PROPOSAL OF COMMUNITY SERVICES

Psychological First Aid (PFA) Training of Indonesian Migrant Workers in Overseas

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FIELD OF PSYCHOLOGY SCIENCE
UNIVERSITAS MERCU BUANA
2020
VALIDITY SHEET

a. Title of Proposal of Community Services : Psychological First Aid (PFA) Training of Indonesian Migrant Workers in Overseas

b. Previous Research Title : -

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4. Location of Activities
   a. Location/Activity area : Hongkong, Taiwan, Malaysia

5. Project Partner : Universiti Malaysia Sabah (UMS)

6. Output Produced : Increased Understanding & Skills

7. Duration : November 2020 – Februari 2021

8. Source of Expenditure :
   a. Source from UMB : Rp. 7.500.000,-
   b. Source from Partner (in kind) : Rp. 7.500.000,-

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ATTACHMENT

• Biodata of Team Members
ABSTRACT

Working abroad is a choice of life for some Indonesian migrant workers, both as formal workers and informal workers. During the pandemic, many Indonesian migrant workers were affected, both economically and psychologically. This community service activity aims to give psychological First Aid (PFA) for Indonesian migrant workers abroad. Participants in this community service activity are Indonesian migrant workers in Hongkong, Taiwan and Malaysia both men and women who work in the formal and informal sectors. This community service program is carried out online / online by presenting competent speakers in the fields of industrial psychology and mental health.

Keyword : PFA, Migrant Workers
CHAPTER I
INTRODUCTION

1.1 Situation Analysis

There are many sad events that happen in every second and this affects the lives of many people. These various events include natural disasters, volcanic eruptions, earthquakes, fires, flash floods, accidents, witnessing or experiencing forms of violence (sexual violence, bullying, intimidation, etc.), and loss of family members due to these events. These various conditions give different reactions to individuals who experience them.

After going through this sad event the individual experiences a crisis condition. A crisis condition is an event or situation that involves quite a lot of emotions, so that it requires the skills to overcome / face problems in a different way from the usual conditions. When experiencing a crisis, the individual feels a variety of negative feelings such as anger, disappointment, despair, sadness, regret and various other negative emotions. In this condition, the individual is susceptible to stress and causes an unstable psychological condition in the individual who experiences it or it can be called psychological injury.

In contrast to visible physical wounds so that immediate treatment can be done, psychological wounds are not visible except through behavioral reactions, sometimes even individuals do not realize the reactions they give are due to stress on a crisis. Such as difficulty sleeping, not wanting to eat even though you feel hungry, not wanting to communicate with other people, and always feeling restless. This psychological wound certainly requires a psychological approach to heal it.

Some individuals can get through this crisis situation easily, but not a few also experience difficulties in passing through this crisis condition. Especially for Indonesia migrant workers, the have many problems at work, stress, unpaid, no off day, relationship and etc.
1.2 Partner’s Problem
   a. How to help and improvement mental health Indonesian migrant workers
   b. How PFA effective help Indonesia migrant workers
CHAPTER II
SOLUTIONS AND OUTCOME TARGETS

Based on the problems described in the situation analysis above, then the solution that will be carried out is to provide provisions for Indonesian migrant workers abroad so they can help themselves and others to cope with psychological problems and be mentally healthy.

The supplies provided were in the form of Psychological First Aid (PFA) training for migrant workers. The target output expected from this activity is Indonesian migrant workers abroad can understand and be skilled and can apply psychological first aid.

The output can be seen in the following table:

**Table 1. Solution and Outcome Target**

<table>
<thead>
<tr>
<th>No.</th>
<th>Type of Output</th>
<th>Outcomes Indicator</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Scientific publication in the journal / proceedings&lt;sup&gt;1)&lt;/sup&gt;</td>
<td>Journal publication</td>
</tr>
<tr>
<td>2</td>
<td>Publication on mass media (print / electronic) &lt;sup&gt;2)&lt;/sup&gt;</td>
<td>-</td>
</tr>
<tr>
<td>3</td>
<td>Increased turnover in partners engaged in the economic sector&lt;sup&gt;3)&lt;/sup&gt;</td>
<td>-</td>
</tr>
<tr>
<td>4</td>
<td>Improving community understanding and skills&lt;sup&gt;3)&lt;/sup&gt;</td>
<td>Yes</td>
</tr>
<tr>
<td>5</td>
<td>Improving community understanding and skills&lt;sup&gt;3)&lt;/sup&gt;</td>
<td>Yes</td>
</tr>
<tr>
<td>6</td>
<td>Increased peace / public health (general public partners)&lt;sup&gt;3)&lt;/sup&gt;</td>
<td>Yes</td>
</tr>
<tr>
<td>7</td>
<td>Services, models, social engineering, systems, products / goods&lt;sup&gt;4)&lt;/sup&gt;</td>
<td>-</td>
</tr>
<tr>
<td>8</td>
<td>Intellectual property rights (patents, simple patents, copyrights, trademarks&lt;sup&gt;6)&lt;/sup&gt;</td>
<td>-</td>
</tr>
<tr>
<td>9</td>
<td>Textbook&lt;sup&gt;6)&lt;/sup&gt;</td>
<td>-</td>
</tr>
</tbody>
</table>
CHAPTER III
IMPLEMENTATION METHOD

3.1. Goals
This activity aimed to build the basic psychological first aid skill for the Indonesia’s migrant workers, who work in Hongkong, Taiwan, and Malaysia.

3.2. Method and Instruments
The method of implementation used in this activity is in the form of online training by using zoom / online

The materials that will be provided are:
1. An introductory introduction to the PFA
2. Practice implementing the PFA

3.2. Activity Objectives
This activity aims to provide training on how to provide psychological first aid both for self and others.

3.3. Activity Benefits
By this training Indonesian migrant workers have better mental health and understand the process and implementation of the PFA

3.4. Framework for Troubleshooting
PFA is a basic skill that can help migrant workers help themselves and others in dealing with psychological problems. It is hoped that this training of migrant workers will be able to provide psychological first aid

3.5. Evaluation Design
Training participants will be given an evaluation in the form of a pre - test and post - test at the end of the session, which consist of question according to the material that was given at the before. Participants are given special activities where they can do an exercises to give PFA to their friends.
CHAPTER IV
BUDGET AND ACTIVITIES SCHEDULE

4.1 Budget from UMB

<table>
<thead>
<tr>
<th>No.</th>
<th>Component</th>
<th>Proposed Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Initial survey (Meeting, Supplies, Field Survey, Transportation)</td>
<td>IDR 1,425,000</td>
</tr>
<tr>
<td>2</td>
<td>Implementation Preparation (Preparation of Preparatory Materials)</td>
<td>IDR 1,850,000</td>
</tr>
<tr>
<td>3</td>
<td>Implementation (Consumption, Transportation, Participants, Certificates, Documentation, Banners, Honorarium Instructors)</td>
<td>IDR 3,600,000</td>
</tr>
<tr>
<td>4</td>
<td>Making Activity Report</td>
<td>IDR 625,000</td>
</tr>
<tr>
<td></td>
<td>Amount</td>
<td>IDR 7,500,000</td>
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</table>

4.2 Budget from Partner (in-kind)

<table>
<thead>
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<th>No.</th>
<th>Component</th>
<th>Proposed Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Initial survey (Meeting, Supplies, Field Survey, Transportation)</td>
<td>IDR 1,425,000</td>
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<tr>
<td>4</td>
<td>Making Activity Report</td>
<td>IDR 625,000</td>
</tr>
<tr>
<td></td>
<td>Amount</td>
<td>IDR 7,500,000</td>
</tr>
</tbody>
</table>

4.3 Activities Schedule

<table>
<thead>
<tr>
<th>No.</th>
<th>Activities/Time</th>
<th>Nov-Dec 2019</th>
<th>Jan 2020</th>
<th>Febr 2020</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Submission of proposals &amp; presentations</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Initial survey</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3</td>
<td>Preparations for the Implementation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>Implementation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Evaluation</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Progress Report</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>


