
EFFECTS OF SOCIAL SECURITY FACTORS ON MENTAL HEALTH OF RURAL-TO-URBAN MIGRANT WORKERS

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Abstract

The rural-to-urban migrant workers in China are under enormous economic and social pressures, which negatively affect their mental health. From the perspective of social security, this paper analyzes the mental health conditions of rural-to-urban migrant workers, and explores the influencing factors of the psychological capital and mental health of rural-to-urban migrant workers. The results show that rural-to-urban migrant workers are more likely to have mental illness than urban residents, and 24.14% of them have serious mental problems; the entrepreneurial industry has the greatest impact on the psychological capital of these workers; the wholesale and retail industry contributes the least to efforts and overcommitment, but the greatest to reward. The research findings lay the basis for subsequent research on mental health of migrant workers.

Key words: Rural-to-Urban Migrant Worker, Social Security, Mental Health, Psychological Capital, Entrepreneurial Industry.

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INTRODUCTION

As a special and important group, migrant workers are an important part of China's industrial workers and also the mainstay of urban employment in China. This provides a strong human resource guarantee for China's economic growth and urbanization (Zhong, Liu, Chan et al., 2017). Due to a relatively low education background and insufficient labour skills, the migrant workers are often engaged in the work with great occupational hazards, and have poor living conditions, long working hours and high intensity, and low income (Meyer, Decker, Tol et al., 2015). In recent years, with the rapid development of China's urbanization and the deepening of rural economic system reform, more and more surplus rural laborers have chosen to seek a development space in cities, including the rural-to-urban migrant workers (He & Wong, 2013; Gao, Li, Zou et al., 2015).

The group of migrant workers is the product of the development of the times. Their social security issue is related to the sustainable development of society. However, limited by the living habits and economic conditions, the social security rights of migrant workers cannot be fully covered (Agudelo-Suárez, Ronda, Vázquez-Navarrete et al., 2013).

From the perspective of mental health, psychological capital intimately affects the rural-to-urban migrant workers. As a positive psychological state, psychological capital can promote migrant workers to face difficulties or adversity in the process of entrepreneurship and have strong willpower (Kronfol, Saleh, & Al-Ghafry, 2014). In the entrepreneurial process, migrant workers experience the pressure of social transformation, cultural transformation and even physiological transformation, which will inevitably have direct or indirect impact on their mental health. Moreover, the uncertainty faced in the future will also impose great psychological pressures on them (Meir, Slone, & Levis, 2014, Yang, Xu, Li et al., 2012). In view of its impact on the living standards and methods, values and

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social behaviour of migrant workers, social security theory is an ideal tool to explore the physical and mental health of migrant workers (Wong & Leung, 2008). From the perspective of social security, this paper aims to explore the factors affecting the mental health of the rural-to-urban migrant workers. This study shall provide theoretical basis for the subsequent psychological health research of migrant workers.

STATUS AND PROBLEMS OF SOCIAL SECURITY FOR RURAL-TO-URBAN MIGRANT WORKERS

Social security is a product of the country's economic development to a certain stage, which can guarantee the basic living and services of low-income or difficult citizens, including social insurance, social assistance, social welfare, and preferential treatment (Wong & Chang, 2010). China's social security system is formulated by the state, aiming to protect the basic life of citizens, promote social equity and maintain social harmony and stability (Kumparatana, Cournos, Terlikbayeva et al., 2017). After achieving the goal of meeting the most basic living security, the further goal of social security system is to realize equality and fairness, and focus on education and medical care. The rural-to-urban migrant workers are the driving force for urban construction, and the implementation of the social security system for migrant workers is itself a dynamic process of distributing basic public services from unequal to equal, focusing on equal opportunities, treating the beneficiary groups of the system equally, and eliminating differences in household registration and geography, in order to gradually narrow the gap between urban and rural areas (Akhter, Rutherford, Kumkum et al., 2017).

Figure 1. The satisfaction result of anti-city entrepreneurial migrant workers on the implementation

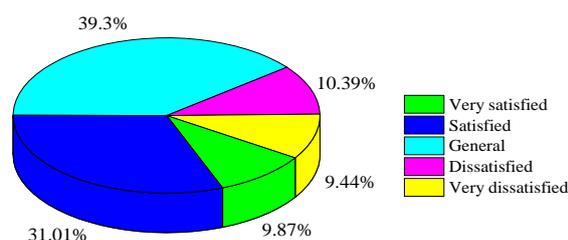


Figure 1 shows the results of the migrant workers' satisfaction about the status of social security. It can be clearly seen that only 9.78% of migrant workers were very satisfied with the implementation of social security, 31.01% felt satisfied about it, and nearly 20% of migrant workers were dissatisfied or very dissatisfied. The main problems include low participation rate of social insurance for migrant workers, low social security benefits, high surrender rate, weak social security system and single supply.

SURVEY AND ANALYSIS OF MENTAL HEALTH STATUS OF RURAL-TO-URBAN MIGRANT WORKERS

Survey respondents and results

Mentally healthy people can cope with stress in life, and work productively. They have not only vitality but also the potential to fully develop their body and mind. The most ideal mental health is to maintain the personality, intelligence, cognition, emotion and will, attitudes, behaviours and adaptations in good state. At present, there are many definitions of mental health standards. Among them, the mental health standards of rural-to-urban migrant workers focus on rational self-awareness, good interpersonal relationships, realistic life expectations, and positive attitudes towards life. Under the economic pressures, social pressures and children's educational pressures, the migrant workers' mental health is influenced to varying degrees. In order to accurately and comprehensively understand the mental health status of migrant workers, this paper uses the questionnaire method mainly to explore the influence of gender, age and entrepreneurial industry on the migrant workers' mental health. Table 1 lists the basic situation of the respondents.

This survey includes seven dimensions: somatization, coercion, interpersonal sensitivity, depression, anxiety, paranoia, and psychiatry, with a total score of 50 points. The higher the score, the more serious the mental health status. It's specified that over 15 points means mental disorder, and over 25 points can be considered serious problems in mental health. Figure 2 shows the mental health scores of migrant workers, in which 24.14% of migrant workers had serious problems in the mental health, and 41.35% had mental disorders. Figure 3 shows the

proportion of mental health disorder of migrant workers. It can be seen that the interpersonal relationship occupied the largest proportion, followed by depression, anxiety and coercion, and the paranoid dimension was the smallest.

Figure 2. Mental health scores of rural-to-urban migrant workers

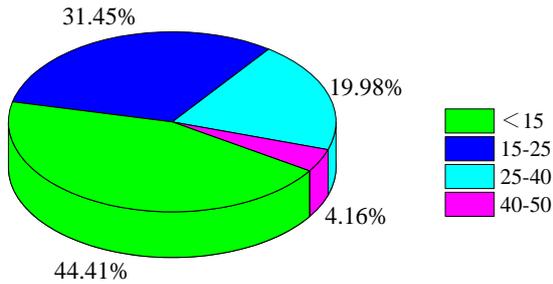


Figure 3. Abnormal mental health of rural-to-urban migrant workers

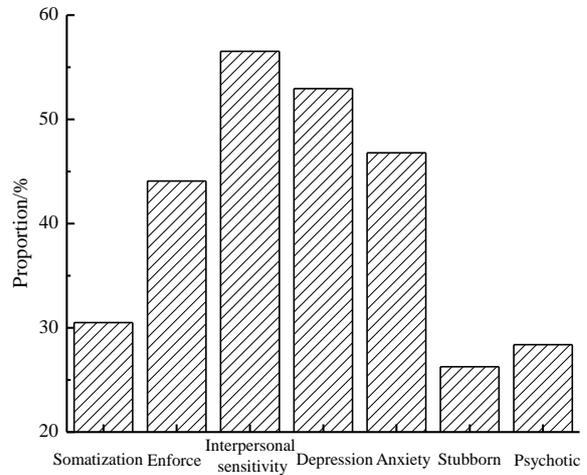
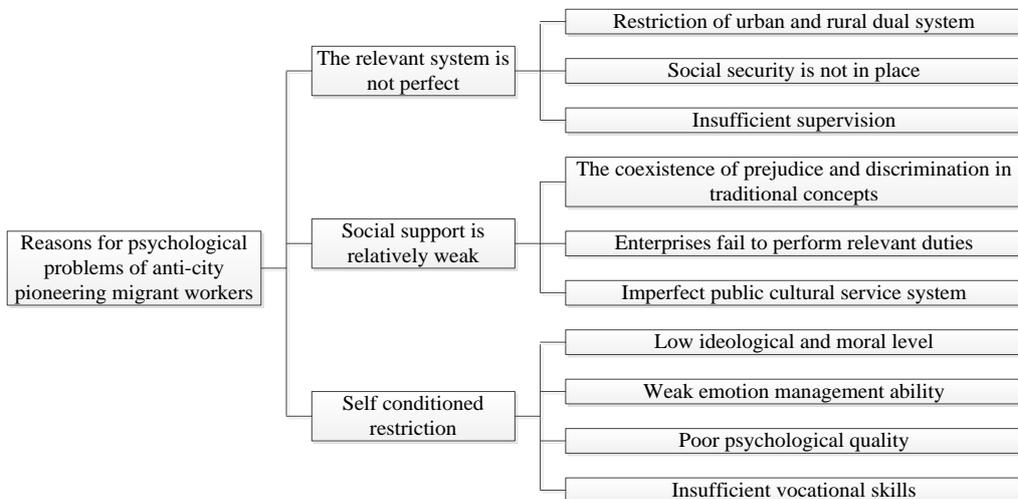


Table 1. Basic information of the subject

	Classification	Quantity	Proportion/%
Gender	Male	319	69.20%
	Female	142	30.80%
Age	20-30	109	23.64%
	31-40	201	43.60%
	41-50	98	21.26%
	>50	53	11.50%
	Manufacturing industry	78	16.92%
Entrepreneurship industry	Construction industry	34	7.37%
	Wholesale and retail business	120	26.03%
	Express service industry	141	30.59%
	Catering	59	12.80%
	Maintenance services	29	6.29%

Figure 4. The causes of the psychological problems of rural-to-urban migrant workers



Analysis for the causes of the rural-to-urban migrant workers' psychological problems

Through interviews with the respondents, it's found that there exist many major problems in the group of rural-to-urban migrant workers, including the inferiority out of identity inequality, the psychological unbalance under unequal resource allocation, the emptiness of spiritual and cultural life, and the lack of belonging sense and so on. Figure 4 shows the causes of the psychological problems for migrant workers. The causes were mainly divided into three parts: the insufficient social security system, relatively weak social support, and their own limited conditions, of which the limited conductions include low ideological and moral level, weak emotional management ability, poor psychological quality, and lack of professional skills. For the group of rural-to-urban migrant workers, profit is an important goal of entrepreneurship, which may lead to blind pursuit of interests and neglect of costs in the process of entrepreneurship, and gain greater benefits in the short term, but not conducive to sustainable development in the later period.

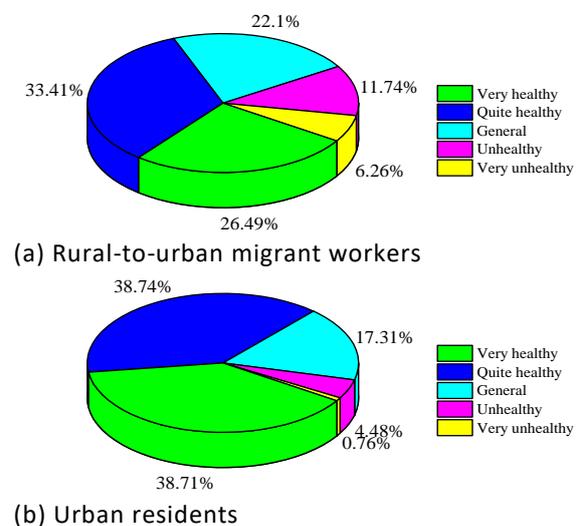
A PROBE INTO THE RELATIONSHIP BETWEEN MIGRANT WORKERS' PSYCHOLOGICAL CAPITAL AND REWARDS FROM THE SOCIAL SECURITY PERSPECTIVE

Research objects and methods

Figure 5 compares the mental health status of rural-to-urban migrant workers with the urban residents. It can be clearly seen that the mental health status of urban residents was significantly better than migrant workers, because the proportion of very healthy and quite healthy urban residents was far higher than the migrant workers. From the perspective of the social security system, the mental health of migrant workers is mainly affected by psychological capital. In the process of entrepreneurship, more emphasis is placed on the proportion of pay-reward. This section mainly studies the relationship between migrant workers' psychological capital and rewards. The basic situation of survey respondents is shown in Table 1. The questionnaire survey used the psychological capital questionnaire and the effort-reward imbalance questionnaire. The psychological capital is measured in four dimensions of self-efficacy, hope, resilience and optimism; the score of each dimension is positively correlated with the psychological capital level and the mental health.

The effort-reward imbalance questionnaire includes three dimensions: effort, reward and over-commitment. A stable effort-reward relationship is expressed as: with greater efforts and over-commitment, the reward shall be higher. The valid data of the questionnaires was entered into the EPIDATA database, and the correlation analysis was conducted for the scores of each dimension.

Figure 5. A comparison of mental health status between rural-to-urban migrant workers and urban residents



Research results and analysis

Figure 6 shows the influence of gender on the scores of psychological capitals and reward dimension. It can be clearly seen that the female workers' scores of each dimension in the psychological capital were higher than those of males, but there was no significant difference between the two; the scores of males' efforts and rewards were higher than female's, but the score of over-commitment was slightly lower than females. Figure 7 shows the influence of age on the scores of psychological capitals and reward dimension. It can be seen that with the increase of age, the score of self-efficacy dimension became higher, indicating that the self-efficacy dimension is positively correlated with the age; the hope, resilience, and optimism dimensions didn't show significant differences with age; also, the scores of efforts were less, but the score of the return became higher, indicating that when they grow older, the migrant works work more stably with a higher rate of reward. Figure 8 shows the influence

of the entrepreneurial industry on the scores of psychological capitals and reward dimension. Figure 8(a) shows the scores of psychological capitals. It can be seen that the maintenance service industry had the highest scores in the self-efficacy and hope dimension, and the wholesale and retail industry had the highest scores in the resilience dimension and optimistic dimension, indicating that different industries show different scores for each dimension of psychological capital. Figure 8(b) shows the scores of reward dimension. The manufactory industry had the highest score of efforts, but the lowest in the reward; on the contrary, the wholesale and retail industry had the lowest efforts and over-commitment scores, but with the highest scores in the reward dimension.

Figure 6. The influence of gender on score of psychological capital and return dimension

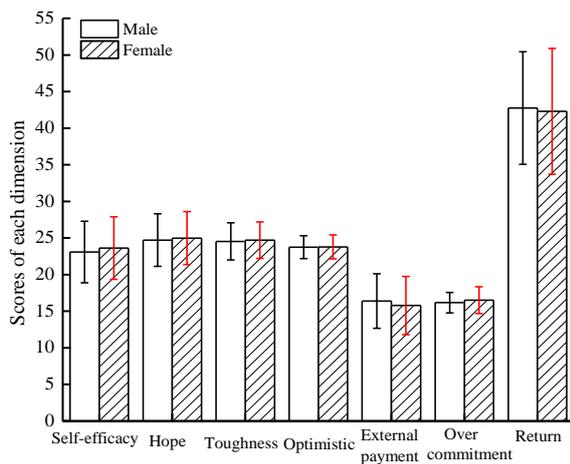


Figure 7. The effect of age on score of psychological capital and return dimension

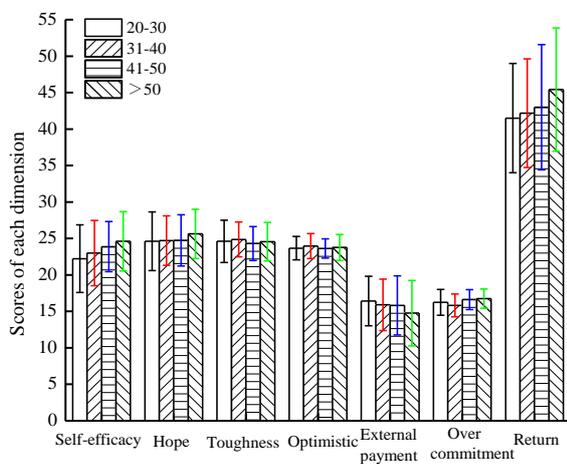
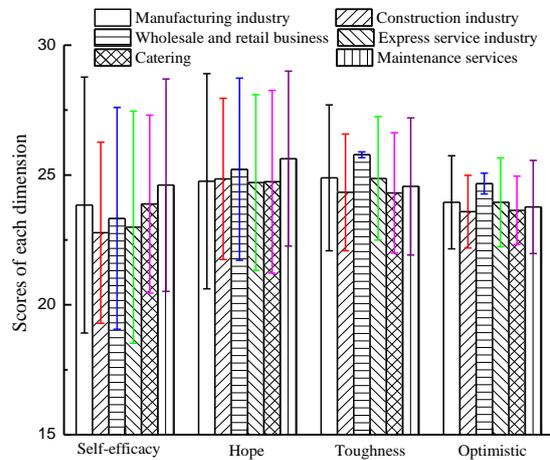
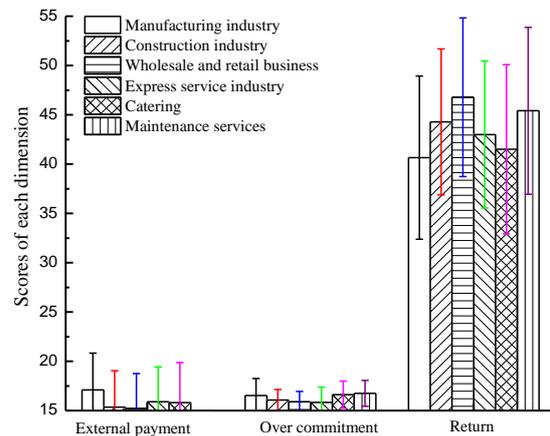


Figure 8. The influence of entrepreneurial industry on the score of psychological capital and return dimension



(a) Dimension of psychological capital



(b) Return dimension

CONCLUSIONS

From the perspective of social security, this paper aims to explore the factors affecting the psychological capital and mental health of the rural-to-urban migrant workers. The specific conclusions are as follows:

(1) The main problems of social security for migrant workers include low participation rate of social insurance for migrant workers in urban areas, low social security benefits, high surrender rate, weak social security system and single supply;

(2) 24.14% of migrant workers had serious mental problems, and 41.35% had mental disorders. For the mental health disorder of migrant workers, the interpersonal relationship occupied the largest proportion, followed by depression, anxiety and coercion, and the

paranoid dimension was the smallest;

(3) Different industries show different scores for each dimension of psychological capital and the reward. The manufactory industry had the highest score of efforts, but the lowest in the reward; on the contrary, the wholesale and retail industry had the lowest efforts and over-commitment scores, but the highest scores in the reward dimension.

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