

5th Annual Congress on **PSYCHIATRY**

September 09-10, 2024 | London, UK

Relation between socio economic status and mental health of returnee labor migrants from the gulf countries in Nepal

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This study aims to document the socio-economic and mental health status of migrants returning from Gulf countries, utilizing a quantitative research design to explore the relationship between mental health and socio-economic factors. Standardized tools are employed for measurement, with a focus on structured quantitative questions and mental health assessments, aligning with an exploratory design. Quantitative data analysis is conducted using correlation and Z-tests. Findings are tabulated and compared, with statistical tools applied to analyze the relationship between socio-economic status and mental health. Research indicates varying levels of mental health issues among returnee migrants, with 8.3% prevalence among Nepalese females and 23% among labor migrants to Malaysia, Qatar, and Saudi Arabia. Factors such as perceived health risk and employment type contribute to stress levels. A paradoxical finding shows a positive correlation between perceived quality of life and depressive symptoms. Additionally, suicide rates among Nepalese migrants are notable. The study assesses depression, anxiety, and stress levels among returnees, with a majority experiencing mild depression and moderate anxiety. Stress levels vary based on education level and country of return, with higher education correlating with higher stress. Family support also influences mental health outcomes. Findings suggest a direct relationship between education level and stress, with higher education associated with higher stress levels. Returnees from Saudi Arabia exhibit higher stress levels, while family support correlates with lower stress. Overall, this study underscores the complex interplay between socio-economic factors and mental health outcomes among returnee migrants from Gulf countries.

Biography

Nabin Prasad Joshi, founder and CEO of PICS NEPAL, is a Counseling Psychologist and lecturer at Tribhuvan University. With 6 years of counseling experience and a master's in Counseling Psychology, he also researches mental health, presenting in Japan, Australia, and India.