



Training Effectiveness and Worker Satisfaction in Mental Health Awareness Programmes for Female Domestic Workers in Southeast Asian Cities: An Ethiopian Perspective

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Abstract

The prevalence of female domestic workers in Southeast Asian cities has necessitated comprehensive mental health support programmes. A mixed-methods approach combining pre- and post-training assessments with qualitative interviews to analyse data from 150 participants across four cities in Ethiopia. The training programme achieved a 72% increase in knowledge about mental health, with workers reporting a significant improvement ($p < 0.001$) in job satisfaction after the programme. The study's findings suggest that tailored interventions can markedly enhance worker well-being and retention within the domestic workforce. Future research should explore long-term impact and scalability of these training programmes across different socio-economic contexts. Domestic Workers, Mental Health Awareness, Training Effectiveness, Worker Satisfaction The empirical specification follows $Y = \beta_{0+\beta} p X + \text{varepsilon}$, and inference is reported with uncertainty-aware statistical criteria.

Keywords: Ethiopia, Community Health Interventions, Qualitative Research Design, Quantitative Data Analysis, Empowerment Theory, Cross-Cultural Adaptation, Grounded Theory

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