

**A STUDY ON THE QUALITY OF LIFE AMONG MIGRANT WORKERS IN
THE UNORGANIZED SECTOR WITH REFERENCE TO
THIRUVANANTHAPURAM CITY**

**A Dissertation submitted to the University of Kerala in Partial Fulfilment of the
Requirements for the Masters of Arts Degree Examination in Sociology**

Submitted By

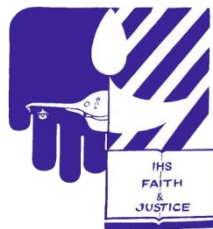
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DECLARATION

I, Gladsten Raju.R, hereby declare that the dissertation titled “A STUDY ON THE QUALITY OF LIFE AMONG MIGRANT WORKERS IN THE UNORGANIZED SECTOR WITH REFERENCE TO THIRUVANANTHAPURAM CITY” is based on the original work carried out by me and submitted to the University of Kerala during the year 2022-2024 towards partial fulfilment of the requirements for the Master of Sociology Degree Examination. It has not been submitted for the award of any degree, diploma, fellowship or other similar title of recognition before.

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CERTIFICATE OF APPROVAL

This is to certify that the dissertation entitled “A STUDY ON THE QUALITY OF LIFE AMONG MIGRANT WORKERS IN THE UNORGANIZED SECTOR WITH REFERENCE TO THIRUVANANTHAPURAM CITY” is a record of genuine work done by Gladsten Raju.R , a fourth semester, Master of Sociology student of this college under my supervision and guidance and that is hereby approved for submission.

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MA Sociology

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Abstract

This quantitative research aimed to comprehensively investigate the quality of life (QOL) of migrant workers employed in the unorganized sector of Thiruvananthapuram City. The study employed a survey methodology, collecting data from 60 migrant workers to explore various aspects of their well-being. The findings of the study revealed that a significant majority of migrant workers rated their overall QOL as good. However, this positive perception was not uniform across all domains. While respondents generally reported satisfaction with their physical health and social interactions, challenges were evident in areas such as psychological well-being and living conditions. A notable correlation was observed between monthly income and QOL, suggesting that higher earnings are associated with greater overall satisfaction. Furthermore, the study highlighted the critical role of employers in shaping the QOL of migrant workers. Factors such as fair wages, reasonable working hours, and respectful treatment were identified as key determinants of their well-being. The study's findings underscore the increasing prevalence of interstate migration in India due to economic disparities and the opportunities offered by the unorganized sector. While the government has implemented policies to protect the rights of migrant workers, significant challenges remain in ensuring their equitable treatment and integration into mainstream society. The study concludes with recommendations for policymakers, employers, and civil society organizations to address the specific needs and concerns of migrant workers in the unorganized sector. These include improving living conditions, enhancing access to healthcare and education, promoting fair labor practices, and facilitating social integration. By implementing these measures, it is possible to significantly improve the QOL of migrant workers and contribute to a more inclusive and equitable society.

CHAPTER 1
INTRODUCTION

CHAPTER 1

INTRODUCTION

Industrialization, urbanization, economic development, and people's increased desire for a better quality of life have all contributed to the rise of a large number of migrants in India. Labor migration is often driven by issues such as a lack of employment prospects, low pay, high family sizes, and poverty. These drove many to migrate alone or with their families. The most common migration in India is for employment or business purposes. Migration has become a means of subsistence for a huge proportion of India's rural poor. They operate in the construction, manufacturing, services, and agricultural industries. They are part of India's unorganized, informal labour, which works in cities, factories, and villages.

1.1 Migration: Situation in India

One hundred forty million rural poor people in India move seasonally to cities, factories, and farms in search of work, according to the country's 2011 census. They are infrequent travelers who work many part-time jobs in manufacturing, construction, agriculture, and services. Labor is migrating from less affluent rural areas to more wealthy industrial and urban areas. The inventory of formerly inhabited areas includes States like Rajasthan, Odisha, and Jharkhand, which have joined UP, Bihar, and Jharkhand. State of Madhya Pradesh. Significant intra-state movement of even wealthier states employees. While industrial hubs and megacities have historically drawn, large numbers of States such as Kerala have emerged as significant employers of long-distance migrants. (Labour and Migration in India)

The 2001 Census showed a level of urbanization of 27.81%; by 2011, it had risen to 31.1%. From 72.19% to 68.84%, the percentage of people living in rural areas decreased. In recent years, there has been a sharp rise in the population of the country's urban areas, which may be due to migration, natural population growth, or the designation of additional urban areas. The states of Sikkim (153%), Kerala (93%), and Tripura (76%), had notable increases in their urban population. (Office of the Registrar General and Census Commissioner, 2011)

1.2 Migration: Situation in Kerala

The outmigration of labour from Kerala to other states in India and to the Gulf countries and the role of remittances sent by its emigrant workers in the state economy is well known (Zachariah et al., 2001; Kannan and Hari, 2002). Today more than 10% of the state's population lives outside the state (Kannan and Hari, 2002). Zachariah et al. (2001) based on a large scale sample survey of 10,000 household conducted in 1998 estimates that there were thirty-three international migrants for every one hundred households in Kerala. As per the Kerala Migration Survey 2007, conducted by the Centre for Development Studies, Thiruvananthapuram, the number of Kerala migrants living abroad was 18.5 lakh, and total remittances to Kerala was about Rs. 24.53 thousand crores (Zachariah and Rajan, 2008).

The labor out-migration from Kerala has always been seen as one of the major sources of economic and social transformation of Kerala's economy. The foreign remittances to Kerala accounted for a significant share of the State Domestic Product (SDP), which averaged 21% from 1991-92 to 1999-00 (Kannan and Hari, 2002). Zachariah and Rajan (2004) estimate that in 2004, remittances accounted for 22% of SDP and increased Kerala's per capita annual income by Rs. 5678. They also estimate that foreign remittances to the state was about 1.74 times of the revenue receipts of the state, 1.8 times of the annual expenditure of the Kerala Government, 7 times of what the state received from the Central Government as budget support and 19 times of the receipt from marine export.

Migration also has a significant labor market effect. The major impact of the labour market is the reduction of unemployment through migration of unemployed youths and non-agricultural labourer. The Kerala Migration Survey 2007 observes that the unemployment rate in Kerala has declined to 12.2% in 2007, a 40 percent reduction from its level 19.1% in 2003 (Zachariah and Rajan, 2007, 2008). Looking back to the history, we can notice that labour out-migration did not create any major problems in labour market in Kerala in the early phase, but in the last two decades

Kerala's labour market has faced certain problems. The continuous large scale out-migration of labour has created severe scarcity of semiskilled and un-skilled workers

in almost all spheres of the state. This has led to an inevitable rise in the wage rate in the state.¹ At the same time, the foreign remittances has created real estate and construction sector boom in Kerala, leading to huge demand for certain categories of workers such as carpenters, welders, plumbers, drivers, electrician, motor mechanics and other craftsmen. The shortage of construction and other workforce in Kerala resulted in-migration of workers from other states to Kerala, and thus, started the era of replacement migration to Kerala after a break of about 60 years since the 1960s. In this regards Rajan and James (2007) assert “Emigration of workers from Kerala, demographic contraction of the supply of young workers brought about by the rapid demographic transition in the state, the higher wages charged by Kerala workers, the ability of Kerala workers to sustain themselves with remittances from relatives, the reluctance on the part of Kerala workers to do dirty and hard physical work - all these have stimulated the era of replacement migration in Kerala”.

Today, the presence of migrant workers in Kerala’s labour market is so visible that language spoken in many of the large-scale construction sites is often not Malayalam, but Tamil, Hindi, Bengali, Assamese or Nepali. Initially migrant workers in Kerala were from the neighbouring districts of Tamil Nadu and Karnataka, and they were mostly seasonal and short-duration (especially daily and weekly) migration. However, in recent years Kerala is witnessing large inflow of migrant worker from different states of the country, such as Assam, West Bengal, Bihar, Uttar Pradesh and Orissa. As per the Census 2001, total number of migrants (by place of birth) from other states in Kerala recorded at 412849, which is 1.3% of Kerala’s total population. The largest number of migrants in Kerala is from Tamil Nadu (67.8%) followed by Karnataka (13.49%), Maharashtra (4.47%), Andhra Pradesh (2.29%), Pondicherry (2.12%), Uttar Pradesh (1.43%) and West Bengal (1.03%). Among the districts of Kerala, Ernakulam district received the highest inflow of migrants (13.56%), followed by Idukki (12.85%) and Thiruvananthapuram (11.77%) (Journal of Economic & Social Development)

1.3 Migrant worker

An umbrella term, not defined under international law, reflecting the common lay understanding of a person who moves away from his or her place of usual residence, whether within a country or across an international border, temporarily or permanently, and for a variety of reasons. The term includes a number of well-defined legal categories of people, such as migrant workers; persons whose particular types of movements are legally defined, such as smuggled migrants; as well as those whose status or means of movement are not specifically defined under international law, such as international students.(International Organization for Migration (IOM), 2019)

United Nations defines “people who worked, are currently working or will work for wages in a state which they are not the citizen of are defined as migrant workers.”

According to the International Labor Organization, the definition of a migrant worker covers “any person who migrated from one country to another country to work and accepted as a migrant worker”. (International Labour Organization and Migrant Workers, 2020)

Migration is a process rather than an event, unlike other demographic events like birth and death. When it comes to the characteristics of migration in terms of the causes of leaving, the length of movement, the frequency of return to the place of origin, and bonds to home communities, diversity appears to be the norm(Desai & Banerji, 2008)

1.4 Quality of Life

The WHO maintains its commitment to the continuous promotion of an all-encompassing approach to health and healthcare, and its initiative to develop a Quality of Life assessment stems from the need for an authentically global indicator of quality of life. the WHO defines health as "A state of physical, mental, and social well-being, not merely the absence of disease and infirmity," as is highlighted in this definition. "A person's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards, and concerns" is how the World Health Organization defines quality of life.

It covers four basic QOL domains: environment, social interactions, psychological health, and physical health of the individual Four

1. Physical health; - Activities of daily life, Mobility, Pain and discomfort, Sleep and rest, Work capacity
2. Psychological; -Negative feelings, Positive feelings, Self-esteem, Thinking, Learning, Memory and Concentration
3. Social relationships; - Personal relationships, Social support, Sexual activity
4. Environment; - Freedom, Physical safety and security, Health and Social care; accessibility and quality, Participation in and opportunities for leisure activities, Physical environment, Transport

Quality of life (QOL) is a word used to quantify the overall well-being of individuals and societies. The expression is commonly employed, especially in the fields of international development, healthcare, and politics. The distinction between standard of living, which is mostly based on income, and quality of life is crucial. Rather, frequent indicators of life quality include things like social connection, education, employment, physical and mental health, leisure and recreation, and built environment.

This study aims to assess the migrant workers' quality of life in Thiruvananthapuram city. Specific steps to raise migrant workers' standard of living will be formulated with the use of the study's findings.

1.5 STATEMENT OF THE PROBLEM

Worldwide migrant workers are among the disadvantaged groups who have suffered from inequality. Migration has become a livelihood strategy for large number of rural poor. Especially with the lack of job opportunities, lower paid jobs, large size of family and poverty have been identified as factors for labor migration. They work in the construction, manufacturing, services, farm sector and other unorganized sectors. The previous studies reported that migrant workers are exposed to hazardous work conditions, had long working hours, insecure employment, unstable living conditions

and they were at high risk of injuries and even death. Many workers, in rural-urban migrants, are faced with exploitative employment practices, hardships and hazards. An attempt has been made in the present study to analyze the Quality-of-life among migrant workers in the unorganized sector in Thiruvananthapuram city.

1.6 SIGNIFICANCE OF THE STUDY

According to the 2011 census of India, 140 million of India's rural poor migrate seasonally to cities, industries, and farms in search of work. Over the years, Kerala has witnessed a flow of labourers coming in from other states. According to the study conducted by Gulati Institute of Finance and Taxation (GIFT) three years ago, there are 25 lakh migrant laborers working in the state. The study is more focused in Thiruvananthapuram city, which is one of the largest industrial areas in Kerala and can be considered as a hub for migrants from different states of the country. Many migrant workers either live alone or live with their families in Thiruvananthapuram city. But no one is interested in inquiring about what kind of living conditions they are getting. Conditions are not recognized; if recognized, they are not diagnosed. It is doubtful how good is their quality of life. There is a need to study their working condition, accommodation, basic sanitation, health facilities, physical and mental health, and social life. Conducting such studies will help in addressing different problems faced by migrant workers and thus improve their quality of life

CHAPTER 2
REVIEW OF LITERATURE

CHAPTER 2

REVIEW OF LITERATURE

The review of literature supports the research topic, theoretical framework, and techniques. It clarifies the background knowledge needed for the subject in greater detail. Academic writing about the contemporary quality of life for migrant workers as a research topic.

2.1. Migration Concept and Theories

"Population mobility is commonly observed in two ways. In certain cases, it is accounted for as part of the overall population balance across multiple areas. In the opposite case, mobility as a component of distinctive human behavior is of higher relevance." (Hägerstrand, 2014)

According to Roseman (1971), migrations fall into two categories: those that totally relocate the migrant's daily/weekly reciprocal travel patterns, and those that only partially relocate such movements. These two kinds of migration have different information gathering links and impact migrants' integration at their destination. They provide a platform for recognizing connections between the temporal and spatial components of migration, which are equally important.

Migration is described as "a kind of 'geographical movement' or 'spatial mobility' from one geographical unit and another, typically requiring a change of residence from the place of origin to the place of destination" by the Multilingual Dictionary. A permanent change of residence is what is meant by the term "permanent migration," which should be separated from other types of mobility. [9] Shreshtha (1986) has expressed migration as "a socio-economic process in which the movement of people takes place not only from one spatial to another but also from one socio-cultural setting to another, although not necessarily a different one in terms of its socioeconomic characteristics. He further writes: 'it is a socio-economic phenomenon, a dynamic process, which has to be explicitly related to the institutional arrangements and functioning of the total economic system'. (KOK,P. Southern African Journal of demography.1999)

Migration has always been essential to the growth of a nation or area's labor market and population. However, the second part of the nineteenth century saw the beginning of significant changes in the makeup and path of migratory streams. The development of manufacturing, transportation, and communication technology led to significant shifts in how people lived and worked in the most industrialized countries of Europe and the New World, which was the primary cause of it. The growth of factories, railroads, and mass production, along with the division of labor and economies of scale, changed the nature of work and the consequences of that change on a territorial level. Millions of individuals were compelled to travel instead of living in traditional residences.

The United States, Canada, and Australia, the so-called classic immigrant countries, were initially identified as the migration hubs. But following World War II, not only did the number of migrants rise, but their makeup also altered: rather than coming from Europe, the main regions from which people immigrated were Asia, Africa, and Latin America, while Europe itself began to welcome migrants actively. Even the Southern European countries of Italy, Spain, and Portugal, which had been exporting immigrants to the New World for many years started employing people from Eastern Europe, Africa, and Asia between 1970 and 1980.

In the 1990s and 2000s, there was a notable surge in labor migration due to the disintegration of the Soviet Union, the formation of fifteen new republics, and the shift in political regimes in nearly twenty Eastern European countries. People departed these nations mostly in order to political, cultural, and psychological influences coexist with economic ones. In the twenty-first century, a new migration wave that encompassed all of the countries in the North African and Asian microregion appeared. A big part of the reason labor migration became such a well-documented, highly regulated phenomenon was political, humanitarian, and military risk. Labor migration is rising in the modern era despite significant linguistic, cultural, religious, and political divides between immigrants and the native population in the nations where they settle.

In recent years, the process of labour migration has been noticeably more active, and it has also been growing globally. According to the US Department of Labour, the proportion of labour migrants to the global population climbed from 150.3 million in

2005 to 231.5 million in 2013, or 3.2 percent. 135.6 million labour migrants from developing nations and 95.9 million from developed countries (10.8 percent of the population) arrived in 2013 respectively (1.6 percent of the population). Compared to similar metrics at the beginning of the 2000s, this is over 40% higher. In these shifting circumstances, the theoretical assessment of labour migration possibilities and the forecasting of its impact on the labour markets of industrialised and emerging nations were of the utmost importance. Today, there is no unified, coherent theory of migration. The current hypotheses only cover a few areas and were often created independently of one another. All of these, however, may be used as a starting point to comprehend contemporary migration movements and their impact on labour markets. (Dzhioev & Gurieva, 2015)

2.2. Theories of Migration

Starting with Ravenstein, who was the first to develop principles of migration based on his examination of the scope and manner of movement in the United Kingdom, several theories and models have been developed, highlighting various elements of this major phenomenon. The explanations of some of the more major and well-known ideas and models are offered in the paragraphs that follow since familiarity with them is required for a thorough comprehension of migration

2.2.1. Ravenstein's Law of Migration

Ravenstein (1885) made five declarations about patterns, migratory streams, migration motivations, immigrant characteristics, and distance of migration, and two implicit statements. These are his laws of migration:

- i. Migration and distance: The distance between two places will be inversely linked to the rate of migration between them. The desire of long-distance migrants is for big commercial and industrial hubs.
- ii. Migration by stages: The people often relocate first to adjacent towns, then to the places with the fastest population growth.
- iii. Stream and counter-stream: Each main current of migration produces a compensating counter current.

- iv. Rural-urban differences in propensities to migrate: Compared to residents of the country's rural areas, residents in towns tend to migrate less frequently.
- v. Technology, communication and migration: As technology develops, migration becomes more significant. With the development of transportation and communication technologies, as well as the rise of commerce and industry, it continues to accelerate.
- vi. Pre-dominance of females among short distance: Short-distance migrants tend to be predominately female. Additionally, females often migrate more than men do.
- vii. Motives behind migration: Economic considerations always play a major role in deciding whether to immigrate. He came to the conclusion that individuals relocate from poor opportunity locations to high opportunity places based on the description given above.

2.2.2 Gravity Theory of Migration

Stewart (1950), introduced the isomorphic relationship of population movements with Newton's Law of gravitation. He observed that the movement of persons between two urban centers would be proportional to the product of their population and inversely proportional to the square of the distance between them. The theory propagated that the economic base of a country attracts migrants

2.3 Related studies

A literature review is a detailed description of past research on a certain domain. The literature review explores research paper, books, and other publications that are significant to a specific field of study. The previous studies are enumerated, described, synthesized, objectively, evaluated and clarified in the review. It provides a theoretical foundation for the study and assist the author in determining the nature of the investigation. The literature review recognizes earlier researcher's work, ensuring that the study was well thought out. By acknowledging a previous work in the subject of study, it is expected that the researcher has studied, evaluated and absorbed that work into the task at hand. The review of literature not only studies the present issue, but also reviews, compares, and correlates various academic publications, research papers and important web materials linked to the ongoing study. It also aids in

avoiding plagiarism. We may justify our rationale and purpose for doing the research based on the literature review.

The purpose of this cross-sectional study was to assess adult migrant workers' (aged 18 to 59) health-related quality of life. Two healthcare practitioners participated in the qualitative section of the study, whereas 400 employees were used in the quantitative section. A specially designed, pre-tested WHOQOL-BREF-adapted questionnaire was utilized for in-person interviews in order to collect data. Using data from sociodemographic profiles, housing and employment situations, and health care service accessibility, the relationship between health-related quality of life and descriptive statistics (median, range, frequency, percentage, mean, and standard deviation) along with inferential statistics. According to the study, in order to provide a genuine image of migrant workers free from seasonal change, longitudinal studies on quality of life are preferable for future research. The use of health insurance and the availability of medical services at work need to be promoted. Local nonprofits need to be the first choice for migrant labor. designed to protect and improve their reproductive health, quality of life, and workplace safety around the country. The report notes that long-term research on quality of life would be better for further research to determine the accurate image of migrant labor without seasonal shifts.(Islam, et al., 2011)

This study focuses on migrant workers' work patterns and quality of life in Coimbatore Town. The well-being of those working in the construction sector is crucial for developing the industry. For the study, the researcher used a descriptive research approach. The researcher used a purposive sampling technique to gather 100 samples from the construction industry in the Kuniyamuthur community. Nearly half of all respondents experienced a moderate level of quality of life at work. The quality of life for workers should be improved, and regulations on welfare for construction workers should be improved by governments and private building contractors. (Jessie E., 2018)

In Bangalore, a cross-sectional study was conducted to evaluate the quality of life of migrant construction workers. 400 workers were questioned by the researcher using a WHOQOLBREF scale and sociodemographic profile questionnaire. Using an

independent "t" test and the Chi-square test, factors related to quality of life were examined. According to the study, migrant construction workers had poor physical, social, and psychological quality of life, whereas environmental Quality of Life is better when compared to studies conducted across the nation and is significantly correlated with higher income, education, better housing, and type of work. We suggest methods to enhance this vulnerable population's physical, social, and psychological well-being through stringent laws. (Zabeer, Inbaraj, George, & Norman, 2019)

This article is an empirical socio-economic analysis based on a field study of 1200 young unorganized workers in the Chandigarh, Panchkula, and Mohali "tri-city" construction industry. The study's primary goal was to investigate the factors that led these young people to work in an urban setting, their means of subsistence, how they manage their finances, and their perceptions of their biggest issues. The study makes the case that, in light of the findings, Indian policymakers should implement more appropriate policies for the protection of such migrant workers' human rights, particularly with relation to the urban unorganized labor market.(Pattanaik B. K., 2009)

Coimbatore city was selected for the study. A total of 400 migrants, who were chosen from each of Coimbatore's 72 wards as migrant construction workers, were included in the study. The study mostly used primary data. The sample of migrant construction workers was subjected to a pre-tested interview schedule, and the necessary data were gathered. The Census of India, NSS Reports on Migration, documents from the District Corporation offices, books, and journals were some of the secondary data sources used in the current study. Statistics on the sample areas were obtained from the official websites of the governments of India and Tamil Nadu. According to the study most of the construction workers interviewed have skills and some further training in their areas of specialization which are predominantly masonry (33%), structural iron and steel work (16%), floor finish (10%), carpentry (5%), plumbing (4%), electrical wiring and painting (6%). A quarter of the workforce were determined to be load bearers who lacked both ability and training. They maintain construction sites, assist professional male employees by lugging heavy loads of goods, and carry out their instructions. (K R, 2014)

CHAPTER 3
METHODOLOGY

CHAPTER 3

METHODOLOGY

3.1 Introduction

This chapter describes various ways that were taken in order to collect and analyse data that was significant to the study. The study's location, research design, sample size and sampling strategy, data kinds, data collection methods, and data management are also addressed here

3.2. Title

A Study on the Quality of life among migrant workers in the unorganized sector with reference to Thiruvananthapuram city.

3.3 Research Approach

The quantitative approach is employed in this study to understand the level of Quality of Life among the Migrant Workers in the Thiruvananthapuram City.

3.4 Aim of the study

The study aims to assess the Quality of Life (QOL) among migrant workers in the unorganized sector in the Thiruvananthapuram district of Kerala who work in the construction, manufacturing, farm sector, and other unorganized sectors.

3.5 Objectives

- To find out the socio-demographic profile of the migrant workers
- To assess the Quality of Life (QOL) among migrant workers
- To examine the quality of living conditions of the migrant workers
- To understand the role of employers in improving the Quality of Life (QOL) among migrant workers.

3.6 Conceptual definition

Migration: The population mobility realized by an individual or a group of people crossing an international border or changing their places within a state (or people's changing their places no matter how long, how are why) is defined as "migration". The UN Migration Agency (IOM) Migrant: Any person who is moving or has moved across an international border or within a state away from his/her habitual place of residence, regardless of (1) the person's legal status; (2) whether the movement is voluntary or involuntary; (3) what the causes for the movement are; or (4) what the length of the stay is. (United Nations, n.d.)

Quality of Life: Quality of life defined by the WHO as "individuals' perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectations, standards and concerns". (WHO, 1998)

3.7 Operational definition

Migration: An individual or group of people moving from one place to another place. There are many types of migration. Migration for employment, business or to live.

Migrant: The person who moves from his native to another state or country in search of work and takes up a large number of casual jobs in construction, manufacturing, services, and the farming sector is referred to as migrant labor. There is a movement of labour from poorer to more affluent urban and industrial pockets.

Quality of Life:

Every individual has an equal right to lead a healthy, comfortable, and able to participate in or enjoy life events. The indicators of quality of life include wealth, employment, the environment, physical and mental health, education, recreation and leisure time, social belonging, religious beliefs, safety, security, and freedom.

3.8 Research design

The research design is descriptive in nature to understand the characteristics of a study population.

3.9 Inclusion criteria

- Being 18 years or above old migrant workers are included
- Working under unorganized sector
- Working in Kerala for six months or more
- Agreeing to participate in this study.
- Those who can understand the language.

3.10 Exclusion criteria

- Participants who suffered from health issues were excluded
- Migrant workers from the organized sector were excluded

3.11 Universe and population

The universe of the study covers all the workers working in the unorganized sector in Thiruvananthapuram city.

3.12. Sampling size and design

The sampling technique is non-probability sampling. The researcher has selected sixty respondents from the targeted population for the study.

3.13. Tools and method of data collection

The most essential part of every study is data collection. Data was collected via face-to-face interviews using a structured interview schedule. The WHOQOL- BREF Scale assessed the Quality of Life (QOL). The WHOQOL-BREF. Scale questions were prepared in English and translated into Hindi. The BREF scale comprised four domains- physical health, psychological health, social relationships, and working environment- in 26 questions.

3.14. Statistical design

The data collected from 60 respondents was analyzed using the statistical software SPSS (Statistical Packages for Social Sciences). The data was tabulated and coded in Microsoft Excel and was analyzed using SPSS. Descriptive statistics such as mean, frequency, percentage, graphical plots, and charts were done.

3.15. Ethical concern

- The respondents were assured that, the information shared will be confidential and that the data will be used only for research purposes only.
- The participation in the study is entirely voluntary, and no respondents were forced to provide information as part of the study.

3.16. Limitations of the study

1. During the interview, it was challenging to communicate with migrant workers due to language differences.
2. The data collection was complex because most of the migrants got tired after their work in the evening session

CHAPTER 4
ANALYSIS AND INTERPRETATION

CHAPTER 4

ANALYSIS AND INTERPRETATION

Analysis and interpretation are the significant parts of the study from which the result is derived. The chapter is divided into parts. The first deals with the socio-demographic details of the respondents, including their basic details like age, gender, category, educational qualification, area of job, native state, marital status, etc. The quality of life among migrant workers is analyzed and interpreted in the second. The study put forward the hypothesis which needs to be tested using a standard statistical test. This is done using SPSS and tabulated in the next section of the chapter

4.1: SOCIO DEMOGRAPHIC PROFILE

This section consists of the socio-demographic details of the migrant workers. The variables such as age, gender, category, educational qualification, area of job, native state, marital status, years of migration, reason for migration, and monthly income are explained below. The data is viewed using pictorial representation using graphs in which the percentages are given

4.1.1 Gender

Table 4.1: Frequency table of gender distribution

Gender	Frequency	Percent
MALE	60	100

The table 4.1 shows the gender distribution. Among 60 migrant workers, the study revealed that the full respondents were male with 100% as shown in table 4.1

4.1.2 Age of the Respondent

The distribution of age of the respondents are detailed below.

Figure4.1:Distribution of respondents based on age

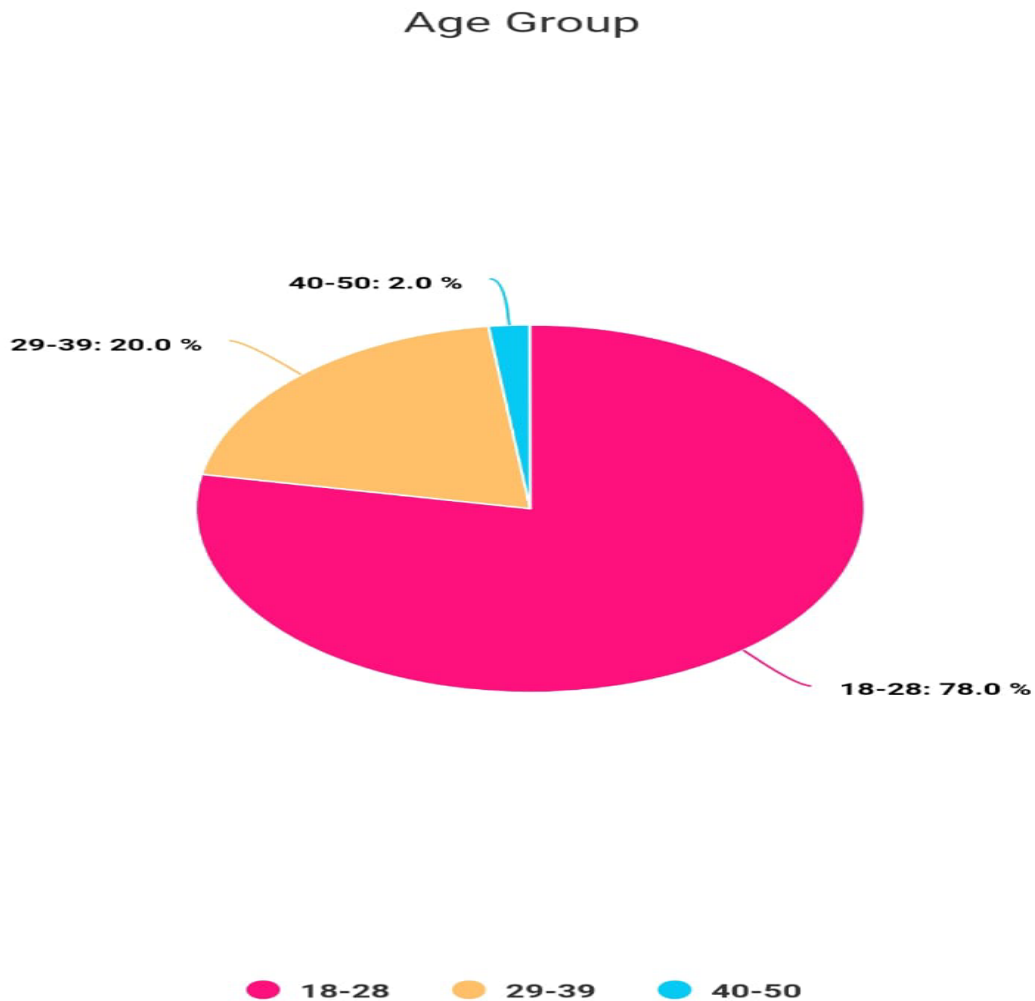


Figure 1 Distribution of respondents based on age

Figure 4.1 depicts the data related to the number of respondents belonging to the age group. Out of 60 respondents, 78% are in the age group 18-28, 20% come in 29-39, and 2% of the respondents belong to the age group 40-50. The figure clearly shows that the majority of the respondents (78%) come under the 18-28years category

4.1.3. Category

Figure 4.2: Distribution of respondents based on category

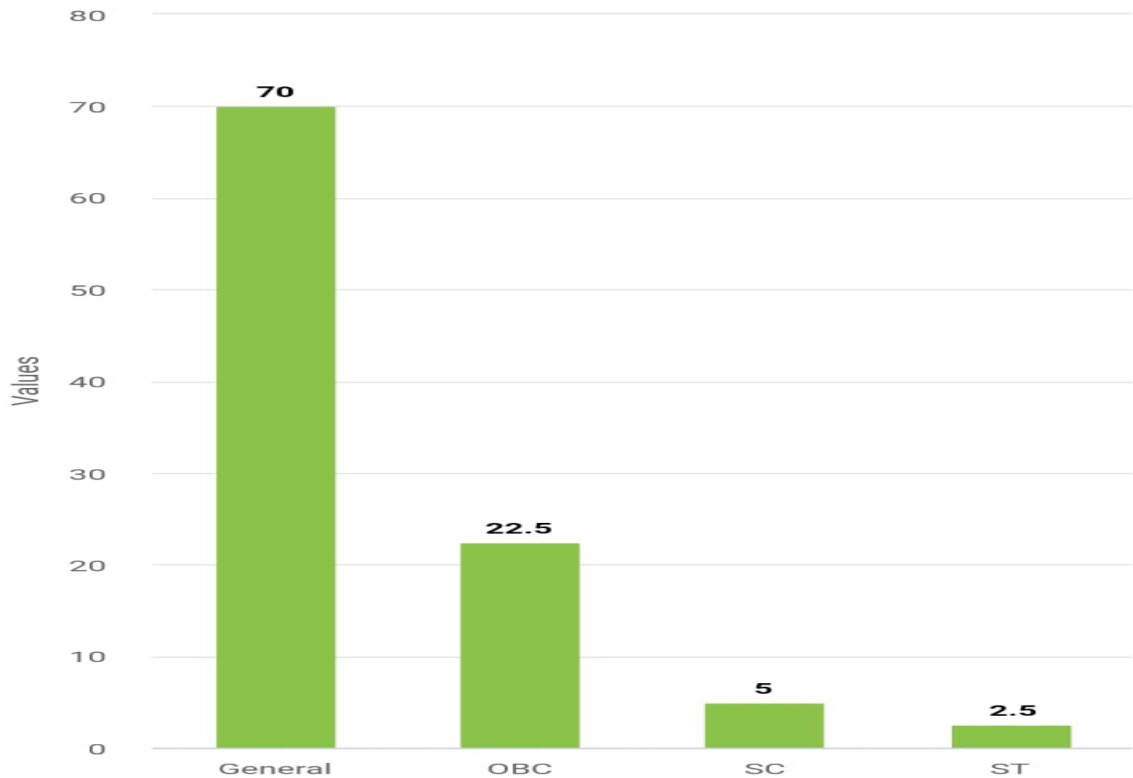


Figure 2 Distribution of respondents based on category

Figure 4.2 furnishes the details regarding the category of the respondents. According to the table, the majority of the respondents (70%) belong to the general category, 22.5% of respondents belong to other backward community (OBC), 5% belongs to scheduled caste (SC) and 2.5% belong to the ST category

4.1.4. Educational qualification

Figure 4.3: Distribution of respondents based on educational qualification

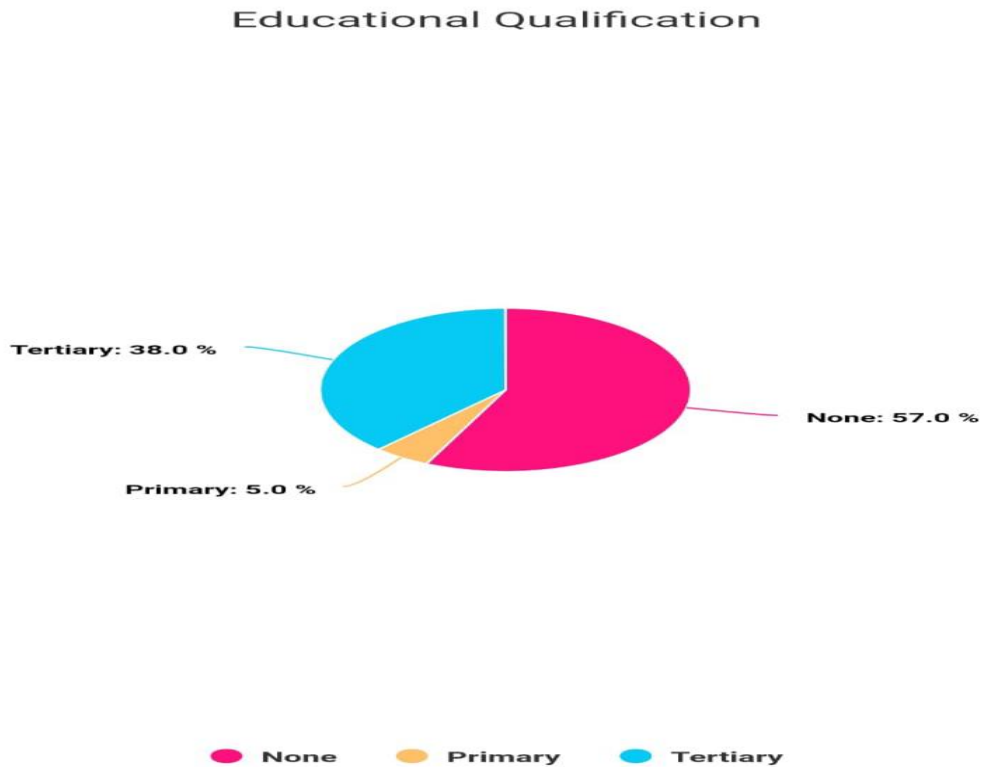


Figure 3 Distribution of respondents based on educational qualification

Regarding educational qualification, the study revealed that the majority of the migrant workers are uneducated (57%), followed by 38% tertiary level, and only 5% of workers had primary level education (Figure 4.3). It is found that half of the study population is illiterate. The high illiteracy rate, which leads to unemployment, is obviously one of the major reasons for migration. The study showed that because of illiteracy and lack of employment in the native place, people migrate to attain a better economic status in life.

4.1.5:Area of job

Figure 4.4: Distribution based on current area of job of the respondents

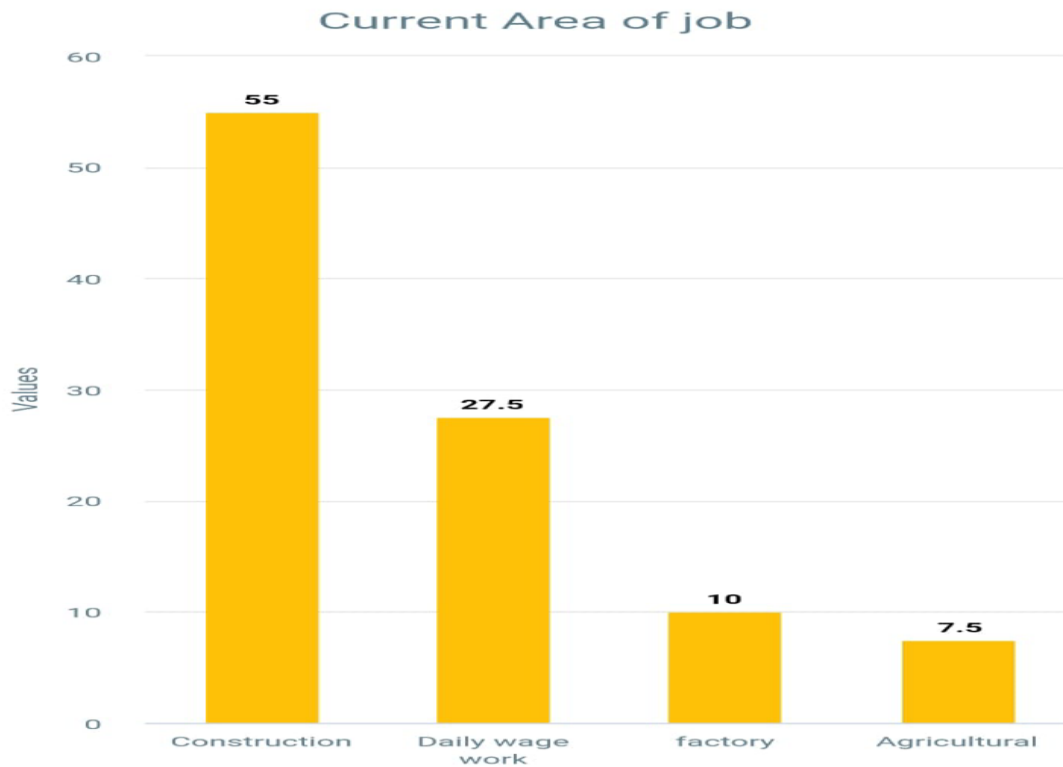


Figure 4 Distribution based on current area of job of the respondents

Figure 4.4 gives information regarding the current area of the job of the respondents of the study. From the graph it is evident that 55% of the migrant workers are working in construction sites. 27.5% of the respondents are daily wage laborers, 10% of the workers work in factories, and 7.5% are working in the agricultural sector. The majority of the respondents (55%) were construction workers, followed by daily wage workers (27.5%), factory workers (10%), and agricultural workers (7.5%).

4.1.6. Native state

Table 4.2: Frequency table of native states of the respondents

Native state	frequency	percent
Tamilnadu	24	40.0
Uttar Pradesh	18	30.0
West Bengal	15	25.0
Bihar	2	3.5
Assam	1	1.5
Total	60	100.0

Figure 4.5: Distribution of native states of the respondents

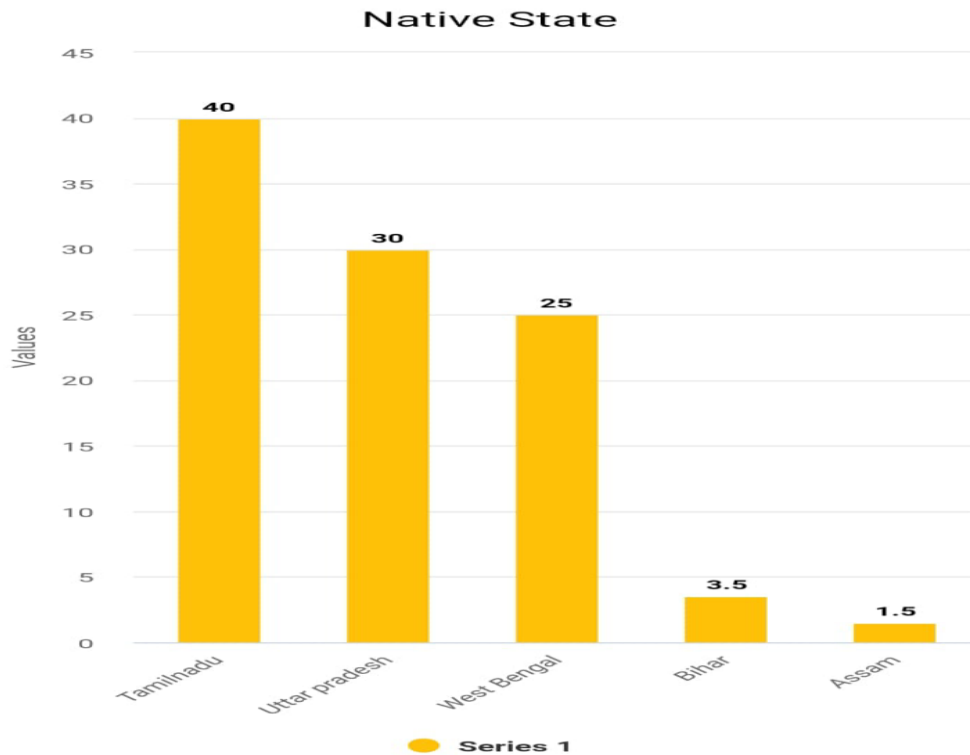


Figure 5 Distribution of native states of the respondents

The Figure 4.5 gives information on the native states of the respondents. The respondents of the study are from 5 different states. The graph chart depicts that 40% of the workers are from the state of Tamilnadu, 30% of the workers come from Uttar Pradesh, 25% are from West Bengal, 3.5% are from Bihar, and 1.5% are from Assam. It is clear from the bar chart that the highest number of workers are from Tamilnadu and Assam with the lowest number of workers.

4.1.7. Marital status

Figure 4.6: Distribution of marital status of the respondents

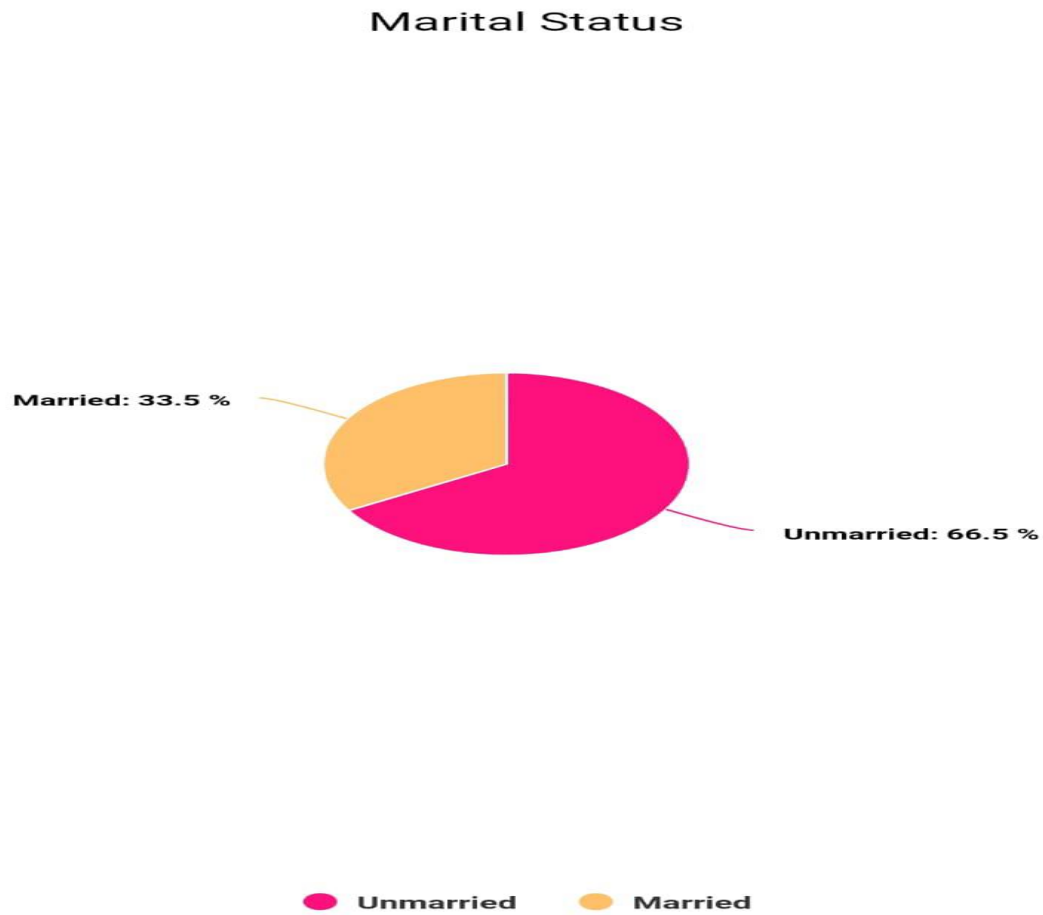


Figure 6 Distribution of marital status of the respondents

Table4.3: shows Frequency table showing marital status of the respondents

Marital status	Frequency	Percent
Unmarried	40	66.5
Married	20	33.5
Total	60	100

Our sample shows respondents' marital status in Table 4.3, where 66.5% are single, and 33.5% are married. The majority of the respondents of the study are unmarried

4.1.8 Whether the respondents migrated along with their families or not

Table 4.4: Frequency table showing respondents migrated with or without family

	Frequency	Percent
With family	10	16.5
Without family	50	83.5
Total	60	100

Table 4.5 shows whether the respondents are staying with or without their family in Kerala. According to the table, 83.5% of respondents came to Kerala without their families, and 16.5% of them came along with their families. The majority of the respondents are staying alone, having left their families behind and their native states.

4.1.9 Years of Working in Kerala

Table 4.5: Frequency table showing years of working in Kerala of the respondents

Years	frequency	percent
1-2	40	66.5
3-4	11	18.5
5-6	7	11.5
7-8	2	3.5
Total	60	100

Figure 4.5 shows information regarding the respondents' years of working in Kerala. As per the table, 66.5% of the respondents were working for 1-2 years in Kerala, 18.5% were working for 3-4 years, 11.5 % were working for 5-6 years and only 3.5% were working for 7- 8 years. Half of the total number of respondents were working for 1-2 years in Kerala and only two respondents were working in Kerala for more than six years.

4.1.10.Reason for migration

Table4.6: Frequency table showing the reason for the migration of the respondents

Reason for Migration	frequency	percent
Job searching	22	36.5
Better salary	23	38.5
Better living standard	14	23.5
Better education for children	1	1.5
Total	60	100.0

Migration in India happens due to various reasons. Table 4.6 shows multiple reasons for the migration of the respondents. For 36.5% of respondents, searching for jobs is the main reason for migration. 38.5% of respondents pointed out better salaries as the reason, whereas 23.5% stated that the availability of better living standards was the main reason for migration. 1.5% of respondents chose to migrate to provide better education for children. From the table, it is clear that a better salary is the main reason for the migration of workers to Kerala.

Figure 4.7 Distribution showing reasons for migration

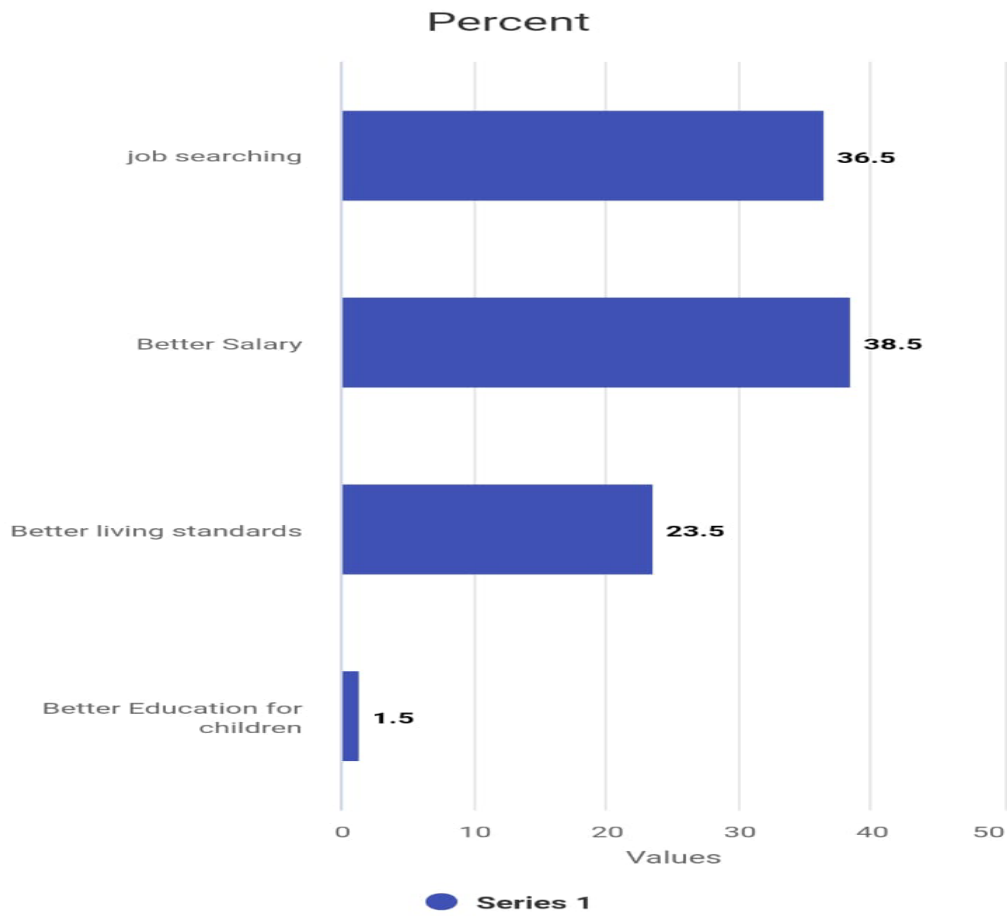


Figure 7 Distribution showing reasons for migration

4.1.11. Source of information about opportunities in Kerala

Table 4.7: Frequency table showing the job opportunities known by the respondents

	frequency	percent
friends/family	60	100.0

Table 4.7 reveals that 100 percent of our respondents (migrant workers) have come to Kerala with the help of friends and family.

4.1.12. Monthly Income

Table 4.7: Frequency table showing the monthly income of the respondents

Income	frequency	Percent
Below 10000 Rs	2	3.5
Rs 10000-15000	10	16.5
Above 15000 Rs	48	80.0
Total	60	100.0

Figure 4.8 Distribution of monthly income of the respondents

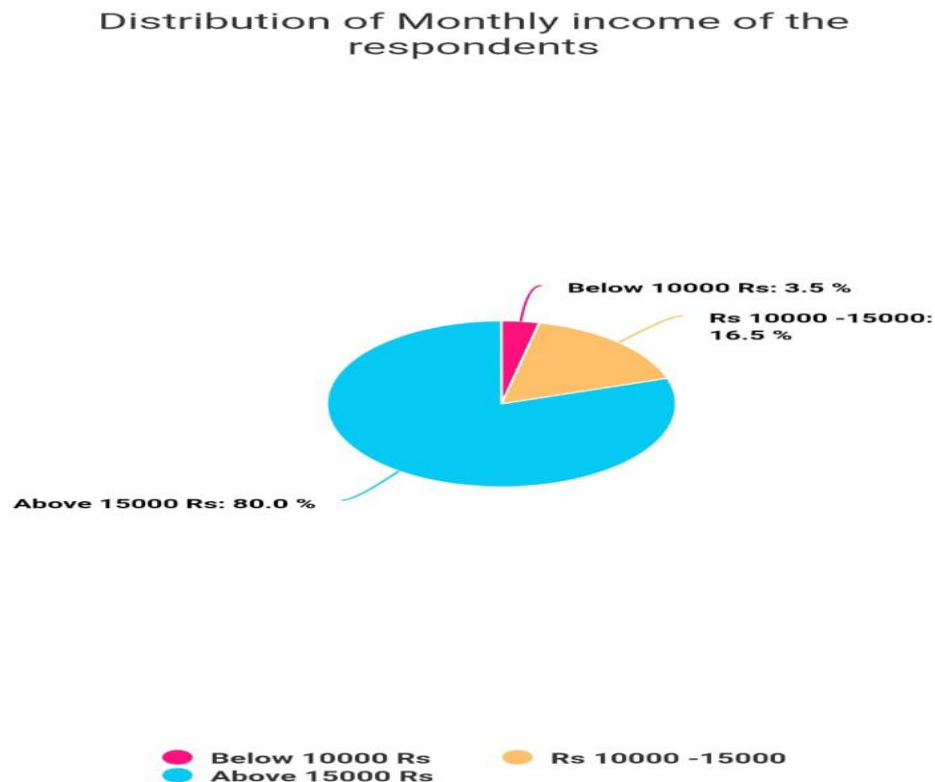


Figure 8 Distribution of monthly income of the respondents

Migrant workers work mainly in the unorganized sector of the economy, and their income is also low because of that. Figure 4.9 depicts the monthly income of the study respondents. Out of the total 60 respondents, 3.5% have a monthly income of less than 10000 rupees, 16.5% have a monthly income in the range of 10000 rupees to 15000 rupees, and 80.0% respondents have more than 15000 rupees monthly as their income. From the chart, it is evident that most respondents have a monthly income above 15,000 rupees.

4.2 Level of Quality of Life among the Respondents

4.2.1 Respondents rating their quality of life

Table 4.9: Frequency table showing how the respondents rate their quality of life

	Frequency	percent
Poor	1	1.5
Neither poor nor good	17	28.5
Good	42	70.0
Total	60	100.0

Table 4 details how the migrant workers rate their quality of life. Out of 40 total respondents, 70% rated their quality of life as good, 28.5% rated their quality of life as Neither poor nor good, and only 1.5% of the respondents rated their quality of life as poor. From the table, it is evident that the majority (70%) of the respondents have rated their quality of life as good

4.2.2 Respondent's satisfaction on their health

Table 4.10: Frequency table showing the respondent's satisfaction with their health

	Frequency	percent
Dissatisfied	1	1.5
Neither satisfied nor Dissatisfied	2	3.5
Satisfied	16	26.5
Very satisfied	41	68.5
Total	60	100.0

Table 4.1 shows the data related to the respondent's satisfaction with their health conditions. According to the table, 1.5% of the respondents are dissatisfied with their health, 3.5% are neither satisfied nor dissatisfied, 26.5% are satisfied, and 68.5% are delighted. It is clear from the table that the majority (68.5%) of the respondents are happy with their health status.

4.2.3. Perceived quality of life of respondents across different domain

Table 4.11: Quality of life across different domains

Domain	N	Minimum	Maximum	Mean	Std.Deviation
Physical	60	39.9	100.00	94.28	12.55027
Psychological	60	58.33	100.00	88.22	12.37068
Social	60	25.00	100.00	89.79	20.01491
Environmental	60	37.50	100.00	93.59	13.08621
Valid N(list wise)	60				

Table 4. shows the descriptive statistics of the perceived quality of life among migrant workers across four domains. The WHOQOL manual's recommended 0-100 scale was used to translate the mean values for the four quality of life domains (physical, psychological, social, and environmental). Higher value implies higher quality of life. The mean values for the physical, psychological, social, and environmental domains are 94.28,88.22,89.79 and 93.59, respectively. From the table, it is clear that the physical quality of life domain is the highest (mean 94.28) and the psychological domain has the lowest mean value(88.22)

4.3 Quality of living conditions of the respondents

4.3.1 Whether the respondents are getting enough money to meet their needs

Table 4.12: Respondents getting enough money to meet their needs

	Frequency	present
Moderately	4	6.5
Mostly	6	10.0
Completely	50	83.5
Total	60	100.0

Table 4.12 shows information related to whether the respondents are getting enough money to meet their needs. The majority (83.5%) of the respondents responded 'completely', 15% responded 'mostly', and the rest, 6.5%, responded 'moderately' to the question.

4.3.2 Respondent's satisfaction level with the conditions of their living place

Table

4.13: Respondent's satisfaction level with the conditions of their living place

Satisfaction level	Frequency	Percent
Dissatisfied	1	1.5
Satisfied	14	23.5
Very satisfied	45	75.0
Total	60	100.0

Table 4.13 shows the satisfaction level of the respondents with the conditions of their living place. According to the table, 75% of the respondents are ‘very satisfied,’ 23.5% are satisfied, and only 1.5% are dissatisfied. The majority (75%) of the respondents are very satisfied with their living conditions

4.3.3 Respondent’s satisfaction with their access to health services

Table 4.14: Respondent’s satisfaction with their access to health services

Satisfaction level	Frequency	Percent
Neither satisfied nor dissatisfied	2	3.5
Satisfied	12	20
Very satisfied	46	76.5
Total	60	100.0

Table 4.14 shows the satisfaction level of respondents with their access to health services. 3.5% of the respondents are neither satisfied nor dissatisfied, 20% are satisfied and 76.5% of them are very satisfied with their access to health services. The table shows that the majority (76.5%) of the respondents are very satisfied with their access to health services.

4.3.4 Respondent's satisfaction with their access to transport

Table 4.15: Respondent's satisfaction with their access to transport

Satisfaction level	Frequency	Percent
Satisfied	4	6.5
Very satisfied	56	93.5
Total	60	100.0

Table 4.15 shows the satisfaction level of the respondents with their access to transport. According to the table, 90% of the respondents are 'very satisfied' with their access to transport, and 10 % are satisfied with their access to transport. It is evident from the table that the majority (90%) of the respondents are 'very satisfied' with their access to transport

4.4 Contribution of employers to improve quality of life of migrant workers

4.4.1 Support/ help from employer

Table 4.16: Frequency table showing whether workers get support/help from your employer

	Frequency	percent
YES	60	100.0

Table 4.16 gives information on whether workers are getting support or help from their employers. The table shows that all of the 60 respondents are getting support or help from their employers

4.4.2 Kind of support from the employer

Table 4.17: Frequency table showing the kind of support which the respondent gets from the employer

	Frequency	Percent
Financial support	53	88.5
Mental/emotional support	3	5
Both financial and mental support	4	6.5
Total	60	100.0

Table 4.17 shows the kind of support that the respondents get from their employers. 88.5% of the workers are getting financial support from their employers, 5% are getting mental/emotional support and 6.5% of the respondents get both financial and mental support from their employers. According to the table the majority (88.5%) of the respondents get financial support from their employers

4.4.3 Level of satisfaction on worker-employer relationship

Table 4.18: Frequency table showing the level of satisfaction of respondents on their personal relationship with the employer

	Frequency	percentage
Satisfied	2	3.5
Completely Satisfied	58	96.5
Total	60	100

Table 4.18 shows the level of satisfaction of respondents on their personal relationship with the employer. According to the table 96.5% of the respondents are completely satisfied with the worker-employer relationship and 3.5% of the respondents are satisfied with their relationship with the employer.

CHAPTER 5

FINDINGS, SUGGESTIONS, AND CONCLUSION

CHAPTER 5

FINDINGS, SUGGESTIONS, AND CONCLUSION

This chapter presents the results of the data analysis, interpretation, and recommendations based on the researcher's perspective, a review of the literature, and finally, conclusions that summarize the main ideas of the research project.

5.1. Summary of the Study

The study titled 'Quality of Life among migrant workers in the Unorganized Sector with Reference to Thiruvananthapuram City' aims to bring out the quality of life among migrant workers in the unorganized sector in Thiruvananthapuram City of Kerala who work in the construction, manufacturing, and farm sectors, and other unorganized sectors. The study was conducted with 40 workers (N=40) for quantitative research. Data was collected via face-to-face interviews using an interview schedule adapted from the WHOQOL-BREF Scale. The interview schedule includes a socio-demographic profile, Self-prepared questions, and a BREF Scale. The BREF scale comprised four physical health, psychological health, social relationships, and working environment- in 26 questions. The data collected from 40 respondents was analyzed using the statistical software SPSS.

5.2 Major Findings of the Study

5.2.1 Socio-demographic details

- ❖ Among all 40 migrant workers, the study revealed that the majority of the migrant workers were in the age group of 18-28 years, with 78% of the total.

- ❖ All of the respondents were male with 100%. It is inferred that the male population is more in this sector.

- ❖ Distribution of respondents based on category: the majority of the respondents (70%) were from the General category, 22.5% of respondents belonged to other

backward communities (OBC),5% belongs to scheduled caste (SC), and 2.5% belonged to (ST), category

❖ Regarding educational qualification, the study revealed that the majority of the migrant workers (57.00 %) are uneducated, followed by 38.00 % had tertiary level and only 5.00 % of workers had primary level education

❖ Distribution based on the current area of the job of the respondents shows the majority of the respondents (55%) are construction workers (27.5 %), daily Wage workers (10.00 %) are factory workers (7.5 %) are agricultural workers

❖ The respondents of the study are from 5 different states. The highest number of workers are from Tamilnadu (40%), followed by Uttar Pradesh (30.00 %) and West Bengal (15.00 %), Bihar (12.5) and the least number of workers are from the state of Assam(2.5%)

❖ Majority of the respondents of the study are unmarried (62.5%) and 37.5% are married.

❖ According to the study 75% of respondents came to Kerala without their families and 25% of them came along with their family. The majority of the respondents are staying alone, having left their families behind and their native states.

❖ Regarding the years of working in Kerala by the respondent's half (50.00 %) of the total number of respondents were working for 1-2 years in Kerala and 27.5% were working for 3-4 years, 17.5 % were working for 5-6 years and only 5% were working for 7-8 years.

❖ Migration in India happens due to various reasons. From the study it shows that, for 42.5% of respondents, search for jobs is the main reason for migration., 35% gave the availability of better living standards as the main reason for migration, whereas

20% of respondents pointed out better salary as the reason and. 2.5% of respondents chose to migrate to provide better education for children.

❖ Study reveals that 100 percent of our respondents (migrant workers) have come to Kerala with the help of friends, family, and peer groups.

❖ Majority (77.5%) of the respondents are getting a monthly income above 15000 rupees, 17.5% have a monthly income in the range of 10000 rupees to 15000 rupees, and 5.00% have a monthly income of less than 10000 rupees

5.2.2 Quality of Life

❖ 80% of the respondents rated their quality of life as good, 17.5% rated their quality of life as Neither poor nor good, and only 2.5% rated their quality of life as poor.

❖ 2.5% of the respondents are dissatisfied with their health, 5% are neither satisfied nor dissatisfied, 15% are satisfied and 77.5% are very satisfied with their health.

❖ For the respondents of this study, the physical quality of life domain is the highest (mean 94.28), and the psychological domain has the lowest mean value(88.22).

❖ There is a significant relationship between the monthly income of the respondents and their quality of life.

5.2.3 Quality of living conditions of the respondents

❖ The majority (75%) of the respondents responded as ‘completely’, 15% responded as ‘mostly’ and the rest 10% responded as ‘moderately’ when asked about their ability to meet their needs.

❖ 87.5% of the respondents are ‘very satisfied’, 10% are satisfied and only 2.5% are dissatisfied with the conditions of their living place.

❖ 2.5% of the respondents are neither satisfied nor dissatisfied, 7.5% are satisfied and 90% of them are very satisfied with their access to health services.

❖ The majority (90%) of the respondents are ‘very satisfied’ with their access to transport.

5.2.4 Contribution of employers to improve quality of life of migrant workers

❖ All 40 respondents are getting support or help from their employers.

❖ The majority (82.5%) of the respondents get financial support from their employers.

❖ 82.5% of the workers are getting financial support from their employers, 7.5% of them are getting mental/emotional support and 10% of the respondents get both financial and mental support from their employers.

❖ 95% of the respondents are completely satisfied with the worker-employer relationship, and 5% of the respondents are satisfied with their relationship with the employer.

5.3 Suggestions

Some of the suggestions for improving the socio-economic conditions of the migrant workers are as follows:

❖ In this study, it is found that more than 30 percent of migrant workers attained the tertiary level of education. But they are working in the unorganized sector. Due to various factors like low-paid jobs and fewer job opportunities in native states, workers migrate to Kerala in order to pursue work available in the unorganized sector. It is suggested that the government should consider providing skill training programs to these educated migrant workers and build up their capacities to obtain jobs in the organized sector. Non-governmental organizations (NGOs) can play a vital role in imparting such training to migrant workers.

5.4 Conclusion

This study aimed to examine the quality of life of migrant workers. Respondents were found to have a good overall quality of life associated with four domains (physical, psychological, social, and environmental). 80% of the respondents rated their quality of life as good, 17.5% rated their quality of life as Neither poor nor good, and only 2.5% rated their quality of life as poor. Monthly income and Quality of Life were found to be significantly associated. India is facing the problem of increasing unemployment rates, and as a result, the social phenomenon of interstate migration is also rising. Owing to the employment opportunities in the unorganized sector, people from other states are migrating to Kerala. Even though the state government is framing policies and programs for the welfare of this marginalized section of society, migrant workers are still faced with various difficulties. Ensuring their participation in mainstream societal activities should be taken seriously by the government.

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APPENDIX
INTERVIEW SCHEDULE

**A Study on the Quality of Life Among Migrant Workers in the Unorganized
Sector with Reference to Thiruvananthapuram city**

The following questions will be used for research purpose only. The information will be kept confidential and only the aggregated data will be published.

1. To find out the socio-demographic profile of the respondents

SOCIO-DEMOGRAPHIC PROFILE

- 1) Respondent No :
- 2) Age (in years) :
- 3) Gender :
 - a) Male b) Female c) Transgender
- 4) Category :
 - a) General b) OBC c) SC d) ST e) OEC
- 5) What is highest education you received ?
 - a) None at all
 - b) Primary
 - c) Secondary
 - d) Tertiary
- 6) Which is your native state :
- 7) Language known :
- 8) What is your marital status ?

- a) Single
- b) Married
- c) Living as married
- d) Separated
- e) Divorced
- f) Widowed
- 9) Do you come alone or with family :
- 10) Years of migration :
- 11) Reason for migration :
- 12) Way to find the job :
- 13) Income?
 - a) Below 10,000
 - b) 10,000 - 15,000
 - c) above 15,000

2) To ascertain the level of quality of life among of the respondents

3) To examine the quality of living conditions of the respondents

(WHOQOL- BREF)

This assessment asks how you feel about your quality of life, health or other areas of your life. **Please answer all the questions.** Please use the **5point scale** to rate the degree to which each Item describe how you might react in this situation.

- 1. Not at all = 1
- 2. Not much = 2

- 3. Moderately = 3
- 4. Good = 4
- 5. Completely = 5

The following questions ask about **how much** you've experienced certain things

1	How would you rate your quality of life?	
2	How satisfied are you with your health?	
3	To what extent do you feel that pain (physical) prevents you from doing what you need to do?	
4	How much do you need any medical treatment to function in your daily life?	
5	How much do you enjoy life?	
6	To what extent do you feel your life be meaningful?	
7	How well are you able to concentrate?	
8	How safe do you feel in your daily life?	
9	How healthy is your physical environment?	

The following questions ask about how **completely** you experienced or were able to do certain things

10	Do you have enough energy for everyday life?	
11	Are you able to accept your bodily appearance?	
12	Have you enough money to meet your needs?	
13	How available to you is the information that you need in your day-today life?	
14	To what extent do you have the opportunity for leisure activities?	
15	How well are you able to get around	

The following questions ask you to say how **good** or **satisfied** you've felt about various aspects of your life

16	How satisfied are you with your sleep?	
17	How satisfied are you with your ability to perform your daily living activities?	
18	How satisfied are you with your capacity for work?	
19	How satisfied are you with yourself?	
20	How satisfied are you with your personal relationship?	
21	How satisfied are you with your sex life?	
22	How satisfied are you with the support you get from your friends?	
23	How satisfied are you with the conditions of your living place?	
24	How satisfied are you with your access to health services?	
25	How satisfied are you with your transport?	

The following question refers **to how often** you've felt or experienced certain things

26	How often do you have negative feelings such as blue mood, despair and anxiety, depression?	
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4) To understand the contribution made by the employers for improving the quality of life of migrant workers

- 1) Do you get any kind of support or help from your employer?
- 2) What kind of help or support are you getting?
- 3) How satisfied are you with your personal relationship with employer?