

Thesis Title	Quality of Life and Its Associated Factors among Myanmar Migrant Workers in Chiang Rai Province, Thailand
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ABSTRACT

Quality of life among migrant workers is shaped by multilevel determinants across intrapersonal, interpersonal, institutional, and community levels. However, limited recent evidence exists on how these factors influence the quality of life of Myanmar migrant workers, particularly in border areas of Chiang Rai Province, Northern Thailand. This study aimed to assess the quality of life (QoL) and identify its associated factors among Myanmar migrant workers in Chiang Rai Province using the social-ecological model as the theoretical framework. A community-based cross-sectional study was conducted among 420 Myanmar migrant workers from eight randomly selected communities in Mueang and Mae Sai districts. Data were collected using validated structured questionnaires, including the WHOQOL-BREF, through self-administered and face-to-face interviews after obtaining informed consent. Chi-square tests and binary logistic regression were used to identify significant associations at a significance level of $p\text{-value} < 0.05$. A total of 420 Myanmar migrant workers participated in the study, with 53.1% being male and a mean age of 32.3 years ($SD = 9.9$). About 16.2% had chronic diseases and 21.2% were undocumented, while construction was the most common occupation (45.8%). Most participants reported moderate quality of life (68.6%), followed by poor (20.2%) and good quality of life (11.2%). Multivariable logistic regression identified chronic disease, type of residence, depressive symptoms, social support, job satisfaction, and discrimination as significant factors associated with poor quality of life. The odds of having poor quality of life were

2.96 times (95% CI = 1.29-6.81) higher for those who had chronic diseases like hypertension and diabetes mellitus compared to those who did not have any chronic diseases. Those who lived in house provided by employer, on-site work compound or shared housing with other families had a greater chance of poor quality of life than those who were staying in rented house with 3.59 times (95% CI = 1.75-7.38). Moreover, participants who had moderate to extremely severe depressive symptoms had 15.33 times (95% CI = 5.86-40.08) higher chance of poor quality of life compared to those who had no to mild depressive symptoms. Those who received low to moderate social support had a greater chance of having poor quality of life than those with high social support with 6.35 times (95% CI = 2.15-18.74). The odds of poor quality of life were 6.72 times (95% CI = 3.33-13.56) higher for the individuals who had very low to low job satisfaction compared to those who had average to very high job satisfaction. Lastly, participants who reported moderate to high discrimination had 3.50 times (95% CI = 1.44-8.53) higher odds of having poor quality of life compared to those who reported low discrimination. Targeted interventions addressing chronic disease management, mental health support, and workplace conditions are needed to improve the quality of life of Myanmar migrant workers. Strengthening social support systems and reducing discrimination through community and policy-level actions are also essential to promote their overall well-being.

Keywords: Quality of Life, Myanmar Migrant Workers, Factors Associated, Border Area, Thailand