

A cross-sectional study on the quality of life and psychosocial risk of migrant workers. / Estudio transversal sobre la calidad de vida y el riesgo psicosocial de trabajadores migrantes.

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ABSTRACT

Introduction:

Migration figures place Chile as one of the South American countries with the highest rate of migrants. The present study estimated the relationship between sociodemographic characteristics, quality of life, and psychosocial occupational risks in migrant workers from the Maule region.

Methods:

Cross-sectional study with migrant workers between 18 and 60 years of age residing in the Maule region (n = 145). The applied questionnaires were a psychosocial risk questionnaire, a health and quality of life questionnaire, and a sociodemographic questionnaire. A bivariate statistical analysis was performed using nonparametric Mann-Whitney U tests, Kruskal Wallis, Spearman correlation, and multiple linear regression models.

Results:

In Chile, 21% of the migrants maintained the same work activity as in their country of origin. Although the quality of life in physical and mental health is adequate, 52% have low psychological demands at work, 48.9% have low levels of active work and development skills, 57.7% have a high-risk level of compensation and self-esteem, and 65.5% have a high-risk level of double presence at work. Migrants with a higher quality of life in the physical health dimension have a lower risk of maintaining a balance between effort and reward; they worked 44 hours a week and did not work directly at Maule. Migrants with a higher quality of life in the mental health dimension have a lower risk of emotional demands, perceive greater social support in the company, and are less concerned about domestic chores.

Conclusions:

Migrants with lower quality of life in the physical health dimension presented less compensation at work and recognition, came to work directly in the region, and had jobs with fewer contract hours. Workers with lower quality of life in their mental health exhibited a greater risk of psychological demands at work and perceived low social support in the company; they were concerned about having to respond to domestic and salaried work.

RESUMEN

Introducción:

Las cifras migratorias sitúan a Chile como uno de los países sudamericanos con mayor número de migrantes. El presente estudio estimó la relación entre características sociodemográficas, calidad de vida y riesgos psicosociales laborales en migrantes trabajadores de la región del Maule.

Métodos:

Estudio transversal con trabajadores migrantes entre 18 y 60 años, residentes en la Región del Maule (n = 145). Las encuestas aplicadas fueron Cuestionario de riesgo psicosocial, Cuestionario de salud y calidad de vida y Cuestionario sociodemográfico. Se realizó un análisis estadístico bivariado con pruebas no paramétricas de U de Mann Whitney, Kruskal Wallis, correlación de Spearman y modelos de regresión lineal múltiple.

Resultados:

Un 21% de los migrantes mantuvo en Chile la misma actividad laboral a la que se dedicaban en su país de origen. Si bien la calidad de vida de la salud física y mental es adecuada, 52% presenta bajas demandas psicológicas en el trabajo, 48,9% bajos niveles de trabajo activo y habilidades de desarrollo, 57,7% tiene un nivel de alto riesgo en la compensación y la autoestima, y 65,5% un nivel de alto riesgo de doble presencia en el trabajo. Los migrantes con mayor calidad de vida en la dimensión salud física presentan menor riesgo de mantener el equilibrio entre el esfuerzo y recompensa, poseen un trabajo de 44 horas a la semana y no llegaron a trabajar directamente al Maule. Los migrantes con mayor calidad de vida en la dimensión salud mental poseen menor riesgo en las demandas emocionales, perciben mayor apoyo social en la empresa y menor preocupación por las tareas domésticas.

Conclusiones:

Los migrantes con menor calidad de vida en la dimensión salud física, presentan menores compensaciones en el trabajo, bajo reco

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