

Psychosocial experience of Ethiopian women.....

Running Head: PSYCHOSOCIAL EXPERIENCE OF ETHIOPIAN WOMEN

Addis Ababa University

School of Social Work

Psychosocial Experiences of Ethiopian Women Domestic Workers in the Middle East: The Case
of Returnee Migrants in Addis Ababa.

By: Addisalem Abitew

Advisor: Meseret Kassahun (PhD)

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Addisalem Abitew

Name of student

Signature

Date

Approved By: - Examining Board

Advisor:

Signature

Date

Internal Examiner

Signature

Date

External Examiner

Signature

Date

Psychosocial experience of Ethiopian women.....

Dedication

To the memory of my father Abitew Engidawork; you have done more than I did for who I am today. You were my inspiration in all my way and I am proud to call your name as Abi.

RIP !!!!

Acknowledgment

My utmost gratitude goes to the Almighty; his mother Saint Virgin Marry, all the angels and saints; without their blessing, love and care nothing in my life would have come true.

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MOM!!!!!! Had it not been for the unconditional love, support and marvelous effort none of your children would have made it through. Thank you for being a great and wonderful MOM and thank you for believing in me through all my way. I am also indebted to my sisters and all family members for your unceasing support and encouragement during the entire way of my MSW. Mah, Sol, Tekesh, Bini, Joye, Mitaye and Ninaye I love you all.

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List of Acronyms

CEDAW	Convention for the Elimination of all forms of Discrimination Against women
FDRE	Federal Democratic Republic of Ethiopia
GCC	Gulf Cooperation Council
GCIM	Global Commission on International Migration
GSA	Good Samaritan Association
ICCPR	International Convention on Civil and Political Rights
ICSECR	International Convention on Social Economic and Cultural Rights
ILO	International Labor Organization
IOM	International Organization for Migration
KI	Key Informant
MoLSA	Ministry of Labor and Social Affairs
SHG	Self Help Group
UN	United Nations
UN INSTRAW	United Nations International Research and Training Institute for the Advancement of Women
UNDP	United Nations Development Program
UNFPA	United Nations Fund for Population Activities
US	United States
USDS	United States Department of State

Abstract

The current study explored the overall psychosocial experiences of Ethiopian women domestic workers in the Middle East. Specifically, Ethiopian women's psychosocial experiences and the difficulties they face while they were in the Middle East, as well as the change they have brought in their life after their return was explored in depth. The study employed a qualitative research design and a descriptive case study analytical approach. In this study, both primary data sources and secondary data sources were used. For primary data, qualitative in depth interview with returnees and key informants were conducted. The collected data were analyzed using a qualitative data analysis technique. The findings from this study show that, prior to their departure to the Middle East countries; all the informants were living in poverty and were unemployed. They immigrated out to the Middle East countries hoping that their life would change. However, their expectation was shattered because of the harsh experience they had at the destination country. According to the informants, prolonged working hour due to extreme workload, emotional abuse, sexual harassment and denial of their monthly wage were some of the negative psychosocial experiences while working as a house maid in the Middle East. Furthermore, they experienced loneliness and the feeling of inferiority, humiliation, degradation and maltreatment which was worsened by the language barrier they had. As a result, they described their stay in the Middle East very challenging. In general, the overall unfavorable living condition and the hostile working environment in the country of destination made them unable to change their own and their family's life and ended in being incompetent in achieving their goals and expectations. Their reaction to their failed expectations and the ill treatment they had in the Middle East has created a huge distortion in their overall social and economic life after they are back in the country of origin. They have developed the feeling of hopelessness; they are mostly depressed and lonely. Hence, based on the findings, this study suggests, the government of Ethiopia should play a great role creating a favorable working condition in the country of destination through strong consular relations, migrants should be aware of the socio economic situation of the country and the culture and a minimum educational level needs to be set for migrants in order to enhance their understanding of situations they will be facing and they should be well equipped with the necessary skills and qualifications and organizations that are working with returnee migrants should work together with donor organizations so that they are more capable in providing rehabilitation treatment and psychosocial support. Having this in mind, social workers should play a great role in advocating better living condition for the migrants in the country of destination and they should involve in the rehabilitation and treatment of the returnee migrants as facilitator or counselor role.

Key words: Psychosocial, Domestic work, Depression, Forced Labor and Migration.

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Chapter One: Introduction

1.1. Background of the Study

The word psychosocial can be explained as in psychological and social aspects. The psychological aspects are those that affect thoughts, emotions, behavior, memory, learning ability, perceptions and understanding (Hettige, Ekanayake, Jayasundere, Rathnayak & Figurado, 2012). While social aspects refer to the effects on relationships, traditions, culture and values, family and community, also extending to the economic realm and its effects on status and social networks (Hettige et al., 2012).

Migration is not a new phenomenon; it has been practiced through the life of human beings and it is becoming one of the global phenomena in the 21st century (Meskerem, 2011). Most people migrate to various countries for various reasons; specifically people in the developing countries like Ethiopia migrate due to several economic, political and social reasons (Animaw, 2011).

Human migration has been and still is intimately connected with the transformations of the world economy (Gudetu, 2014). The United Nation estimates that the number of persons living outside their country of origin has reached 175 million, more than twice the number a generation ago (United Nations [UN], 2003). It is estimated that in 2010, 10.2 percent of global migrants will hail from Africa (United Nations Development Program [UNDP], 2009). Only three percent of the world migrates, and around 1.9 percent of Africa's population engages in international migration (UNDP, 2009). Internationally there is an increasing demand for female labor, as certain jobs are categorized, or reserved for women; housemaids, entertainers, women factory workers etc (Omar, 2013).

In 2010, some 214 million people (3% of the world's population) lived outside their country of origin. The magnitude and complexity of international migration makes it an important force in development and a high-priority issue for both developing and developed countries. Documents also ensure that about half of all migrants are women, and most comprise of reproductive age class (United Nations Fund for Population Activities [UNFPA], 2013).

The Mediterranean and Middle East constitute probably the most remarkable geographical region of the world with respect to labor migration movements (Edwards, 2005). The oil-rich countries of Bahrain, Kuwait, Oman, Qatar, Saudi Arabia and the United Arab Emirates have massive stocks of foreign labor related to development of oil resources (Edwards, 2005). International migrants generally in Africa were estimated to be 16m (2000) among whom 47% are females (Omar, 2013). African women are engaged in both national and international migration. It can be in the form of rural urban migration within a state, or it could mean within the African continent (Omar, 2013).

In Ethiopia, many women that migrate for employment as domestic workers ended up being trafficked into forced labor and exploitation in Middle East countries (Meskerm, 2011). Among the female migrants in Ethiopia, 53.6 per cent of the migrants are between 19 and 25 years of age; about 30.3 per cent are between the age group 25– 30 (Animaw, 2011). This indicates that most of the women migrants are within the reproductive age group in which they are forced to spend this age in the country of destination. The prevalence of migration is very high in Addis Ababa, Adama, Diredawa, Shashemene, Jimma and Dessie, while it is relatively low in Mekelle, Bahirdar and Hawassa (Animaw, 2011).

The US Department of State, 2012 trafficking in person report on Ethiopian migration indicates that, Ethiopia is a source country for men, women, and children who are subjected to

forced labor, sex trafficking and domestic servitude throughout the Middle East. Many Ethiopian women working in domestic service in the Middle East face severe abuses, including physical and sexual assault, denial of salary, sleep deprivation, withholding of passports, confinement, and murder (United States Department of State [USDS], 2012).

1.2. Statement of the Problem

The patriarchal structure in Ethiopia brings unequal division of labor, low access to education, resource and less decision making power and economic dependency as women are mostly unemployed or have limited participation in the formal economy (Frehiwot, n.d).

This and other aspects of poverty led to the high demand of women in the global labor market. Female workers from Ethiopia migrate to different parts of the world in search of better job opportunities to escape poverty and improve the circumstances of themselves and their families. Of those migrants, a few appear to lead a successful life back in their country of origin. But most of them keep on supporting their poor families by sending some dollars back home. By the same token, women migrants spend some years without seeing their families and children if any; they left back home and be unable to save money for their own use because they are expected to remit a huge portion of their income to their families (United Nations International Research and Training Institute for the Advancement of Women [UN-INSTRAW], 2007)

Accordingly, Kuschminder (2014) states that the Ethiopian women domestic workers continue to migrate to the Middle East to improve their own situation and that of their families; despite increasing knowledge regarding the poor conditions in the Middle East. Too commonly, women return to Ethiopia in a worse situation which has societal and psychological implication in their life. Moreover, US department of state 2012 trafficking in persons report indicated that, Young women, most with only primary education, are subjected to domestic servitude

throughout the Middle East and many are also driven to despair and experience psychological problems, with some committing suicide.

A study conducted by Meskerm (2011) explores that Ethiopian women migrate to the Middle East to work as domestic workers mainly for economic purpose. According to the finding of the study, most of the informants went to the Gulf States to provide sustainable income for themselves and their family. Moreover, the informants affirmed that they have faced mental distress out of different unexpected and unfavorable experiences in the country of destination. Yet the psychosocial difficulties they encounter in the country of origin and any observed significant change in their life after they are back in the country of origin was not addressed in the paper.

Another study was done by Yesuf (2011) with the aim of analyzing the overall situation of female labor migrants to the Middle East at departure point which is *America Gibi* in Addis Ababa. The finding of the study details that, the respondents of the study are waiting for their visa to go to the Middle East where they are forced to work as a housemaid and waitress until the arrival of their visa. They face major financial problem in Addis Ababa as they were expecting the process to be finished within short period of time. However the process may last for one month and above. Almost all of the migrants have no information about the country of destination as they are mostly from rural part of Ethiopia they live in a worse situation as they don't have enough money to cover their daily subsistence. Regardless of the information the study has provided, the context in which the study was conducted was different as it focused on only on prospective migrants with regard to the information and expectation about the country of destination.

A study conducted by Selamawit (2013) tried to assess the vulnerability of Ethiopian rural women and girls that migrate to work as a domestic worker in Saudi Arabia and Kuwait. The study mainly focuses on the push factors, the pre departure orientation, the employment process, the working and living condition and the racial discrimination they face. The study further explores the driving force of the labor migration where it is indicated that economic problem is the major pushing factor. Socially constructed gender discrimination and other related factors can also be mentioned as the driving force to migration. The study mostly focuses on rural girls that intend to go to the middle in search of better living opportunity as they are not in a position to enquire about possible education and job opportunities. Those rural girls are also deceived by sending private employment agencies that are engaged in illegal activities in the recruitment process as they don't have enough information about the country of destination. However this study has not explored the life changing activity that they are involved and the psychosocial difficulties they encounter after they are back in the country of origin.

Ethiopian women working as a housemaid in those countries are subjected to various abuses including withholding of wages and emotional abuse that may result in being empty handed and a burden to their family when they get back to their country. Selamawit (2013) states that the abuse of domestic workers at the country of destination starts at the arrival by confiscating travel documents to have full control over their movement and make them dependent on the employers. According to Selamawit (2013), the domestic workers are locked in apartments and the abuse will continue in different form; long working hours with heavy workload, withholding of salary, and discrimination in defiance of racial, religious and gender identities are common trends exercised against domestic workers. This in turn have a long lasting psychosocial impact in their life including depression and being psychiatric patient.

The other important factor with regard to employment migration to the Middle East is that most women who are trafficked to the Middle East are generally between 20-30 years of age, and children as young as 13 are trafficked and most of them live in poverty, and few have completed high school (Fransen & Kuschminder, 2009). In almost all cases, women domestic workers send all of their monthly remittances to their home country as a means of supporting their poor families (Naami, 2014). This in turn have a negative impact as the money will not have significant change in their life. This argument is more supported by Selamawit (2013) who found out that most of the migrants do not have the privilege to education as well as job opportunities.

As the problem is getting more and more graver, various papers have been presented regarding the alleged human rights violations or abuses that migrants face in the country of destination which in turn have a great psychosocial impact in their life. Also various literatures have been presented on the pull and push factors for the migration.

Equally, there is a gap that has not been addressed in the existing literature so far with regard to the psychosocial difficulties they face and the significant change they have shown in their life after they are came back home. Therefore additional study on these issues is necessary to address the issues.

I become interested in this study that I have grown in one neighborhood in the capital where many young women went to the Middle East in search of better opportunity and better living condition. But the opposite was true; they ended up being in competent in achieving their goals for an improved life. They have been supporting their poor families throughout their stay in the Middle East where a significant change in their life was not observable. Whenever, these women returned home every two or three years I would see that there has not been any change in

their life and in the life of their families except for a change of Sofa, TV and new house paint. In addition, I came across some traumatic life stories of returnee migrants whom I know where it inspired me to undertake this study. Here, I must acknowledge that I haven't used any of the stories which I have known before.

Hence, this study attempted to contribute to the existing literature by exploring the overall psychosocial experience of those returnee migrants both in country of destination and country of origin together with their life changing activity that they are involved with. Therefore this study tries to answer the following research questions;

1. How would Ethiopian women domestic workers in the Middle East express their overall experience?
2. What were the psychosocial difficulties they encounter as they were working as domestic workers in specific countries in the Middle East and after they are back in their country of origin?
3. What kind of significant social and economic change did they see in their life after their return?

1.3. Objective of the Study

This study focuses on the assessment of the psychosocial experience of Ethiopian women domestic workers. The study also aims to explore the possible significant changes encountered in their life after they return home. More specifically the study attempts to:

1. Explore the psychosocial experiences of Ethiopian women domestic workers in the Middle East
2. Identify the psychosocial difficulties they encounter as they were working as domestic workers in the Middle East countries and after they are back in their country of origin

3. Look into if there is any significant change (social and economic) in their life after they returned back to their country of origin.

1.4. Significance of the Study

Now a days, Middle East migration has been one of the critical issues in Ethiopia towards creating various social, economic and psychological problems on the migrants. Especially the abuses that migrants face in the country of destination that lead to various psychosocial difficulties after they are back in the country of origin are a very precarious problem that is of great concern to the nation. In addition, the study shall build societal awareness on the effect of Middle East migration and also contributes to the existing literature in the areas of migration. Moreover, based on the findings and recommendations of this research, the concerned governmental, nongovernmental organizations as well as the society at large could be able to give due emphasis to the issue and take appropriate measures. As a social worker, this study is relevant in identifying the psychosocial problems regarding the Middle East migration and recommend for policy making process

1.5. Scope and Limitation

Although migrant workers come from different regions of Ethiopia, this study focus on returnee migrants who live in Addis Ababa that experienced psychosocial problems as a result of working as a domestic worker in the Middle East and also that strive to bring significant change in their life after their return. The age group of the target of the research is from 18 – 30 years old. It aims to deal with the psychosocial experience of the returnee migrants and also look at the significant changes they have brought on their life after they are back in their country of origin.

It is apparent that this kind of studies needs sufficient time as the issue is very much sensitive where it is connected with people's life. Hence, this study is limited to the lived

experiences of the returnees where they have faced psychosocial difficulties as a result of various abuses which in turn have a negative implication on their social and economic life. The financial problem is another constraint in this study.

1.6. Organization of the Thesis

This thesis has six chapters, the first chapter deals with the introductory part including the objective of the study and the research questions. The second chapter deals with review of related literature focusing on feminization of migration or women migration. The third chapter describes the research method and research design that are employed to conduct this study. The fourth chapter incorporates the finding of the study on a descriptive case study approach depending up on the research questions and the objective of the study. Whereas, the fifth chapter incorporates the discussion part; the last part which is chapter six is composed of the conclusion, recommendation and implication part, which summarizes the findings of the study and proposes recommendations.

Chapter Two: Review of Literature and Theoretical frame work

2.1. Definition of Key Terms

Before going to the study, understanding the concept of key words and definitions related to migration help to easily understand and conceptualize the study

Psychosocial: The term Psychosocial is used to underscore the dynamic connection between the psychological and the social realms of human experience (Hettige et al., 2012).

Migration: Migration is the movement of people from one place to another within a country, or from one country to another for variety of reasons (International Organization for Migration [IOM], 2011).

Domestic workers: The concept domestic work defined in the International labor Organizational (ILO) the Domestic Workers Convention (2011, No. 189) as; A work performed in or for a household or households constituting tasks such as cleaning the house, cooking, washing and ironing clothes, taking care of children, or elderly or sick members of a family, gardening, guarding the house, driving for the family, even taking care of household pets

Depression: is a wide range of emotional states that rage in severity from transient moods of sadness to major psychotic episodes accompanied by increased risk of suicide. Depression in the form of a brief sad mood is a universal experiences, it is a normal part of living that accompanies the losses, frustrations, failures and disappointments (Smelser and Baltes, 2001).

Forced labor: Forced labor could be identified in terms of different indicators. According to the ILO Human Trafficking and Forced Labor Exploitation: Guidelines for Legislators and Law Enforcement (2004), forced labor is defined in terms of

- ❖ Threats or actual physical harm to the worker
- ❖ Restriction of movement and confinement to the workplace or to a limited area

- ❖ Debt bondage: the worker works to pay off a debt or loan, and is not paid for his or her services. The employer may provide food and accommodation at such inflated prices that the worker cannot escape the debt
- ❖ Withholding wages or reducing wages excessively which contradicts previously made agreements
- ❖ Retaining passports and identity documents so that the worker cannot leave or prove his/her identity and status

2.2. Overview of Migration

Many scholars argue to come up with a conclusive definition of migration; in this regard the International Organization for Migration defines migration as the movement of people from one place to another within a country, or from one country to another for variety of reasons (IOM, 2011). According to Meskerem (2011), Migration is a global trend in the lives of both women and men.

Now a days, migration is becoming volatile and complex as a result of globalization that is happening globally. As a result, there are various patterns of migration in which migrants pass through where rural to urban migration and labor migration are the most significant migration patterns (Danziger, 2009). A paper presented by IOM (2011) on building state capacities for managing contract worker mobility, indicate that the Gulf Cooperation Council (GCC) prefer to define labor migration as the movement of temporary migrant workers or contract worker migration which in turn have a meaning that those migrants migrate to work on a fixed time limit that usually impedes permanent residence or citizenship.

More and more countries around the world are turning to short-term international migration to solve their labor shortage problems through hiring a rolling stock of temporary and

cheap international labor (Prema, 2008). A study by Calhoun (2002) also emphasize that migration is a bounded geographical area within which there is considerable migratory movement where; emigration and immigration are forms of migration defined by push and pull factors like economic, political, cultural or environmental in their countries of origin and destination.

People of developing countries such as Ethiopia mainly consider migration as the only means of achieving better living opportunities which in many cases make them vulnerable to different kinds of exploitative conditions in the destination countries (Animaw, 2011). Despite the demand for cheap labor in the countries of destination, most of these countries have restrictive immigration policies, exposing migrant workers to a range of human rights abuses, including labor exploitation, violence, trafficking, mistreatment in detention, and even killings (Animaw, 2011).

2.3. Magnitude of Women Migration

Changing labor markets with globalization have increased both opportunities and pressures for women to migrate (Emebet, 2002). It is known that globalization has both advantage and disadvantage in the lives of people. According to Suzan (2007), globalization has failed to change the lives of women especially in third world countries with regard to their social, economic and cultural rights. Hence, migration becomes the first option for women to lift up from the economic, cultural and other oppressions and seek for a better living condition in the country of destination (Suzan, 2007).

Women are increasingly migrating as the main economic providers for their households. Currently, women constitute 49.6% of global migratory flows though the proportion varies

significantly by contrary and can be as high as 70% to 80% in some cases (UN-INSTRAW, 2006).

The IOM has reported that, it is almost impossible to tell how many girls are shipped overseas (IOM, 2011). A study by Meskerem (2011) also describes that each year millions of men and women from developing countries leave their home country in search of greater human security for themselves and their families in industrialized countries. The migration process and employment in a country of which they are not nationals can enhance women's earning opportunities, autonomy and empowerment, and there by change gender roles and responsibilities and contribute to gender equality (Emebet, 2002).

The migration of economically and socially marginalized women and girls especially in developing countries is becoming an accelerating phenomenon through disguised by voluntary labor migration as it is considered as an escape from such kind of marginalized life style (Selamawit, 2013).

The educational status of women is a very determinant factor for migration as it plays a great role in determining the type of job opportunities that is available for women. In this regard, the (UN-INSTRAW, 2006) indicated that women have become vulnerable to trafficking as a result of their continued exploitation in the country along with their limited access to education and employment opportunity.

A study by Elias (2013) indicated that Ethiopian women and girls who migrate to the Middle East are victims of trafficking to work as a housemaid and they become the most exploited people in destination countries.

2.4. Feminization of Migration

Throughout the history of mankind, human beings have migrated in search of a better job opportunities and a better life (IOM, 2013). While during the 1970's, the typical profile of a migration was that of a male breadwinner, since the early 1980's increasing number of women, single as well as married and often better educated than men, have started moving on their own to take up jobs in other countries (Chammartin, 2001).

In addition, migration has risen dramatically due to globalization of economic activities which greatly affects the labor migration (Labadie –Jackson, 2008). Furthermore, the fundamental transformation of women into the formal labor force in the 20th century was another important factor for feminization of migration (Labadie –Jackson, 2008). Here it can be said that at previous times, women were only limited to their socially prescribed roles as house workers, child bearers and care takers.

Gender in equality in the country of origin plays an important role in women's migration decision. This is more elaborated in the United Nations working paper 1 saying that women are often 'selected' to migrate by their families based on the expectation that they will sacrifice themselves to a greater degree than men for the welfare of their families i.e., work harder, remit a higher proportion of their earnings, spend less on themselves, endure worse living conditions (UN-INSTRAW, 2007)

In recent decades, the change in the labor market globally, has increased the demand of cheap female labor from poor countries (UN-INSTRAW, 2007). In addition, the care crises in the developed world resulted in growing unemployment and underemployment, reduced social service, labor displacement and increased poverty which resulted in men's incapacity to fulfill their traditional roles as economic providers to their families (UN-INSTRAW, 2007).

Hence in order to facilitate the incorporation and continued permanence in the labor market, some women start to delegate some household tasks to other women in the exchange for monetary value (Labadie –Jackson, 2008). This in turn has its impact in the increment of migration of women domestic workers to different part of the world; as these services help people meet their basic daily needs.

Feminization of migration has produced specifically female forms of migration. Henceforth, paid domestic work in post-industrial nations favors the international migration of women workers from poor socio-economic classes (UN-INSTRAW, 2006).

2.5. Overview of Ethiopian Women Domestic Workers

In Ethiopia, migration has become an important strategy to cope with the multiple crises of recurrent famines, conflicts with neighboring states, political repression, and high unemployment that many Ethiopians have experienced over the past few decades (Fernandez, 2010). Similarly, Ethiopian women mainly choose to or are coerced to leave their country to escape poverty. High levels of male unemployment may push them to take on the responsibility of providing family income (Regional Mixed Migration Secretariat, 2014). Furthermore, Ethiopia is a source country for men, women, and children trafficked for forced labor and sexual exploitation (US Department of State Trafficking in Person Report, June 2006). Different sources show that the number of Ethiopian women trafficked to the Middle East is high, but, accurate data indicating the incidence is lacking.

With these regard, Animaw (2011) indicated that, one of the largest current international migration flows is Ethiopian women migrating to the Middle East as domestic workers, which also often occurs through trafficking. The UN Protocol to Prevent, Suppress and Punish Trafficking in Persons, Especially Women and Children (2009) defines trafficking to include use

of “coercion, of abduction, of fraud, of deception, of the abuse of power or of a position of vulnerability...” (Article 3).

In addition, Fransen & Kuschminder (2009) explicitly indicates that migration in Ethiopia is and has historically been characterized by complex flows arising from a combination of root causes. These root causes have included poverty, drought, political repression, forced repatriation and forced resettlement. As indicated by Fransen & Kuschminder (2009), Ethiopian women going to the Middle East, the initial migration decision is made by their own free will. They are however, given misinformation regarding the position and the circumstances waiting for them in the host country. In addition in most cases, Ethiopian women migrate to the Middle East using tourist visa and claim to be travelling for religious pilgrims. Furthermore, Demoz (1998) states that emigrants received information regarding employment opportunities from informal sources, friends, relatives and local intermediaries were found to be the sole sources of information.

The government of Ethiopia has adopted different policies and international conventions like the ICCPR, ICSECR and CEDAW that are related to migration. Those international conventions are integral parts of the law according to article 9(4) of the FDRE constitution. Besides, the government has come up with proclamation 691/2010 that defines the power and duties of MoLSA. In this proclamation, MoLSA is given the mandate to regulate the provision of foreign employment services of Ethiopians. Article 30(2) determines the manner in which Ethiopians are employed outside of Ethiopia and Ethiopian nationals can be employed outside Ethiopia if MoLSA obtains adequate assurance that his rights and dignity shall be respected in the country of employment.

Furthermore, According to Emebet (2002) as a result of labor needs of women trafficking flourished and women continued to suffer the consequences of their illegal migration. The problem drew the Government's attention and necessitated further regulation of migration for employment outside the country. Therefore, the Ministry of Labor and Social Affairs (MoLSA) issued the Private Employment Agency Proclamation No. 104/1998. This proclamation emphasize on the contractual agreement of Ethiopians who works in foreign countries are monitored, assessed and overlook by MoLSA before their departure from Ethiopia.

In addition, In October 2013, the Government of Ethiopia officially banned domestic workers from moving abroad for employment (Al Jazeera, 2013 stated in Kuschminder, 2014). The Ministry of Foreign Affairs spokesperson stated: "This exodus, being pushed by illegal human traffickers, has created immense problems for the people of the nation, for the image of the country... It is affecting a lot of youngsters who are pushed out, deceived by the human traffickers, that has created an immense socio-economic problem for the country (Al Jazeera, 2013 stated in Kuschminder, 2014).

Even if such actions have been taken by the side of the government, the number of Ethiopian female migrants to the Middle East is still increasing through both legal and illegal means. The government has recognized and is working to address the challenges of female domestic workers and there has been unprecedented rise in the Ethiopian female migration to the Middle East and now it is the primary migration return corridor (Kuschminder, 2014).

2.5.1. Issues and Challenges of Ethiopian Female Labor Migrants to the Middle East

The major countries of destination for Ethiopian women and children are Lebanon, United Arab Emirates, Saudi Arabia and Yemen with Beirut, in Lebanon, accounting for the

highest number, especially for non- Muslim migrants, due to the relative religious freedom and its large Ethiopian community (Yoseph, Mebratu & Belete, 2006).

There are several reports of human rights abuses of domestic workers in the Middle East. Ethiopian women working as domestic workers in the Middle East are described as suffering inadequate working conditions and physical and sexual abuse (Anbesse, Manlon, Alem, Packer & Whitley, 2009). Women have described having their passports taken away so they cannot leave, being expected to work 24 hours per day, and not being able to have contact with other Ethiopians which leads to “social defeat” of the migrant. Anbesse et al. (2009) emphasis on returnees from the Middle East to Ethiopia arose due to the observations of the number of return migrants seeking professional psychiatric help.

Besides, from 1999-2005 the Quarantine Office of the Addis Ababa International Airport reported 129 female bodies returned from Jeddah, Dubai, and Beirut (Yoseph et.al, 2006). In all cases the cause of death was determined to be suicide by means including hanging, jumping from buildings, and using firearms (Yoseph et.al, 2006). There are also reports of disability and severe injury. Respondents interviewed for this assessment, report of Ethiopians suffering from partial disability, loss of speech, mental disorders and severe burns (Yoseph et.al, 2006).

Ethiopian female returnees cite several different forms of abuse including: beatings, indentured labor, not receiving food, not receiving payment, sexual harassment, verbal abuse, and restricted movement (Kuschminder, 2014). Kuschminder also found that a normal situation for a domestic worker in the Middle East is to be working 18 hours per day with no day off per week. In this situation, if the domestic worker is treated decently by their employer, this is a good situation from a comparative perspective. Treatment can be much worse including burnings, beatings resulting in hospitalization, and even death. Besides a study by Yoseph et.al,

(2006), shows that Salaries of Ethiopians working as housemaids are usually far below what is paid to migrant workers from other developing countries.

Due to the above challenges, abuses and discriminations they face in the country of destination, Ethiopian women might face a psychosocial problem after they are back in the country of origin.

2.6. Experience of Women Domestic Workers

Family pressure borne of poverty, limited employment opportunities that are reasonably remunerated for young people, leaves an increasing number of women feeling as if they have few options other than migration (Jones, Elizabeth & Bekele 2014). Thus, people migrate to different parts of the world in search of better living condition to themselves and their families.

Usually migrant workers often become the victims of exploitation by their employers. According to Jones et.al, (2014), migrant domestic workers and their relationship with their employers are negative as they will work for excessively long hours, delayed or partial payment and sexual abuse. By the same token, (Jones et.al., 2014) indicate that racism, patriarchy and religious bigotry for Christians are some of the experiences that many domestic workers face in the country of destination. With this, domestic workers become physically and psychologically powerless.

Moreover, a survey conducted by (Jureidini, 2010) illustrates that, various forms of abuse are perpetuated by the employers. 52 per cent reported being yelled at and called derogatory names such as *hmara* ('donkey'), 14 per cent were physically abused and 7 per cent were sexually abused or harassed. In addition to the physical and verbal abuses that migrant workers face

Furthermore, way of living, communication problem and cultural differences are other difficulties that migrant domestic workers face in the country of destination. With this regard, a study by Boyle, Halfacree & Robinson (1998) highlights that migration, in contrast to mobility, involves a social or cultural change in the life of the migrant.

A report by Yoseph et al. (2006), details that domestic workers face extensive exploitation and abuse that are emotional, physical and sexual. This study also revealed that most migrant workers arrive in the country of destination without an employment contract where they are forced to sign a contract that is written in Arabic which in turn affect the migrant workers psychologically as they have no idea about the condition of work, the payment of salary and the condition of the termination of contractual agreement.

2.7. Theoretical Framework

2.7.1. Erik Erikson: Psychosocial Stages of Development

Erikson's model of psychosocial development is a very significant, highly regarded and meaningful concept. Erikson's psychosocial theory basically asserts that people experience eight 'psychosocial crisis stages' which significantly affect each person's development and personality (Fleming, 2004).

According to Fleming, (2004) Erikson's chief concern is with psychosocial development, or development of the person within a social context. Erikson's 'psychosocial' term is derived from the two source words - namely psychological (or the root, 'psycho' relating to the mind, brain, personality, etc) and social (external relationships and environment), both at the heart of Erikson's theory.

He has developed nine stages of psychosocial development stages. From among the nine stages, Intimacy Vs. isolation and Generativity Vs. stagnation are the stages that are concerned

with this study. In intimacy Vs. isolation where it is called an early adulthood, people are able to reach out and connect with others and they become to be intimate with someone and work towards career (Fleming, 2004). Here it can be said that the returnee migrants have passed through this stage as they were looking for a better opportunity and better living condition. The other stage is the Generativity Vs stagnation where it is called the middle adulthood. In this stage people look beyond self to embrace society and future generation and they began to develop a sense of concern for those outside family.

Chapter Three: Methodology

Research methodology is a way to systematically solve the research problem; it may be understood as a science of studying how research is done scientifically (Kothari, 2004). The logic behind the methods to be used should be explained in context of the research study and explain why a particular method or technique is used so that research results are capable of being evaluated either by the researcher or by others (Kothari, 2004).

Hence, in this chapter, detailed description of the research method of the study is presented and discussed.

3.1. Design of the Study

In order to scrutinize the overall experiences and the psychosocial challenges that returnee migrant domestic workers encounter, the study used qualitative research methodology. The rationale behind using qualitative method is; it gives a wide opportunity for the informants to express their thoughts, beliefs and feelings on the subject under discussion. Terre Balanche & Durrheim (1999) details that reality is interpreted or constructed in qualitative research design. Hence, in this study, the lived experience of the informants have been analyzed and explored. Likewise, Creswell (2007) stated that qualitative research helps to see the meaning individuals give to social and human problems through listening their stories and hearing their voices. Thus, by using qualitative research methodology, the psychosocial difficulties of the returnees have been examined. Alike, Woods (2006) details that qualitative research is concerned with life as it is lived, things as they happen, situations as they are constructed in the day to day, moment to moment course of events and seeks the lived experiences in real situation.

When choosing qualitative research, there are assumptions that reflect a particular position and further shape the research through a basic set of beliefs that guide an action. Hence

the philosophical assumption behind this research is social constructivism. As well, Creswell (2007) indicate that social constructivists argue that individuals develop subjective meanings of their experiences, meanings directed towards certain objects or things. Likewise, this study depends on the lived experiences of returnee migrants and their views of the situation where subjective meanings are attached to their lives.

As stated in Creswell (2007), qualitative research is mostly called interpretative research as the researcher's intent is to make sense or interpret the meaning others have about the world. Furthermore, Strauss & Corbin (1998) indicate that qualitative research can refer to persons' lives, life experiences, behaviors, emotions, and feelings as well as about organizational functioning, social movements, cultural phenomena, and interactions between nations. Thus, as the informants of this research are individuals who experienced domestic work life in Middle East countries, their life experience both in the country of origin and destination, their interpretation to the situation they have been living, their expectations and goals before their departure, their interaction with their employers after the arrival in the country of destination, the change they have brought to their life after they are back in the country of origin was extensively described using data generated by qualitative research methods.

From among the five qualitative research methodology, case study approach was employed in this study as it involves informants (returnee migrants, nurses & counselors) that could be considered as cases through which the issue under discussion could be studied in a in depth manner . As indicated in Creswell (2007), case study research involved the study of an issue explored through one or more cases within a bounded system. Thus the lived experiences and challenges that returnee domestic workers face in the country of destination and the probable change they have brought to their life after they are back in the country of origin was properly

analyzed using case study approach as such approach provides an in depth understanding of the cases.

In addition, Bloor & Wood (2006) details that case study aims to understand a social phenomenon and provide description through a detailed example. Hence, the critical and conditional life style of returnee migrants including their expectation before migrating to the Middle East can be easily portrayed using a case study approach.

Moreover, Yin (2003), states that case study method allows investigators to retain the holistic and meaningful characteristics of real life events such as individual life cycles, organizational and managerial processes, neighborhood change, international relations, and the maturation of industries. Therefore, in this study the real life events of returnee migrant workers have been systematically analyzed giving priority to their life experiences and difficulties in the country of destination and the country of origin.

From among the type of case studies, this study employed descriptive case study. According to Yin (2003), descriptive case study is used to describe an intervention or phenomenon and the real-life context in which it occurred. Hence, the real life experiences and difficulties faced by Ethiopian women returnee domestic workers in the country of destination and the country of origin have been thoroughly described using this method.

As described above, this study is designed to use qualitative research methodology through purposive data collection method. It mainly focuses on descriptive case study approach through utilizing both primary data sources and secondary data sources. The size of the sample was determined until the level of saturation.

3.2. Site of the Study

Creswell (2007) states that the general guideline of qualitative research is not only to study few sites or individuals, but also to collect extensive detail about each site or individual studied. The intent of qualitative research is not, however, to generalize the information, but to elucidate the particular, the specific. Similarly, Henn, Weinsten & Foard (2006) state that research sites and participants are typically selected using theoretical sampling in which participants and sites are selected based on their relevance to the focus and representativeness of the concept of the research.

The study participants for this study were selected from Good Samaritan Association (GSA) that is found in Addis Ababa Gulele sub city and Hope for Children Australia that is found in Addis Ababa Addis ketema sub city. In order to approach the target informants and collect primary data, these two organizations were purposefully selected because they closely work together with returnee migrants.

The Good Samaritan Association (GSA) is a non-governmental organization that serves as a temporary shelter and takes care of returnee migrants who are psychologically traumatized. Hence, this site helps the researcher to see psychosocial experiences and difficulties they have faced in the country of destination. Hope for Children Australia is also another site of the study where study participants were selected. This organization in its livelihood project, works with returnee migrants through SHG (Self Help Group) approach and psychosocial counseling session so as to help them bring some change in their life and cope up their psychosocial difficulties as a result of their migration. Hence, in order to gather primary data this site was purposefully selected to look for the significant change they have brought to their life and to see the psychosocial difficulties they encounter as a result of their migration.

3.3. Source of Data

Both primary data sources and secondary data sources were used to conduct this research. In a case study approach, data is collected through a detailed data collection process involving interviews, audiovisual materials, observations, documents and reports (Creswell, 2007). Similarly, Alston & Bowles (2003) states that the researcher can use one or more of the several research methods under the case study method depending upon the prevalent circumstances. In other words, the use of different methods such as depth interviews, questionnaires, documents, and study reports of individuals, letters, and the like is possible under case study method. Thus in this study, in-depth interviews with the returnee's /informants/, in depth interview with key informant's and other secondary data sources were used to conduct this study. Using these data sources enables the researcher to collect sufficient data that are very helpful to conduct this research. Meanwhile, Woods (2006) states that, triangulation is a means through which multiple types of data are related to each other to support or contradict the interpretation and evaluation of a state of affairs. Thus, all the collected data have been triangulated in order to come up with reliable data.

The primary data was collected from the returnee migrants themselves and key informants. I contacted returnee migrants that are getting rehabilitation treatment in GSA and from returnees that strives to bring significant change in their life in SHG (Self-help Group) approach under Hope for Children Australia organization. Similarly, key informants who closely work with returnee migrants and who have first-hand information on the overall experience of their life in the Middle East have participated in the study. The major purpose of using key informant interview is to collect information from people who have substantial knowledge and direct information about the topic under discussion. With this reason, using key informant

interview as one method of data collection helped the researcher to gather sufficient and supplementary information regarding the psychosocial problem and their activity towards bringing significant social and economic change in their life.

While using secondary data sources, books, research papers, peer reviewed journals, published and unpublished articles related with the topic have been taken into consideration.

3.4. Study Participant's Selection Procedures and Selection Criteria

The informants of the study have been selected using purposive sampling strategy as they have some stories to tell about their lived experiences. All the informants of the study were returnee migrants within the age group from 18 – 30 who faced various psychosocial problems as a result of different traumatic and life threatening experiences they encountered in the country of destination, and who strives to bring some change in their life after they are back in the country of origin. Arber 1993, p.74 stated in Henn.et al., (2006) states that sampling stops when ‘theoretical saturation’ is reached, that is, when no new analytical insights are forthcoming from a given situation. Thus in this study, the sample size of the informants was determined until the level of saturation. Hence, ten informants and four key informants have been purposefully selected from the site of the study and were interviewed individually where one on the interviewee drops out from the interview session due to her mental instability.

3.5. Instruments of Data Collection

Alston & Bowles (2003) indicate that, a case study approach is a careful and complete observation of a social unit where the behavior and pattern of the concerning unit is studied directly and not by an indirect and abstract approach. Similarly, a study conducted by Somekh & Lewin (2005), indicated that interviews offer an insight into respondents’ memories and explanations of why things have come to be what they are as well as descriptions of current

problems and aspirations. Hence, the psychosocial experiences of returnee domestic workers including the significant change they have brought to their life after they are back in the country of origin have been studied using this method through approaching them directly using in depth interview.

Qualitative in depth interview questions for this study were developed in accordance with the objectives and the research question of the study. Accordingly, Henn.et al., (2006) indicate that in depth interview provide qualitative depth by allowing the respondents to talk about the subject under discussion in terms of their own frame of reference and it also allows the researcher to maximize his/her own understanding of the respondents point of view.

Thus in this study, qualitative in depth interview has been used as a main tool as it helped the researcher to dig out pertinent information and identify the major concepts on the issue under discussion. With these regard, in-depth interviews are very essential to uncover the relevant information concerning the topic under discussion. The study by Leedy & Ormrod (2001), state that interviews have distinct advantage of enabling the researcher to establish rapport with potential participants and therefore gain their cooperation. It also enables the researcher to clarify ambiguous responses, and to raise appropriate follow-up questions to get further information.

Among the type of interview formats, open ended interview guide has been developed and used in the process of data collection. This type of interview questions helped to explore personal issues and probe questions to the informants out of the response that the interviewees provide as it allows the researcher to be flexible to some extent. In addition, the questions being less formal and less structured will allow the respondents to take part in agenda setting. Henn.et al., (2006) underscore that having open ended question will help the researcher to make note of what the informant exactly say rather than interpreting the responses in terms of pre-defined

answers. In addition, Yin (2003) indicate that, case study interviews are of an open-ended nature, in which you can ask key respondents about the facts of a matter as well as their opinions about events. Thus, in this study open ended interview was conducted as it allows the researcher to have deeper knowledge and understanding on the issue under discussion and helped the respondents to answer questions without limitation and construct meaning of a situation.

Correspondingly, Creswell (2007) states that the more the questions are open ended the better the researcher listens carefully to what people say or do in their life setting. Therefore, interview questions for this study have been developed in accordance with the objectives and the research question of the study.

3.6. Data Collection Process

The data collection process was started by officially submitting support letter from Addis Ababa University School of Social work to Good Samaritan Association and Hope for Children Australia. The data collection was started in middle of April, 2015. I have contacted the executive directors of both institutions and explained the objective of the research so that they can help me in selecting the respondents. Then after, I got a chance to visit GSA's temporary shelter that gives rehabilitation treatment for returnee domestic workers as a result of their psychosis problems and tried to contact some of my interviewees.

During the first day of my data collection I went to GSA and interviewed one interviewee and two key informants. At the second day I went to the same institution and interviewed one key informant and one interviewee where she dropped out from the session due to her mental instability. At the time of data collection in GSA, there were many returnee migrants who were mentally unstable due to various traumatic experiences they have went through. Hence, I couldn't get more interviewees that are stable to share their lived experiences. Then I shifted to

the other site of the study which is Hope for Children Australia Organization. In this organization, I have interviewed a total of eight returnee migrants. From among the eight returnee migrants four of them were interviewed around Kolfe Ethio Tebib hospital at the resident places of returnees where they were gathered to commence their weekly saving and credit program in their SHG as they are striving to bring some change in their life after migration. The remaining four informants and one key informant were interviewed in Hope for children Australia office.

In all the interview sessions, I have introduced myself and tried to explain about the objective of my study and confirmed the confidentiality of the information to the respondents. In addition, I have used a voice recorder after asking their consent on the usage as it was tuff to listen to their life experience and to take a note at the same time.

3.7. Data Analysis Procedure

According to Alston and Bowles (2003), qualitative data analysis consists of three general stages; these are, data reduction where data are coded, summarized and categorized, in order to identify important aspects of the issue being researched, data organization where it is the process of assembling the information around certain themes and points, and presenting the results, usually in text and data interpretation where identifying patterns, trends and explanations leads to conclusions. Thus in this study, after the data is collected, it was organized for analysis and interpretation using a case study approach

Therefore in this study, after the completion of the data collection, each recorded data and rough notes was transcribed and translated into English and were changed into an organized note. The analysis of the data was made on these transcribed notes. After the data is transcribed, I have tried to read and re-read the data and tried to come up with five major themes of the study

that could fit to the objective and research question of the study. Then after, code was given to each response and summarizes and categorizes the data into the major themes developed. The coding was done by giving numbers on its side to easily relate it to other coded information in the transcribed data. Finally all the coded data were organized and the information was inserted under the major themes which were already formulated after reading the transcribed data.

Moreover, Bloor and Wood (2006) provide that a data in a case study approach usually proceeds in providing a description about the setting or the topic under discussion. By the same token, Alston and Bowles (2003) details that qualitative data analysis is about interpretation and finding meaning that people ascribe to their experiences through texts and explanations. Thus, in this study the lived experiences of returnee domestic workers in the country of destination and the probable significant change they have brought to their life after they are back in the country of origin was described in a detailed manner.

Following the data analysis, interpretation of the data is the next step. Kalof, Dan & Dietz (2008) details that; interpretation is the process by which a meaning and significance is attached to analysis and explanation is provided in a descriptive pattern. Therefore, the data that is analyzed have been interpreted and explained in terms of the objective and research question of a study and was linked with reviewed literatures.

3.8. Validity and Trustworthiness of the Study

In qualitative research validity means the accuracy of the findings by employing certain procedures (Creswell, 2007). Based on this, in order to ensure validity of this study the data that was gathered from different sources have been triangulated. Besides, to determine the trustworthiness of the qualitative findings, the recorded data were checked twice to avoid

obvious mistakes during the transcription process. The words and phrases of the informants were directly incorporated to give more space for their standpoint.

3.9. Ethical Considerations

Ethics are the rules of conduct in a research where the value of honesty, frankness and personal integrity as well as ethical responsibilities to the subject of research such as consent, confidentiality and courtesy is measured (Walliman, 2006).

Having this in mind, before going to the data collection process, an official support letter from Addis Ababa University School of Social Work has been submitted to Good Samaritan Association and Hope for Children Australia to establish a proper rapport with the organization so as to select the participants of the study. Next participants were informed about the aim of the study and their participation will only be based on their full consent and any of the information that is given by them will be merely used for the purpose of the study and assure them that they can withdraw at any time.

During the data analysis and interpretation process the researcher tried to protect the anonymity of the respondents and the real names of the participants were not disclosed in the final report rather the researcher used changed names.

Furthermore, during the interpretation of the data, the researcher tried her best to provide accurate account of the information.

Chapter Four: Finding of the Study

This section deals with the findings of the study. The finding of the study discuss in detail about the socio demographic characteristics of the respondents, returnee migrants previous living condition and expectation about the country of destination, overall psychosocial experiences and challenges in the country of destinations, psychosocial challenges in the country of origin and the significant changes they have brought to their life in the country of origin. These themes were developed with the intention of answering the research question and addressing the objective of the study. Furthermore, the data that was gathered from key informants is also included in this part.

4.1. Background of the Informants

Ten female returnee domestic workers and four key informants have been selected purposefully and interviewed for the study in which one of my informant drop out from the interview session due to mental instability.

The age range of the returnee migrants ranges from 18 up to 30 and all of them were Orthodox Christians. According to the informants of the study, all of them have a low economic status where there was no sufficient amount for living and low educational achievement that can be taken as the major cause for migration. As indicated in table 1, except Tigist, all the returnee migrants have stayed in the Middle East for at least 2 years where they were striving to bring significant change in their life as well as in the life of their families. As to the reason to migrate to the Middle East, all the informants have explained that they wanted to change their life and their family and search for a better opportunity.

Table 1: Socio demographic characteristics of the respondents

Informant	Age	Marital status	Educational background	Size of family	Duration of stay in the Middle East
Saba	27	Married	12 th grade complete	4	2 years
Kidest	30	Single	12 th grade complete	12	6 years
Bezawit	27	Single	10 th grade complete	8	4 years
Tirsit	30	Single	12 th grade complete	14	7 years
Helen	26	Married	10+1 certificate	5	3 years
Selamawit	19	Single	8 th grade complete	6	2 years
Tigist	24	Single	10+1 certificate	3	1 year & 2 mon.
Meron	27	Divorced	8 th grade complete	4	5 years
Aster	28	Divorced	8 th grade complete	2	3 years

4.2. Previous Living Condition and Expectation about the Country of Destination

Even though the major objective of this study is to assess the psychosocial experience of returnee Ethiopian women domestic workers, such analysis would not be complete without seeing their previous living condition that can be mentioned as the major push factor for their migration and their expectation towards, the country of destination.

All the respondents have revealed that their previous living condition was low where there was no sufficient amount of money for living. They want to provide sustainable income for themselves as well as their family. They had a huge expectation about the country of destination

as life would be easy and have money. Selamawit who spend 2 years in Saudi Arabia explained her situation as follows

I am from a poor family; before I migrate to the Middle East as my life was very much distorted. I have younger siblings which I was responsible for. I had to help my mother in raising those children. I used to work as a waitress in various cafeterias. But life was routine. My salary was very less as it was not enough to cover all the cost of the household

In addition to poverty, unemployment was another factor that explains their previous living condition. Helen who has 10+1 certificate in building construction explained her previous living condition as;

Before I went to the Middle East, I have completed grade 10 and got 10+1 certificate in building construction. I didn't get a job in my field rather I was employed in a shop in Merkato. But my salary was very little so, I decided to migrate and live a better life and change the life of my family and mine.

Accordingly, all the informants have expected that if they migrate and work as a domestic workers, their life as well as the life of their family would change at all. They had a big expectation towards the country of destination so as to have money and a changed life. Tirsit who had spent seven years of her life in the Middle East tried to explain the expectation she had for the country of destination as;

I am a resident of Addis from a poor family. Before I went to the Middle East I was a student and work some petty trading on my spare time. Then after I finish my studies up to grade 12; my family decided to send me to the Middle East as they were expecting something in their life would change. I had also the same

feeling that if I go to the Middle East, my life as well as the life of the family would change and it was inevitable for me to support the rest of my family. I had 6 siblings that need my support.

Similarly, Meron also affirmed that, she had a big expectation towards the country of destination as she witnessed her friends and neighbor's life was changed after they are back to Ethiopia.

Before, I went there I had a huge expectation that my life as well as the life of my family would change a lot as of my friends and neighbors **ሰርቼ ለመለወጥ ነው የሄድኩት**

Furthermore, the feeling and expectation of the returnee workers clearly shows that they were living in poverty and their family had a huge ambition to get rid of poverty. Kidist who is 30 years and who had spent 6 years of her life in the Middle East expressed her expectation about the country of destination as

I decided to go to the Middle East, because I believe that; I can change something in my family and before I went to the Middle East I had expected to change my life, and have something for myself and my family.

Similarly KI II affirmed these feelings and expectation of the returnee migrants about the country of destination and their anticipation towards fulfilling the economic demand of themselves and their families.

They expect that they are the pillar of their families. They even say that migration is their only way out to support and feed their families. **እነሱ እንደ ሻማ ቀልጠው ቤተሰባቸውን ማኖር ይፈልጋሉ።**

According to all of the informants, they were living in poverty and they were unemployed which triggers them for migration. They choose to migrate in order to pursue a better life or search for better opportunities for themselves as well as their families. They had a huge expectation about the country of destination that their life would change automatically.

4.3. Overall Psychosocial Experiences and Challenges in the Country of Destinations

The psychosocial experiences and challenges involve both the psychological and the social aspects of the situation that is related to mental health and social conditions. The informants depict their lived experiences and the challenges they have faced in the country of destination. Their challenges might emanate from environmental pressure, cultural differences and communication problem.

All the informants affirmed that they have experienced various life threatening circumstances in the country of destination like, the extreme work load, the physical and verbal assaults, sexual harassments and denial of wages. In addition, language problem, loneliness and feeling of inferiority, humiliation, degradation and maltreatments were some of the psychosocial difficulties that returnee migrant workers faced in the country of destination. According to all of my informants, those hostile experiences and challenges together with their failed expectation towards changing their life and their family have created psychosocial difficulties that affected their life negatively in the country of origin. Even though, the informants have experienced various unexpected and unfavorable situations, their experiences and difficulties are almost similar. To begin with, Bezawit illustrated her lived experience as

I was employed in one family to take care of a lady who was paralyzed. She was staying in a bed the whole day and night. The lady was very huge that I could not manage her alone. It was very hard for me to do the job. I was the one who was

doing everything for her; I wash her body, change her cloth, feed her and everything. Life was very tuff. Even I didn't have time to eat my lunch and take a rest. I was working 24 hours and 7 days. I used to sleep for 3 or 4 hours only. I was not allowed to let her be alone. I have suffered a lot. I was allergic to the weather and the water and all my body parts have been wounded and I used to itch the whole day and night. I was not allowed to use a glove.

Moreover, another respondent expressed her life threatening lived experience. She faced a sexual harassment from the husband of her madam. Aster who has spent three years in the Middle East said that;

My employer was a young woman that married a guy recently before I arrived in their house. She had a good behavior, I had no major problem. But I had an extreme work load. I was the one that was working all the household chores except cooking. The work load was extremely high I used to wash and iron cloths, clean each and every room in the house, clean the compound as well. In addition I used to wash the top roof of the house. One day, I was very tired at night and I locked up my room and put the key under my pillow, then the husband of the women opened my room with another key and came to me for sexual intercourse.

I was very frustrated by the situation and shouted all family came and he left me.

Likewise, another respondent also affirmed that other than the extreme work load, she faced physical and verbal assault. Those unfavorable situations in the country of destination create a psychosocial problem in her life. Meron, who has been in Jeddah, Beirut and Dubai have experienced various critical situations that intimidate her stay in the Middle East;

My employer was an Egyptian lady that used to have a good behavior at first times. Due to the hot weather condition I have gained many kilos and became fat within 3 months' of time; then my employer start to be jealous and she started to insult me every now and then. She assumed that I was cooking and eating something special. She becomes very much resentful. Then she started to put all food items in her room at the refrigerator, she become very greedy. One day she bought a scale and put it in the salon to measure my kilos every time, for all the guests and her daughters she was always talking about my weight. I was very much ashamed; she was beating, shouting and insulting me whenever she wished. She even stopped calling my name and starts to call me as "bere" and Hooker. The insults were beyond my capacity and I become psychologically sick I even want to make suicide; I was crying each and every time.

Furthermore, denial of wage is another case that is common where domestic workers experience in the country of destination. This has a huge impact in their expectation. Selamawit affirmed her experiences as;

I used to get 800 reial (around 3000.00 ETB as per the then foreign exchange amount). For the first four months I used to send all my money to my family. But after that my employer was the one who sends the money. But she deceived me that she was sending all my money. After I arrived back home, I come to know that all the remaining money was not sent at all. I didn't have the chance to check for the arrival of the money as I was not allowed to use a telephone.

This denial of wage is one of the serious problems that lead returnee migrants to serious mental illness. According to the key informant interview I made with the shelter head of GSA,

most returnee migrants who are currently receiving temporary shelter in GSA are those migrants that face serious mental illness due to the denial of wage.

There are returnee migrants who came with a bare hand (without receiving their salary due to denial) for working 3 or 4 years as they were deceived by their employers that their money was sent to their families back home. There are also some cases where the money was sent to the brokers account while they knew that their families were the ones who receive the money. Even the worst happens that they can't even control their money and their luggage at the time of arrival in the airport due to their mental distress.

In addition to these hostile life experiences they have went through in the country of destination, there are also other psychosocial challenges that they encounter as they were working as a domestic worker in the Middle East. Saba who was getting a rehabilitation treatment in GSA used to work in a good situation until sometime while she was in Beirut. She explained her difficulties;

At first when I arrived in Beirut, I was very much challenged by language as I don't know how to speak Arabic and communicate. My employer used to allow me to use a telephone on monthly basis so that I can communicate with my family. But, one day I don't know what happened to her; she took me to an office and she left me there. From that time on wards I don't remember anything and I didn't really know where she took me. I think it was a police station or a prison where there were many Ethiopians. Then, nobody came and asked me I don't know the real place that I was staying there; I think I stayed there for a week and more. I have no idea who brings me here to Ethiopia, I have lost my mind. It has

been a week or 15 days since I came from Beirut I directly come here (GSA) I didn't get any of my families. But today (the day the interview took place) I met my sister in telephone.

Likewise Kidist explained that the loneliness and the feeling of inferiority has created a psychosocial challenge during her stay in the Middle East

The challenges I faced while I was in the Middle East was the fact that I was away from my family and the feeling of loneliness. I used to miss my family a lot. The other was the feeling of slavery and inferiority. Even if the people are good you never feel at home and everybody is asking you to do everything.

Humiliation and degradation are other challenges that Ethiopian women domestic workers faced in the country of destination which in turn plays a great role in developing inferiority and psychological fear. Tigist explained this situation as

I had the worst relationship with my employer she was a very harsh and an evil lady. She doesn't care for a human being. I had no dignity. All my utensils and my food items were separated from others. The way my employer treat me led me to a psychological problem she don't treat me as a human being at all. I felt like I was a unique creature from another planet. I was very much discriminated because of my color and everything.

By the same token, Bezawit expressed the maltreatment she faced while she was in Beirut.

When I was in the Middle East I have an extreme work load and had a prolonged work hour. I was not allowed to take a rest. One day I fainted out because of the work load and I had bleeding from my mouth and nose. My employer simply looked at me, she doesn't want to take me to the hospital rather she called

‘Shekes’ (religious fathers from the Mosque) and started a prayer (kuran mekrat) as she assumed that I was dead. She doesn’t even want to touch me; she called another people to pick me up. That day I was very much saddened by her action and I felt like an animal. Even an animal has some kind of dignity.

All the above lived experiences and challenges of the respondents can be an instance that depicts the life of returnee migrants. Such treatments can be a cause for depression, behavioral change, mental stress and inferiority complex. The prolonged work hour, the verbal harassments and shout are vital in creating psychological instability as it is appropriate for a human being to take a rest and sleep and be treated as a human being. The majority of the respondents asserted that they had language problem for the first one or two months. And also, their respective employers shout at them with each and every silly thing. This situation was gradually adapted by the domestic workers that affect them in experiencing stress and depression.

Such types of unbearable challenges were further elaborated by one of my key informant saying that;

Most of the returnee migrants, who faced serious mental illness as a result of their unfavorable lived experiences, are women from rural part of Ethiopia. They don’t know anything about the country of destination. They don’t even know how to use a toilet. They had difficulties with the environment, the weather condition, language and about the usage of technologically advanced materials like, the washing machine, iron etc. They usually do mistakes as a result of not knowing how to use the materials. Hence their employers started to shout at them. This in turn creates frustration and stress. They don’t sleep at all. Therefore, they fail to resist this situation.

The above finding on the overall psychosocial experiences and challenges of Ethiopian women domestic workers shows that, Middle East migration has affected their overall life negatively as it creates the feeling of suppression and subordination. Generally speaking, as per the finding of this study, the overall experience and challenges they faced in the country of destination can be directly related with the working environment and their status as an outsider.

4.4. Psychosocial Challenges in the Country of Origin after return

The psychosocial difficulties that returnee migrant domestic workers face in the country of origin are the blue print of their lived experiences and difficulties they faced in the country of destination. It can also be linked with their reaction to failed expectation towards changing their life and their family as well.

The majority of the respondents share some common difficulties in the country of origin that accounts for losing hope, depression, stress and the feeling of uselessness. Accordingly, Bezawit expressed her difficulties with regard to her family's expectation towards a changed life.

They were expecting me to bring many things as some people do it; they have asked me የት አለ በርሜሉ? My tears come down as I didn't get what I have expected and changed the life of my family and mine.

Bezawit expressed her difficulties in such a way that the money that she used to send to her families was misused by them and this situation led her to be depressed, and fell hopeless as a result of her failed expectation towards a changed life.

After working for 6 years in the Middle East, I had sent some amount of money that I believe that I can change my life, but I didn't get that money. By brother spent all the money. Previously I was sociable and friendly but after I came from

the Middle East, I am a little depressed, reserved and I prefer not to meet any body at all; my social life has been distorted.

Moreover, the ambition of almost all domestic workers to bring a significant change in the life of their families and themselves and the contradiction between their expectation and the reality has created a psychosocial difficulty after they are back in the country of origin. The fact that they are employed by a small amount of wage affected them not to bring a significant change in their life. In addition to this factor, they kept on supporting their families throughout their stay in the Middle East for their monthly subsistence as most families are dependent in charge of the money sent by the migrants. With this case, most of the returnee migrants developed the feeling of uselessness and losing hope. Bezawit expressed her situation as;

First I went to Dubai and I worked for 9 months and 15 days. I used to get 500 Dirham (around 1000 ETB at the then foreign exchange amount). Then I came back home because I was very sick. I had a skin allergy. I was allergic to a chemical that was used to wash kitchen utensils and I was not allowed to use a glove. With all the stress and because of my allergy, I decided to come home. When I arrived back home, the situation of my family was worse than ever, there was even nothing to eat and I was very much offended as I don't have anything to give them. I had to pay 7000.00 birr of my debit for the process and the ticket from my 9 months' salary; I didn't have anything on my hand. Then I stayed for three months and again I decided to migrate to Kuwait so as to support my family and change my life as well. When I was in Kuwait, I used to get 50 dinar (1 dinar was around 30 ETB at the then foreign exchange amount). I was sending all the money to my family. When I came back home, my family didn't save significant

amount for me; they have used all the money for their monthly subsistence; even there was nothing to sit at. I was very much disappointed. I only got 25,000.00 birr in my bank account after all those years of struggle. I was confused what to do with this small amount of money. When I looked at the house there was no sofa, chair and the like, we used to sit in a simple carpet. Hence, I decided to buy those materials and paint the house with the money I have left with and start to live in poverty again. Life started to be tuff in my country, I was not happy at all, I used to be depressed and I was always in dispute with my family as there was nothing to be happy at and cry a lot. I have lost everything. I used to insult, shout and quarrel with people. I was always thinking the time I have suffered, the struggle I was through while I was in the Middle East and the life I am living now. Everything was lost. I have lost all my appetite I don't even eat once in a day I lost peace in my life በራሴ ህይወት ሰላም አጣሁ።

The same is true for Tigist who appeared to come home due to the physical injury she sustained while she was in the country of destination.

I used to get 150 USD while I was in Beirut. I used to send all the money for my family for their monthly subsistence. The money I have sent to my family was totally lost they have used all the money. When I come home due to the physical injury, I only had three months of my salary on my hand. All my hope was lost. Before, I was satisfied by what I have and I was sociable and happy. But after I came back, I am depressed and socially isolated; I don't want to meet anyone; there are also times I got very hot with silly things. Hence I can say that my behavior has changed a lot. Currently my living is full of pretention.

The same incident happened to Aster, her ambition prior to her migration was to change her living by earning better income. However, the situation in the country of destination didn't allow her to achieve her goal. She explained the situation as;

My arrival to my country was unexpected as the man who tried to rape me; directly took me to the airport as he doesn't want his wife to know about the situation. The situation of my family and mine was not changed significantly I didn't have what I have expected before; I used work with 500 ETB while I was in Dubai. I was sending all my money to my mother. There was no significant amount that was left for me. After I came home, I used to fight with my family many times; I was depressed for a long time. I lost all my hope. I become hot tampered, with silly things. All my money was lost. The fact that I was living in the Middle East affected me negatively. እዚያ ገንዘብ ለምደሽ ሀገርሽ ላይ መጥተሽ ታብጃለሽ ፤ እንደ እብድ ነው የሚያደርገኝ፤ ኮረንቲ ብይዝ ፤ ብሞት ብዬ አስባለሁ፤ ጭንቅ ነው የሚለኝ፤ በጣም እብድ ነው የሚያደርግሽ ፤ አረብ ሀገር ጥሩ አይደለም. Currently, I am not doing anything I am just sitting at home. When I am a little depressed I went to church, and cry a lot.

Changing the livelihood of themselves and their family is the main rationale that derives most women to migrate to the Middle East to work as a domestic worker. As it is indicated in the finding of this study, there is high expectation towards having a better living condition; however, the existence of various unfavorable conditions including the denial of salary put most women in expectation crises that led to a serious mental illness. This situation is further elaborated by KI I;

There has been a case of suicide in our shelter where the women killed herself in the bathroom using her own cloth. After completing their rehabilitation, we

usually search their family's address in order to integrate them. At this time, most women tried to commit suicide and run away from the shelter as they have nothing at hand to give to their families. The expectation crisis is very high.

There are many more unwanted experiences that Ethiopian women domestic workers in the Middle East went through which in turn affect their life negatively in the country of origin. The behavior of the employers, the scream, the humiliation and the maltreatment created an identity crises, depression and stress after they are back in the country of origin. Bezawit expressed the difficulty she had faced in the country of origin because of the bad characteristics of her employer;

The behavior of my employer has a lot in my changed characteristics as she used to yell at me each and every time. Before I went to the Middle East I had a boyfriend, but after I came back I become afraid to believe people and be with them. My employer made me a suspicious person as she didn't have faith in me. She used to think that I usually stole food items from the refrigerator as she was very greedy. I think people always lie. Now a day, if a guy approaches me the first thing I say is what do you want? If you think I have money that I brought from Middle East? You are wrong; go and find someone who has money. Now I am a bit harsh.

Similarly, most women returnee migrants confirm that their employers shout at them whenever they wish to do so as they describe that it is the normative characteristics of an Arab woman. Selamawit expressed her difficulty as;

After I came back home, I lost my peace with my families, I used to be furious and hot tempered with silly things and I lost my patient with everything. The insults and the harassment I faced in Dubai create a psychological problem.

With these regard, KI III asserted that the behavior of the returnee migrants is highly affected by the characteristics of their employers after they are back in the country of origin. In addition, the various hostile life experiences they have gone through in the country of destination affected their peaceful coexistence they had with their families and friends.

When we were going home to home visit, there were incidences that those returnee migrants insulted us and became furious with silly things. The feeling of fruitlessness made them to sleep every time at the day time. Even they don't wear the cloths that they have brought. They used to fight with their families. They have lost all their money which they have sent; as a result they developed the feeling of inferiority and hopelessness and heated themselves. The culture of the country of destination has created a negative effect in their life. They usually say that እኛ እኮ ጮኸን ነው የምንናገረው፤ ከአረብ ሀገር ነው እኮ የመጣነው. There are also cases where returnee migrants spent 9 years and 12 years in the Middle East and lost everything እድሜዬ ሄዷል ማግባት አልችልም፤ መውለድ አልችልም

4.5. The Significant Changes they have brought to their Life in the Country of Origin

Most migrant returnee domestic workers shoulder the responsibility of fighting poverty to free their family and themselves. According to the finding of this study almost all of them had an expectation that they will change their life bearing any kind of workload and ready to be as obedient as possible putting their maximum effort. However, the small amount and the denial of

wage together with the overall harsh working environment hinder them from bringing significant change in their life and their families as they have expected before. Kidist explained her situation as;

Regarding the change in my family, only one of my family members was changed in charge of my money and all; but I haven't brought any significant change to the rest of my family and to myself at all. I used to have a share business with my sister but I become bankrupt. I didn't change anything in my life rather I prefer to migrate again and work; as I have nothing at hand now. After I came to Ethiopia leave alone to change my life; I lost all what I had. The other thing which I believe that I have some change is that I have some materials like shoes, clothing's and jewelries which I could not get it if I were here.

Similarly, Bezawit asserted that the only thing that is left from her migration to the Middle East is;

The only thing I got from the Middle East was I got one gold necklace for my mother. That is all I did to my family. I had nothing for myself.

Moreover, Helen who has migrated to Syria in 1999 E.C used to get 900 ETB per month while she was in the Middle East;

It has been 5 years since I came back to Ethiopia. I came home because I have finished my contract. I didn't want to go back to the Middle East as I was not happy previously and I believed that there will not be any change in my life. All I got was lost. It is easy if I say I have visited a country. I haven't brought any significant change in my life as 900 ETB per month means nothing.

Selamawit who has been denied of her salary and who has appeared to come to Ethiopia due to sickness expressed her feeling right now as

Currently I have a chips frying machine and I am frying chips and sell. When I think of my life back የሆነ ጩሂ ጩሂ የሚለኝ ነገር አለ። afterwards, I tried to calm myself. Totally I have stayed for 2 years and it has been a year and half since I come back home. My decision for coming was my sickness; I had no rest as I was working for two households. There was no any significant change in the life of my family and mine as well. But what I say I was changed was, before I used to sell Areke (local alcohol) now I have a chips frying machine and start to sell chips around pedestrian ways. Even if I am not happy with my livings I am now covering my daily subsistence.

Aster reported that her expectation and what she experienced in the Middle East was incomparable. Before she arrived home, she had a plan to open her own business but the opposite happened.

When I come from Dubai, there was 30,000.00 ETB in my bank account. With this money I bought, some household equipment's, to my mother, cover the cost of the process for my Saudi trip and lost all the other money. After I came back from Saudi I had only 17,000.00 ETB and I decided to open Shero bet (a local small restaurant) in my own house. But my mother was not supportive with my idea. There were many conflicting situations as we were living in the same house that I made "shero bet" things did not go as I planned. I lost my hope and all my money was gone. I was even trying to commit suicide.

Tirst is relatively happy by her effort she exerted in changing the life of her family as well as herself. Even if the change was not that much significant, she is happy that she supported her siblings to be self-supportive.

Totally I spent 7 years of my life in the Middle East. After I migrate to the Middle East, the life of my family was somehow changed, my brother got his driving license, and others also start to work. Now, I am happy that I have sustained them to be self-supportive even if I don't see any significant change in my life. I am happy that I am still working my own business rather than sitting at home even if the cost that I spent for the rent of the shop is very high.

As per the finding of this study, all of them never expected that their plan to empower themselves as well as change their family would have failed. All confirmed that prior to their departure their belief was that as long as they are strong in handling all the duties and responsibilities, nothing can stop them from attaining their goal.

Chapter Five: Discussion of the finding

This section discusses the major findings of the study in relation to reviewed literatures. Throughout the discussion, I have tried to raise the major themes of the finding of the study.

Previous living condition and expectation: - almost all the informants have been living in poverty and they were unemployed. They have expected that their life as well as their family's life would change if they had migrated to the Middle East and work and have money. Hence, economic reason or ambition to get /earn better income is the principal objective of the migrant domestic workers. Accordingly, Kuschminder (2014) states that the Ethiopian women domestic workers continue to migrate to the Middle East to improve their own situation and that of their families; despite increasing knowledge regarding the poor conditions in the Middle East. This finding is also supported and more elaborated by the Regional Mixed Migration Secretariat study 7, (2014) that most Ethiopian women migrate to the Middle East to escape poverty and live in a better situation than before as they took all the responsibilities of their families. Moreover, among the 10 informants of this study only two of them has 10+1 certificate. Four of the informants completed their high school and the rest didn't exceed high school. With this regard, US department of state 2012 trafficking in person report indicates that, Young women, most with only primary education, are subjected to domestic servitude throughout the Middle East and many are also driven to despair and experience psychological problems, with some committing suicide. Similarly this finding is more supported by the Regional Mixed Migration Secretariat study 7, (2014) which indicates that Ethiopian women domestic workers in the Middle East are characterized by less educational status. In most cases, Ethiopian women are burdened with the overall responsibility of the family as a result of patriarchal dominance. They have high expectation towards changing their family's life. As a result, all the informants have explained

that they migrated to the Middle East to support their families and in search of better opportunities for themselves. Consequently, this finding is supported by UN INSTRAW (2007) which indicate that women often migrate on the expectation that they will sacrifice themselves, work harder and remit a higher proportion of their earnings, spend less on them, endure worse living conditions compared to men.

Psychosocial experience in the country of destination: this study find out that prolonged working hours as a result of extreme work load, physical and verbal assaults, sexual harassment and denial of wages can be mentioned as the major experiences that returnee migrant workers face during their stay in the Middle East. As a result of the working environment and other hostile situations, Ethiopian women domestic workers faced various mental illnesses and other psychosocial problems after they are back in the country of origin. The lived experiences of the informants disclosed the fact about the country of destination. Their situational knowledge has been used as a standard for the interpretation and discussion of this study. Thus, Kuschminder (2014) support this finding of the study in a way that it is a normal condition for a domestic worker in the Middle East to work 18 hours per day with no day off per week. Similarly, Yoseph et al., (2006) indicates that the most prevalent forms of abuse and exploitation faced by women and children working as housemaids in Middle East countries are overwork, sexual abuse, confinement, insult and belittlement, physical abuse and withholding of salary. Therefore, the experience of domestic workers in the country of destination is related with various forms of oppression where the oppressed experience frustration and repression because of the fact that the socio economic standard of the oppressed is high.

The overall unfavorable working condition, the expectation and demand of their families towards a changed life and together with the denial and less amount of wage contributes for a

changed behavior or characteristics as a result of depression and stress. They all confirmed that there might be some unfavorable situation in the country of destination but they never come across that the situation would be this much harder. The overall situation became beyond their expectation. In addition to the above forms of unfavorable experiences, the finding of the study indicates that most of the returnee migrants faced physical and verbal assaults. This finding of the study is more supported by Jureidini, (2010). His survey indicate 52 per cent reported being yelled at and called derogatory names such as *hmara* ('donkey'), 14 per cent were physically abused (from hitting to downright physical torture) and 7 per cent were sexually abused or harassed (from sexually suggestive advances to rape). Except for the sexual abuse, most verbal and physical violations against domestic workers were perpetrated by their female employers – the “madame” of the household.

Psychosocial difficulties in the country of destination: this study find out that, language problem, loneliness and feeling of inferiority, humiliation, degradation, discrimination and maltreatment can be mentioned as some of the difficulties that returnee migrant workers faced in the country of destination. Accordingly, these hostile experiences and difficulties affected their life negatively after they are back in the country of origin.

There is a cultural difference between the country of origin and the country of destination. By this, all the informants of the study revealed that they had language problem in their first two or three months of time that has a huge contribution in creating communication gap. This gap might contribute to the psychological disturbance of the domestic workers. The other is the emotional abuse where the migrant workers face maltreatment, degradation and humiliation. This finding of the study is supported by Yoseph et al., (2006) in this study it is revealed that the most common form of emotional abuse is insult and ridicule based on

appearance or skin color. Some respondents also reported threats and harassment, as well as insults resulting from suspicion of sexual relations with male employers. Some employers insist on keeping housemaids segregated within the household to create a feeling of inferiority.

Psychosocial difficulties in the country of origin after return: After serving for some years in the country of destination, most migrant workers return to their country of origin to live the life that they have expected before their departure. However, the mismatch between their expectation about the country of destination and the reality brings various psychosocial difficulties in the country of origin. There are situations where the returnee migrants developed the feeling of insecurity, hopelessness, depression, and stress and loss of peaceful co-existence with their families as a result of their failed expectation towards changing their life and their families. They also develop a bad behavior as a result of their maltreatment humiliations and degradation they have experienced in the country of destination. According to the finding of this study, family's expectation towards, a changed life, misuse of the money by the family, denial and small amount of wage where they kept on supporting their families throughout their stay in the Middle East can be mentioned as some of the difficulties they have faced after they are back in the country of origin. This finding of the study is further elaborated by UN INSTRAW (2007), which indicates that women domestic workers are segregated into the lowest paying jobs and often suffer the severe isolation and over-exploitation that characterize domestic employment, especially in the live-in modality. They may spend years without seeing the families they left back home and be unable to save money for their old age because they are expected to remit a huge portion of their income to their families.

In addition to supporting their poor families, Ethiopian women domestic workers are employed with fewer wages compared with other domestic workers in the Middles East. Hence

they were unable to save significant amount of money that changes their life. With these regard a study by Yoseph et al., (2006) indicate that, salaries of Ethiopians working as housemaids are usually far below what is paid to migrant workers from other developing countries. “Filipinos, Sri Lankan citizens and citizens of other countries are paid USD 200 per month. Ethiopians who speak English are paid USD150 while Ethiopians who do not speak English are paid USD100.” Similarly, Kuschminder , 2014 indicate that The average salary in the Middle East for an Ethiopian domestic worker is US\$150 per month.

Significant change they brought in their life after their return: As it is indicated in the finding of this study, the rationale for migrating to the Middle East is to bring significant change in their life as well as the life of the family. However, the poor working conditions and challenges they faced do not enable the majority of the returnee migrants to achieve their financial goals and change their living situations. Kuschminder, (2014) affirm this finding as; the majority of domestic workers remit their salary to their families and in rare cases the families are able to save some of this money for their return. Upon return, most women have limited money that they have been able to bring back with them. Dreams of being able to “improve themselves” are not achieved and many women are in a worse situation from when they left.

Generally, the psychosocial experiences and difficulties of Ethiopian women domestic workers both in the country of destination and the country of origin together with the probable significant change they have brought to their life after they are back in the country of origin has been discussed thoroughly based on their lived experiences and stand points of the returnee migrants.

The finding of this study revealed that the unfavorable experiences due to hostile working environment and the difficulties they have faced in the country of destination has affected their

life back in the country of origin. Their reaction towards their failed expectation in changing their life created various psychosocial problems in the country of origin. Most of them asserted that their overall social life with family and friends has been distorted due to depression, stress and hopelessness. In this case most of the returnee migrants are at the situation of vulnerability. The lack of employment opportunities up on return was deriving several women to consider re-migration despite the challenges they had faced.

Chapter Six: Conclusion Recommendation and Social Work Implication

6.1. Conclusion

In recent years the number of women who migrate to the Middle East in search of better opportunity is rising up. Their ambition and demand to alleviate the poverty of their family as well as themselves is the underlined causes of migration. However, there are various reasons where their expectation and ambition for a better life has failed. Hence, the major objective of this study was to assess the psychosocial experience of Ethiopian women domestic workers and the probable significant change they have brought to their life. In doing so, the study tried to assess their previous living condition and expectation about the country of destination before departure. It also tried to come up with the psychosocial experiences and difficulties they have faced in the country of destination due to hostile working environment, the psychosocial difficulties they have after they are back in the country of origin due to their reaction towards their failed expectation in changing their life and their family; and the maltreatment and degradation they confronted during their stay in the Middle East and the significant change they have brought to their family.

According to the finding of the study, almost all the informants were living in poverty and unemployment and they have expected that their life would change if they go and work in the Middle East. In addition, the prolonged working hour due to extreme workload, the physical and verbal assaults (emotional abuse), sexual harassment and denial of wage were some of the psychosocial experiences of Ethiopian women domestic workers in the country of destination. Whereas, language problem, loneliness and the feeling of inferiority, humiliation degradation and maltreatment were some of the psychosocial difficulties they have faced in the country of destination which made their stay in the Middle East tuff. Almost all of my informants returned

to Ethiopia in a worse situation than when they left and returned after a negative migration experience.

Those negative migration experiences have their own effect on returnee migrants in creating various psychosocial difficulties while they are back in the country of origin. As per the finding of this study, their families expectation towards a changed life, misuse of the money by the family, small amount and denial of wage that they used to keep on supporting their families for their monthly subsistence and the humiliation and degradation they have faced in the country of destination which in turn created behavioral change among themselves can be mentioned as the major psychosocial difficulties they have faced in the country of origin.

The last finding of this study is the significant change they have brought to their life after they are back in the country of origin. With this regard, all the informants have asserted that they haven't brought any significant change in their life after they are back in the country of origin. Rather they have lost all what they have. Their small amount salary is only left for their family's monthly subsistence and families were unable to save significant amount of money as they have consumed it.

In general, the overall unfavorable living condition and the hostile working environment in the country of destination made them unable to change their life as well as their families and ended in being incompetent in achieving their goals and expectations. Their reaction to their failed expectations and the ill treatment they had in the Middle East has created a huge distortion in their overall social and economic life.

Almost all the informants have asserted that their characteristics have changed after they are back in the country of origin and their social life and relation with family and friends has been distorted. They have developed the feeling of hopelessness, uselessness, most of the time they

are depressed and stressed and they even want to make suicide. Some even want to re migrate again despite the negative experiences they have as they lost all what they have.

6.2. Recommendation

The finding of this study revealed the negative connotation of the Middle East migration though it can also have a real positive effect on development of the individual, the household and the nation in general. Therefore, crucial attention and measure should be taken.

It is a recent phenomenon that the Ethiopian government has recently banned Ethiopian migrant domestic workers from travelling to the Middle East. Having this in mind, the government of Ethiopia should establish and strengthen representative of public employment service (labor attaché) at the Ethiopian Embassies in the country of destination in order to ensure the rights and protection the migrant domestic workers. It should negotiate for improved working condition. If the rights of the migrants are protected and if they are treated well in the country of destination, there will not be any negative experience about migration.

Besides, migrants should be aware of the socio economic situation of the country and the culture. A minimum educational level needs to be set for migrants in order to enhance their understanding of situations they will be facing. They should be well equipped with skill and language so that they will be skillful during their stay in the Middle East.

Organizations that are working with returnee migrants should work together with donor organization so that they are more capable in providing rehabilitation treatment and psychosocial support, shelters, training opportunities, and assistance in finding employment. They should also work in collaboration with returnee migrants families on the overall experience of migration so that the migrants will be psychologically more stable and cop with their expectation crisis while they are home. Trainings must be given to the families that are responsible for handling the

money to avoid extravagancy. They should also teach them to save some amount for the returnees so that they can make best out of migration.

6.3. Social Work Implication

This study provides the overall psychosocial experience of Ethiopian women domestic workers both in country of destination and country of origin. As such the study has come up with various issues that have implication for social work profession and social workers. It has been indicated that returnee women domestic workers have experienced various psychosocial difficulties both in country of destination and in the country of origin. With these regard, social workers should play a great role in advocating for the vulnerable. They should advocate in ensuring better working condition and living environment in the country of destination so that the unfavorable conditions will be eliminated.

Social workers should involve in the rehabilitation and treatment of the returnee migrants having facilitator or counselor role. Crises intervention approach is one method that helps social worker to bring positive change in the environment. Hence, using this approach a social worker can involve in crises and act as a facilitator and coordinate various stakeholders so that the issue is addressed efficiently and effectively.

In social work human dignity is one of the core principles of social work. As indicted in the finding of this study, Ethiopian women domestic workers are being humiliated degraded and discriminated for the fact that they are outsiders. Therefore, the effort of social workers is prominent in bringing favorable environment for the migrants and plays a pivotal role in promoting that the benefit of migration should not come at the cost of women's dignity.

In this study, the post return experience of the migrants can be taken as a new finding in the study. Various researches have been conducted regarding the various human right abuses that

migrants face in the country of destination; but the effect of those abuses on migrants after return has not been dealt in a quite manner. Hence, this study can be taken as a starting point to further research on post return experiences of domestic workers as it is very essential to resolve the existing social crisis.

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Note: Ethiopian authors are used herewith their first given names in line with the Ethiopian academic tradition.

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Appendices

Appendix I – Letter of Introduction

Addis Ababa University, School of Social Work, Graduate study

Study Title: Psychosocial Experience of Ethiopian Women Domestic Workers in the Middle East; the case of returnee migrants in Addis Ababa.

Introducing the Nature and Purpose of the Research

My name is Addisalem Abitew who is Social Work masters student at Addis Ababa University. The School of Social Work requires every student to conduct academic research as the partial fulfillment of master's program. Based on my area of interest, I have chosen to work on the psychosocial experience of Ethiopian women domestic workers in the Middle East. The purpose of this study is to explore their experiences and difficulties in the country of destination and to see the probable significant change they have brought to their life after they are back in the country of origin.

Explanation of Procedures

Participation in the study involves a face-to-face interview, which will last for approximately one hour. The interviews will be conducted by the researcher herself, audio-taped and later transcribed for the purpose of data analysis. The data which will be collected in the local language or in the interest of the participant and will later be translated into English language. Therefore as the researcher, I will spend some time with you in order to come up with your real life experiences. During the time I spend with you, I will also take notes of your interview for the purpose of analysis. Any information that I am going to take from you is based on your informed consent and will be kept confidential.

Appendix II: English interview guide for returnee migrants

Respondent's socio demographic characteristics

- ❖ Name:-
- ❖ Age:-
- ❖ Religion:
- ❖ Marital status:-
- ❖ Educational background
- ❖ Size of family (Brothers and sisters)
- ❖ Permanent Residence

1.1.Major interview questions

1. How would you describe your living situation before you migrate to the Middle East?
2. What was the major reason/s for migrating to the Middle East? Was the decision yours or because of family pressure
3. When and where did you go to the Middle East? For how long have you stayed in that specific country?
4. Have you stayed in the same country until you returned back home? Or you went to another country again? If you have moved to another country, what factors influenced your decision?
5. Were you working for the same household until you returned back home? If No for how many households you worked as a domestic worker? What was the reason to change the household?
6. What was your expectation before you went to the Middle East? Was there any conflict between your expectation and what you actually found?

7. How would you describe your experience? Living condition, work condition, your relation with your employers?
8. How much did you get paid? And how much money do you send to your family? How much you personally gained?
9. What were the major challenges/difficulties you faced as a domestic worker in the Middle East? Socially, psychologically, economically, after your return
10. For how many total years you stayed in the Middle East? And how long has it been since you returned to Ethiopia?
11. Can you tell me why you returned back to Ethiopia? Was the decision yours or your family?
12. How would you describe your family's economic condition after your employment in the Middle East?
13. What changes did you see in your life after you get back to Ethiopia? (economic and social)
14. What are you currently doing for living? Have you had any plans before? Are you satisfied with your living here?
15. Do you think your stay in the Middle East has changed you a lot? (psychologically, Socially and economically)
16. How does your relationship with you family and friends look like after you are back in Ethiopia? Do you think your relationship is distorted because of your migration?
17. How do you measure your relationship with men before and after you are back in Ethiopia?

Appendix III: Amharic interview guide for returnee migrants

- ❖ ስም
- ❖ እድሜ
- ❖ ሀይማኖት
- ❖ የጋብቻ ሁኔታ
- ❖ የትምህርት ደረጃ
- ❖ የቤተሰብ ብዛት (እህት እና ወንድም)
- ❖ ቋሚ የመኖሪያ አድራሻ

ዋና ጥያቄዎች

1. ወደ መካከለኛው ምስራቅ ከመሰደድ በፊት የነበረሽን የኑሮ ሁኔታ እንዴት ትገልጭዋለሽ?
2. ወደ መካከለኛው ምስራቅ ለመሰደድ ዋናው ምክንያትሽ ምን ነበር? ውሳኔው የቤተሰብሽ ነበር ወይስ የራስሽ?
3. መቼ እና የት ነበር የሄድሽው? መጀመሪያ የሄድሽበት ሀገር ስንት ጊዜ ቆየሽ?
4. ወደ ሀገር ቤት እስክትመለሽ ድረስ አንድ ሀገር ብቻ ነው የሄድሽው? ወይስ ሌላ ሀገር ሄደሻል? ወደ ሌላ ሀገር ከሄድሽ ለመሄድ ምን አነሳሳሽ?
5. ወደ ሀገር ቤት እስክትመለሽ ድረስ አንድ ቤት ብቻ ነው የሰራሽው? መልስሽ አይ ከሆነ ስንት ቤቶች ሰርተሻል? ቤት ለመቀየር ለምን ፈለግሽ?
6. ወደ መካከለኛው ምስራቅ ከመሰደድ በፊት ምን ምን ነገሮች ጠብቀሽ ነበር የሄድሽው? ጠብቀሽ በሄድሽው ነገር እና ከሄድሽ በኋላ ያጋጠመሽ ነገር መካከል ልዩነት አለ?
7. የመካከለኛው ሀገር ቆይታሽ እንዴት ነበር? የኑሮ ሁኔታሽ? የስራ ሁኔታሽ? እና ከአሰሪዎችሽ ጋር የነበረሽ ግንኙነት ?
8. ደሞዝሽ ስንት ነበር? ምን ያህሉን ለቤተሰብ ትልኪ ነበር? ምን ያህሉን ለራስሽ ታስቀሪ ነበር?
9. ወደ ሀገር ቤት ከተመለሽ በኋላ በመካከለኛው ምስራቅ የቤት ሰራተኛ ሆነሽ በመስራትሽ ምክንያት ምን አስቸጋሪ ሁኔታዎች ገጠሙሽ? በማኅበራዊ ሳይኮሎጂካል እና በኢኮኖሚ?

10. በአጠቃላይ ስንት አመት በመካከለኛው ምስራቅ ቆየሽ? ወደ ሀገር ቤት ከተመለሽስ ስንት ጊዜ ሆነሽ?
11. ለምን ወደ ሀገር ቤት ለመመለስ ፈለግሽ? ውሳኔው ያንቺ ነበር ወይስ የቤተሰብ?
12. ወደ መካከለኛው ምስራቅ ከሄድሽ በኋላ የቤተሰብሽን የኢኮኖሚ ሁኔታ እንዴት ትገልጭለሽ?
13. ወደ ሀገር ቤት ከተመለሽ በኋላ በህይወትሽ ላይ ምን የተቀየረ ነገር አለ? (በማህበራዊም በኢኮኖሚም)
14. አሁን ምን እየሰራሽ ትገኛለሽ? ከዚህ በፊትስ እቅድ ነበረሽ? አሁንስ በምትኖሪው ኑሮ ደስተኛ ነሽ?
15. የመካከለኛው ምስራቅ ቆይታሽ በብዙ መልኩ ቀይሮኛል ብለሽ ታምኛለሽ? (ሳይኮሎጂካል በማህበራዊና በኢኮኖሚ)
16. ወደ ሀገር ቤት ከተመለሽ በኋላ ከቤተሰብ እና ከጓደኛ ጋር ያለሽን ግንኙነት እንዴት ታይታለሽ? ከስደትሽ ጋር በተያያዘ ግንኙነቶቹ ተበላሽተዋል ብለሽ ታስቢያለሽ?
17. ወደ መካከለኛው ምስራቅ ከመሰደድሽ በፊትና ወደ ሀገር ቤት ከተመለሽ በኋላ ከወንዶች ጋር ያለሽን ግንኙነት እንዴት ታይታለሽ?

Appendix IV: Interview guide for key informants (Shelter heads & project coordinators)

Introductory Questions

- ❖ Would you please tell me your name, and your profession?
- ❖ How long have you worked in this institution and in what capacity are you working?

Major interview Questions

1. How do you contact returnees first?
2. What kind of services or assistances your institution provides for returnee migrants? And what is your follow up mechanism?
3. As you are working close with returnee migrants what are their experiences in the country of destination?
4. What are the psychological difficulties they encounter as they were working as a domestic worker in the Middle East after they are back in the country of origin?
5. What are the social difficulties they encounter as they were working as a domestic worker in the Middle East after they are back in the country of origin?
6. How do you measure their change in their life (economic and social) after they are back in Ethiopia?
7. Do you think domestic workers meet their expectation and goals that they aimed before after they are back in Ethiopia?
8. Generally how would you express the overall experience of domestic workers in the Middle East?

Appendix V: Interview guide for key informants (counselors and nurses)

Introductory Questions

- ❖ Would you please tell me your name, and your profession?
- ❖ How long have you worked in this institution and in what capacity are you working?

Major interview Questions

1. What are the major psychological problems of patients who returned from the Middle East (Severe, easily treated or mild)
2. Based on your assessment what are the major causes of psychological problems of returnee's migrants?
3. Based on the information that you have from returnees what are the major challenges or difficulties?
4. Can you describe the professional assistance you provide to the returnees?
5. What are the major criteria that returnee to say that migrants have stable mental condition that enable them to pursue their life peacefully?

Appendix VI: Declaration letter

I, Addisalem Abitew confirm by my signature that this thesis is my original work and has not been presented for a degree in any other university, and that all sources of material used for the thesis have been duly acknowledged.

Name of Student: Addisalem Abitew

Signature -----

Name of Advisor: Meseret Kassahun (Ph D)

Signature -----