

## **ABSTRACT**

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**Key Words:** WORKPLACE STRESSORS, STRESS, SUBJECTIVE WELL-BEING,  
COPING STRATEGIES, SOCIAL SUPPORT, FEMALE MYANMAR  
MIGRANT WORKER

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**Thesis Title:** THE EFFECTS OF WORKPLACE STRESSORS ON STRESS AND  
SUBJECTIVE WELL-BEING OF FEMALE MYANMAR MIGRANT  
WORKERS IN THAILAND MEDIATED BY COPING STRATEGIES AND  
SOCIAL SUPPORT

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The current study attempted to investigate the direct and indirect effects of workplace stressors on stress and subjective well-being of female Myanmar migrant workers in Thailand mediated by coping strategies and social support. This study employed quantitative method with a correlational research design; specifically path analysis was used to test the hypotheses. A convenience sampling through self-administered survey questionnaires was given to a total of 200 female Myanmar migrant workers. The result of the study demonstrated that there was a direct effect of workplace stressor (workplace injustices and barriers to exit job) on stress and subjective well-being. It was associated with increased levels of stress and decreased levels of subjective well-being. Workplace stressor which was related to coercive working condition had an indirect effect on stress and subjective well-being mediated by problem-focused coping and emotion-focused coping strategies. The more the migrant workers employed problem-focused coping strategies the lower were their reported levels of stress. However, the more the migrant workers employed emotion-focused

coping strategies the higher their reported levels of stress and the lower were their reported levels of subjective well-being. Social support didn't mediate the relationship between stressors and stress as well as stressors and subjective well-being. But, social support was negatively associated with stress and positively associated with subjective well-being. The current findings revealed that female Myanmar migrant workers experienced low levels of stressors, slightly low levels of stress and slightly high levels of subjective well-being. Moreover, problem-focused coping strategies and perception about social support lessened the stress and promoted the subjective well-being of female Myanmar migrant workers in Thailand.

