Table 1. General Characteristics

Participants	Age	The number of children	Native country	Years in Australia	Education	Type of Employment
1	37	4 +	Afghanistan	5	Tertiary	Part-time
2	35	2	Nepal	3	Secondary	None
3	32	3	Afghanistan	3	Primary	None
4	32	0	South Korea	3	Tertiary	Full-time
5	27	1	South Korea	2	Tertiary	Part-time
6	26	0	South Korea	4	Tertiary	Full-time
7	30	0	South Korea	5	Tertiary	Part-time
8	30	0	South Korea	2	Tertiary	None
9	28	0	South Korea	1.5	Tertiary	None

## 2. Instrument

A self-administered questionnaire was developed for this study because there was no existing questionnaire. There were 12 closed questions, which provided specific answer choices, and 3 open questions, which gained a more detailed narrative response. Closed questions included a combination of numerical and Likert rating scales. Section one of the questionnaire requested demographic information and specific information including education level and employment status. Section two was concentrated on 'QOL' of the participants, including social inclusion, happiness and close relationship. Each survey question had the same multiple choice answers and was made based on WHOHQOL (WHO, 1993a; WHO, 1993b) and AQOL (Richardso, Sinha, Iezzi & Khan, 2014). The third section examined about 'environmental factors' such as cultural, physical, and social environment. The final section explored 'occupational engagement in productive, leisure and social occupations.' The questionnaire was piloted by three migrant females. The questionnaire was then refined based on the pilot feedback. Table 2 depicts inter-item consistency of the questionnaire.

## 3. Procedures

Purposive sampling was used to select the participants.

The authors performed a semi-structured interview with participants. The authors explained to the participants the purpose of the research communicating in their language and were asked to sign a consent form before they proceeded.

## 4. Procedures

Responses to closed questions were coded and analysed by using Statistical Package for Social Sciences (SPSS, 2006). The data were analysed using descriptive statistics analysis to demonstrate measures of QOL, environmental factors and occupational engagement. Furthermore, in order to understand relationship between occupational engagement and QOL, correlations data analysis was used via the SPSS version 20.0. Data which gained from open response questions were transcribed verbatim by the second author. Thematic analysis was then conducted following the steps in Liamputtong (2009). Codes were collected into tentative themes and all potential data related to the themes were gathered. The themes were then revised and checked against codes extracted and the entire data set. Themes and codes were named using 'vivo' codes (Liamputtong, 2009). The following findings from the analysis reflect the participants' views in regards to migrant life and its contribution to their QOL. Three themes related migrant women's daily of living and QOL were

Table 2 inter-item consistency of the questionnaire

Items	Mean score	Standard deviation	<i>r</i>
QOL 1	3.33	1.23	0.83
QOL 2	3.11	0.93	
QOL 3	2.56	0.73	
QOL 4	2.89	0.60	
EF1	7.22	2.11	0.45
EF 2	7.22	2.86	
EF 3	7.00	1.66	
OE 1	3.11	1.05	0.79
OE 2	2.00	1.00	
OE 3	2.56	1.24	
OE 4	2.00	1.12	

QOL: quality of life, EF: environmental factors, OE: occupational engagement

identified: how migrant background impact on QOL, impact of environmental factors on QOL, and occupational roles.

### III. Results

#### 1. QOL, environmental factors and occupational engagement

The total score of QOL was significantly positively associated with the total score of occupational engagement at the 0.05 level, as indicated in table 3. This positive association was further evident through Spearman's rank correlation coefficient. However, the total score of environmental factors were not significantly associated with both the total score of QOL and occupational engagement. Additionally, QOL score was not significantly associated with the participant's duration of stay in Australia and their employment status.

#### 2. Qualitative data Analysis

Qualitative data was collected through an interview with each participant and all nine responses from the participants were included. Each response was audio taped, typed, and then coded. Members checking process were conducted to reduce errors. Thematic analysis was then conducted following the steps in Liamputtong (2009). Codes were collected into tentative themes and all potential data related to the themes were gathered. The themes were then revised and checked against codes extracted and the entire data set. Themes and codes were named using 'vivo' codes,

which as written in Liamputtong (2009) are names and terms participants actually use in their responded and it used as a method of preserving the views of the participants. Two themes related migrant women's QOL were identified: perspective on environmental factors and occupational engagement.

#### 1) Environmental factors

Most of participants responded that Australia's environment makes them feel satisfied with migrant life. Interestingly, three of nine mentioned about safety in Australia. Participant 1 said *"The good thing about living in Australia is that it was far away from war..... I don't have to worry about bombs....."* In line with this, participant 2 responded *"The environment is here much cleaner and safer than home. It's good for my kids' health. Because I think here is more peaceful, back home there is a lot of strikes and rallies, so I feel much safer."* This may be referred that migrant women from Afghanistan or Nepal might feel much safer and cleaner in Australia apart from their origin countries' inner situation including strikes, war or terrorism, which might cause emotional and physiological stress as a result of prolonged exposure to the inherent dangers. Thus, these changes might allow them to find that QOL of immigrant life is much higher and satisfactory. Furthermore, system and policies were another point that migrant responded as a good contributor for their QOL. Participant7 spoke about the reason she wants to stay in Australia that *"I think welfare system and benefit from centrelink are pretty good that is why I decided to live here for good"*. Additionally, they responded that Australian's systems can support their life they do not need to worry about after retirement and

Table 3. The correlation of QOL, environmental factors and occupational engagement

Items	QoLtotal	EFtotal	OEtotal
QOL total	1.000	.436	-.780*
EF total		1.000	-.504
OE total			1.000

\*  $p < .05$

QOL = quality of life, EF = environmental factors, OE = occupational engagement

it reduce burden of education of their children. However, there were negative impacts of environmental factors on QOL among of migrant women. 'Cultural difference' was seen to have adverse effects on migrant women's QOL. One participant stated that *"Until now, I cannot understand a lot of Australian cultures. Sometimes, it counters with my Asian culture. You know, for example, we share our food with friends so I would like to share my food with some people but I am not sure if it's ok"*. Australian's western culture is different from all their hometown's one, eastern culture. These cultural differences may exceed just difference of language or life style. Relocation to a new country is often defined as the adaptation of individuals from a particular cultural context to another as a result of relocating from one country to another. In this adaptation process, people may feel difficulties, burden, or emotional stress to understand different cultural aspect and improve new languages. This continual process might trigger occupational interruption, deprivation or alienation, which can all impact a person's quality of life (Gupta and Sullivan, 2008).

## 2) Occupational Engagement

For immigrants, engaging in meaningful occupations can be challengeable, having potential to affect individual's QOL positively and negatively. As participants responded, their time use and participating in day-to-day activities are family-centered. Specifically, participant 8 responded that *"I have several roles but my main role is wife..... I always prepare lunchbox for my husband and do lots of household chores."* Similarly, participant 2 said *"I have spent most of my time for looking after my kids including picking them up, dropping them off, going to the library with them, and buying groceries for them."* With their occupational roles, these activities can become meaningful processes of looking after their kids and husband and settling their home in the foreign country, rather than mere driving or shopping. However, this would lead them to struggling to deal with multiple roles without someone to help them. On the other hand, five out of nine participants

identified 'Being away from their own social network' as the negative impact of migrant. Participant 9 said *"I cannot meet my loved ones anytime I want. It makes me feel stressed out, isolated, and lonely."* Similarly, participant 7 stated *"The most sadist thing in here is that I cannot meet my sister and brother in South Korea. Especially, I have never seen my nephew who was born last year"*As they said, while the processing of migration, leisure activities including meeting friends or socializing, would be disrupted after immigration. While they are focusing on their successful settle in the new country, their inner enjoyment might not be considered. As a result, they might not participate in some or all of leisure activities such as socializing, having a cup of tea with friends, going to shopping, or going to the cinema. Based on their answers, migrant women tend to spend majority of time on participating in productive occupations and instrumental activities of daily living such as taking care of others and doing house chores.

## IV. Discussion

This article examines how occupational engagement impacts migrant woman's quality of life. Consistent with research on female migrants, we found that there is a statistically significance between the QOL and occupational engagement amongst female migrants. If people could not participate in meaningful activities then their quality of life will decrease. Social integration is defined as 'the extent to which an individual participates in a broad range of social relationships' (Brissette, Cohen, and Seeman, 2000) and is a strong predictor of QOL and health outcomes among migrants (Fiske & Yamamoto, 2005). The important role of social networks and contact with family and friends from their home country came out strongly in the interviews. This is also evident in a study by Ruby & Sam (2002) emphasizing that maintaining social networks diminished due to family responsibilities, language difficulties and cultural barriers within the female migrant population. When settling into

Australia, women spoke of the distress and sadness they felt, as they were not able to see their parents and friends. 80% of participants stated they enjoyed close relationships however since migrating to Australia they were not able to develop any relations with other people due to cultural and language barriers. Similarly, a study by Jordan (2009) stated that female's quality of life decreases due to isolation and disconnection which are the main issues in this study. Struggling to deal with multiple roles with no help from extended family was prevalent in a study by Steindl, Winding, & Runge (2008) who found that female migrant's mental health declines drastically due to isolation and no practical support from family for housework and care of children. Despite their dissatisfaction with routines, social participation and leisure activities, qualitative data demonstrated that their role as mothers was meaningful to them and looking after their children gave them motivation and a sense of hope in their daily life. A participant from Afghanistan commented *"It's really hard work but I love my kids and I want them to have a good future."* Despite being socially isolated and lonely in a new country, migrant women feel it is worth all the emotional pain as they are enabling their children to have a better life (Constable & Ebooks Corporation, 2014). Continually, 77% of participants were not satisfied with their engagement in leisure activities. This is due to the demands of work, studies, motherhood and fulfilling the duties of a wife. Whatever pathway they choose, culturally their main priority was to look after the home, regardless of the demands of outside life (Ho, 2006). These values and beliefs are instilled within Asian females from a young age; thus, they accept it regardless of difficulties they encounter. Within their own country leisure activities are incorporated into the culture (Ho & Alcorso, 2004). However, migrating to a new country they are met with the pressures of new routines, customs and people (Lee et al. 2002). Therefore, their disconnection with social networks from their own country and the struggle of transitioning into a new country can inhibit migrants from partaking in leisure activities (Lee et al. 2002).

Participants indicated that the environment changed in many ways as a result of their immigration. Few participants perceived environmental demands, as cultural and language barriers caused them to have a lower QOL. Research contends that not understanding the host country's language can hinder migrants confidence and engagement in the healthcare system (Watkins, Razeed, & Richters, 2012). In addition, a study by Miller (2012) emphasized migrants appreciated the efficiency of their host countries law system despite not agreeing to its terms. These studies highlight the importance of environmental factors play in improving or hindering migrant's QOL. Despite several studies suggesting that migration can impact negatively on QOL (Huang & Mathers, 2008; Lin & Hung, 2007) newer studies contend that migration leads to improvement in mental health, particularly for women who lived in stressful environments in their home country (Stillman, McKenzie, & Gibson, 2009). This is evident in our study as a key emergent theme was feeling relaxed. Participants compared the cultural, socio-economical and social factors of their home country to Australia and found that Australia is much safer and carefree, as an Afghan participant commented, *"I don't have to worry about bombs, I am safe. I feel lonely here but I am happy because I can sleep at ease"* Also a Korean participant enjoyed the carefree culture of Australia, stating *"None cares what I do, I can do anything and no one talks"*. However, there were few limitations of this study. The small sample size of participants may have allowed for bias to occur as the sample may not have been truly representative of the population. In order to obtain more reliable and meaningful results, appropriate sample size should be conducted by using maximum likelihood classification (Hair, Anderson, Tatham & Black, 1995). In addition, the survey conductors and researchers are same persons, thus bias could be inserted while we obtain data and analyze the results of the survey.

## V. Conclusion

Supporting previous literature, participation in meaningful occupations after immigration and environmental factors did impact the QOL in migrant women. The findings of the study emphasized how person, environment and occupation are all interconnected in the transition process of female migrants. Thus occupational therapists should intervene at the level of person, environment and occupation to better understand female migrants and to implement appropriate interventions. Findings in the present study have helped to build a framework for understanding female's QOL from an occupation standpoint; however, further research with other immigrant people is needed by using appropriate sample size and people with more variety cultural background.

## REFERENCES

- Abdelkerim, A. A., & Grace, M. (2012). Challenges to employment in newly emerging African communities in Australia: A review of the literature. *Australian Social Work, 65*, 104-119.
- Australian Bureau of Statistics (2012). *Reflecting a nation: Stories from the 2011 Census, 2012-2013*. Canberra, Australia: Author.
- Australian Human Rights Commission (2010). *In our own words: African Australians: A review of human rights and social inclusion issues*. Sydney, Australia: Author.
- Benyamini, Y., Leventhal, E. A., & Leventhal, H. (2000). Gender differences in processing information for making self-assessments of health. *Psychosomatic Medicine, 62*(3), 354-364.
- Blair, S. E. E. (2000). The centrality of occupation during life transitions. *British Journal of Occupational Therapy, 63*(5), 231-37.
- Bradley, C. (2001). Importance of differentiating health status from quality of life. *Lancet, 357*(9249), 7-8. doi:10.1016/S0140-6736(00)03562-5.
- Brissette, I., Cohen, S., & Seeman, T. E. (2000). *Measuring Social Integration and Social Networks*. New York, NY: Oxford University Press.
- Canadian Association of Occupational Therapists (CAOT) (2002). *Enabling Occupation: An Occupational Therapy Perspective (revised edition)*. Ottawa, ON: CAOT Publications.
- Constable, N. (2014). *Born out of place: Migrant mothers and the politics of international labor*. Oakland, CA: University of California Press.
- Fiske, S. T., & Yamamoto, M. (2005). Coping with exclusion. Core social motives across cultures. In K. D. Williams, J. P. Forgas, & W. von Hippel (Eds.), *The social outcast: Exclusion, social exclusion, exclusion, and bullying*. New York, NY: Psychology Press.
- George, U., & Ramkissoon, S. (1998). Race, gender, and class: interlocking oppressions in the lives of South Asian women in Canada. *Affilia, 13*(1), 102-119.
- Gupta, J., & Sullivan, C. (2013). The Central Role of Occupation in the Doing, Being and Belonging of Immigrant Women. *Journal of Occupational Science, 20*(1), 23-35.
- Hair, J. F. Jr., Anderson, R. E., Tatham, R. L., & Black, W. C. (1995). *Multivariate data analysis (4th ed.)*. Hoboken, NJ: Prentice Hall.
- Hamilton, T. B. (2004). Occupations and places. In C. Christiansen, & E. Townsend (Eds.), *Introduction to occupation: the art and science of living*. Cranbury, NJ: Pearson Education.
- Hammell, K. R. (2014). Belonging, occupation, and human well-being: An exploration. *Canadian Journal of Occupational Therapy, 81*(1), 39 - 50
- Harvey, A. S. (1993). Quality of life and the use of time theory and measurement. *Journal of Occupational Science, 1*(2), 27-30.
- Hoersting, R. C., & Jenkins, S. R. (2011). No place to call home: Cultural homelessness, self-esteem and cross-cultural identities. *International Journal of Intercultural Relations, 35*(1), 17-30.
- Ho, C. (2006). Migration as Feminisation? Chinese



- Women's Experiences of Work and Family in Australia. *Journal of Ethnic and Migration Studies*, 32(3), 497 - 514.
- Ho, C., & Alcorso, C. (2004). Migrants and employment: challenging the success story. *Journal of Sociology*, 40(3), 237-259.
- Huang, Y. C., & Mathers, N. J. (2008). Postnatal depression and the experience of South Asian marriage migrant women in Taiwan: Survey and semi-structured interview study. *International Journal of Nursing Study*, 45(6), 924 - 931.
- Jordan, J. V. (2009). *Relational-cultural therapy*. Washington, DC: American Psychological Association.
- Kawachi, I., & Berkman, L. (2001). Social ties and mental health. *Journal of Urban Health-Bulletin of the New York Academy of Medicine*, 78(3), 458-467.
- Kivunja, C., Kuyini, A. B., & Maxwell, T. (2013). Settlement experiences of African refugees: A case study of the Armidale, Tamworth and Coffs harbour regions of New South Wales, Australia. *Journal of Asian and African Studies*, 49(1), 64-79.
- Lee, M., Chan, A., Bradby, H., & Green, G. (2002). Chinese migrant women and families in Britain. *Women's Studies International Forum*, 25(6), 607-618.
- Liamputtong, P. (2009). *Qualitative research methods (3rd ed.)*. South Melbourne, Australia: Oxford University Press.
- Lin, L. H., & Hung, C. H. (2007). Vietnamese women immigrants' life adaptation, social support, and depression. *Journal of Nurse Research*, 15(4), 243 - 254.
- Martins, V., & Reid, D. (2007). New-immigrant women in urban Canada: Insights into occupation and sociocultural context. *Occupational Therapy International*, 14(4), 203-220.
- Miller, W. (2012). Asymmetric adaptive legal cultures amongst minorities and Euro-migrants. *East European Politics*, 28(4), 409-428.
- Muradian, R. (2006). Immigration and the environment: Underlying values and scope of analysis. *Ecological Economics*, 59(2), 208-213.
- Nayar, S., Hocking, C., & Giddings, L. (2012). Using occupation to navigate cultural spaces: Indian immigrant women settling in New Zealand. *Journal of Occupational Science*, 19(1), 62-75.
- Nayar, S., Hocking, C., & Wilson, J. (2007). An occupational perspective of migrant mental health: Indian women's adjustment to living in New Zealand. *British Journal of Occupational Therapy*, 70(1), 16-23.
- Ottawa Charter. (1986). *Ottawa Charter for Health Promotion*. Retrieved from <http://www.who.int/archive/docs/ottawa.html>
- Richardson, J., Sinha, K., Iezzi, A., & Khan, M. A. (2014). Modelling utility weights for the Assessment of Quality of Life (AQoL)-8D. *Quality of Life Research*, 23(8), 2395-2404. doi:10.1007/s11136-014-0686-8
- Chau, R., & Yu, S. (2002). Coping with social exclusion. *Asian Women*, 14, 103-127.
- Schisler, A. M. C., & Polatajko, H. J. (2002). The individual as mediator of the person-occupation-environment interaction: learning from the experience of refugees. *Journal of Occupational Science*, 9(2), 82 - 92.
- Stillman, S., McKenzie, D., & Gibson, J. (2009). Migration and mental health: Evidence from a natural experiment. *Journal of Health Economics*, 28(3), 677-687.
- Steindl, C., Winding, K., & Runge, U. (2008). Occupation and participation in everyday life: Women's experiences of an Austrian refugee camp. *Journal of Occupational Science*, 15(1), 36-42. doi:10.1080/14427591.2008.9686605
- Suleman, A., & Whiteford, G. (2013). Understanding occupational transitions in forced migration: The importance of life skills in early refugee resettlement. *Journal of Occupational Science*, 20(2), 201-210.
- Tsai, S. Y., & Sun, W. J. (2013). Evaluating the satisfaction of immigrant women from a rural community regarding family functioning and health-related quality of life. *Women & Health*, 53(2), 135-153. doi:10.1080/03630242.2013.767302.
- Watkins, P. G., Razee, H., & Richters, J. (2012). 'I'm

*telling you.* The language barrier is the most, the biggest challenge.

- Weishaar, H. B. (2010). "You have to be flexible"-Coping among polish migrant workers in Scotland. *Health & Place, 16*(5), 820-827.
- World Health Organization (1993a). *Report of WHOQOL Focus Group Work*. Geneva, Switzerland: WHO.
- World Health Organization (1993b). *WHOQOL Study Protocol*. Geneva, Switzerland: WHO.
- Wong, D. F., & Leung, G. (2008). The functions of social support in the mental health of male and female migrant workers in China. *Health & Social Work, 33*(4), 275-285.
- Wu, S., Li, H., Tian, J., Zhu, W., Li, J., & Wang, X. (2011). Health-related quality of life and its main related factors among nurses in China. *Industrial Health, 49*(2), 158-165.
- Zhu, C. Y., Wang, J. J., Fu, X. H., Zhou, Z. H., Zhao, J., & Wang, C. X. (2012). Correlates of quality of life in China rural-urban female migrate workers. *Quality of Life Research, 21*(3), 495-503.

## Abstract

### Factors which Influence Quality of Life(QOL) among Asian Migrant Women in Australia a Cross-sectional Questionnaire Study

Park, Kang-hyun\*, M.Sc., O.T., Kang, Eun-Jeong\*\*, M.S., O.T.,  
Jeon, Byoung-Jin\*\*\*, Ph.D., O.T.

\*Korea Association of Occupational Therapists

\*\*Wellness and lifestyle aged care services

\*\*\*Department of Occupational Therapy, Kangwon National University

**Objective :** Migration can be a stressful process to people because they have to adjust a lot of things including habits, routine and cultural behavior. Also, Migrant can negatively impact on participation in daily meaningful occupations. Thus, the purpose of this research is to investigate whether participation in meaningful occupations after immigration and environmental factors impact the QOL in migrant women.

**Method :** Migrant females who live in Australia were invited to participate in the study ( $n= 9$ ). In this study, participation, environmental factors and QOL were measured using the questionnaire, which was developed by researchers. Purposive sampling was used to select the participants who were then asked to fill out a survey. Both quantitative data and qualitative data were collected. The SPSS program was used to process the quantitative data that was transcribed and coded.

**Result :** Spearman's rank correlation coefficient shows that the total scale of QOL and the total scale of occupational engagement were significantly correlated at the 0.05 level.

**Conclusion :** There was a significant relationship between quality of life and occupational engagements. Migrant women tend to have a lack of participation in meaning occupations thus, it seems to impact on their quality of life.

**Key words :** Migrant women, Migration, Occupational participation, Quality of life(QOL), Environment