

# ACHIEVEMENT MOTIVATION TRAINING FOR RESILIENCE STRENGTHENING WOMEN MIGRANT WORKERS IN HONG KONG

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## ABSTRACT

Women migrant workers in Hong Kong face various life problems, so they lack achievement motivation and high resilience. Therefore, it is necessary to conduct achievement motivation training to increase the resilience of female migrant workers in Hong Kong. High achievement motivation supports high resilience, also seen in impulse control, optimism, self-efficacy, and always wanting to achieve positive things. The target audience is 80 female migrant workers in Hong Kong and Macau. The PKM method is lectures, dialogues, games, and assignments. Training is conducted online and offline. The offline activity took place at the Indonesian Consul General in Hong Kong. Evaluation of PKM activities using questionnaires, questionnaires, and task portfolios. The training results concluded that migrant women workers have had a reasonably high achievement motivation, shown by an average value of 14.38 out of the ideal value of 20. Workers have also shown themselves to be resilient individuals, as shown by their ability to design targets to be achieved in the next five years, optimism, self-efficacy, and always wanting to achieve positive things. The participants assessed that PPM activities had run well. They were helpful regarding response, participation, empowerment, impact, and relevance, with an average value of 4.19 out of the ideal value of 5. It is necessary to conduct subsequent training in collaboration with the Indonesian Consulate General and NGOs on an ongoing basis with a focus on psychological guidance and entrepreneurship training.

Kata Kunci: *training, resilience, achievement motivation, woman, migrant workers.*