

ABSTRACT

The current study attempted to examine the factors that influence psychological well-being among street vendors in and around the public markets of Hpa-an township, Karen State, Myanmar. A total of 190 female participants who make a living as street vendors in the local markets were obtained by convenience sampling. The research instrument was a six-part survey questionnaire in Burmese, which consisted mostly of standardized scales. The results of data analysis revealed that (1) the respondents reported having average levels of family functioning, social support, stress, and psychological well-being, used average level of emotion-focused coping, and reported very low use of problem-focused coping; (2) there are direct and positive influences of family functioning, problem-focused coping, and emotion-focused coping on their level of stress; and (3) there direct and positive influences of social support on their psychological well-being. Regardless of having healthy relationships in the family and employing two types of coping strategies, these vendors still reported experiencing certain levels of stress. This suggests the street vendors are the main problem-solvers in the family and that they tend to use the same coping technique repeatedly in dealing with daily stressful situations. It is evident that these street vendors need professional advice and guidance from mental health practitioners on effective coping skills, problem-solving strategies, and stress-reduction methods in addition to emotional encouragement from family members in order to deal with various stressors in their daily lives.