

## **Under pressure: Filipino migrant women navigating life and work in Croatia**

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### **ABSTRACT**

In the context of increasing global labour mobility, Croatia has witnessed a significant rise in the number of foreign workers since 2021, particularly from Southeast Asia. Among them, women from the Philippines represent a rapidly growing, but understudied group.

This research addresses their complex migration experience through the theoretical framework of Cummins' theory of subjective well-being and Meyer's Minority Stress Model. According to Cummins, quality of life (QoL) reflects an individual's satisfaction across key life domains, including standard of living, health, achievements in life, personal relationships, safety, community-connectedness, and future security and spirituality.

Complementing this, the Minority Stress Model explains how stigma, prejudice, and discrimination uniquely burden minority individuals, leading to chronic stress and adverse mental health outcomes. These frameworks enable a deeper understanding of how quality of life is shaped not only by material conditions but also by psychological and social factors, particularly those related to minority status. Female migrant workers are at the crossroads of different vulnerability factors, including gender, ethnicity and labour-market, making systematic investigation of their quality of life both urgent and policy-relevant.

This study employs a mixed-method approach, integrating quantitative and qualitative data to shed light on the multidimensional realities of Filipino women migrants in Croatia, including socio-demographic characteristics, quality of life, experiences of minority stress, working conditions, motivations for migration, and perceptions of legal protection and personal security.

The findings aim to provide an evidence-based understanding of how systemic, interpersonal, and intrapersonal factors interact to form the lived experiences of migrant women. In doing so, it contributes to broader discussions on migration, gender, and social integration in contemporary Europe and ensures actionable insights for policymakers, at the moment when demand for foreign workers in Croatia is rapidly growing.

**Key words** migration, women, quality of life, minority stress

### **CVs**

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**Dr. Iva Tadić** is a Senior Research Assistant at the Institute for Migration Research, with extensive academic and professional experience in psychology and psychotherapy. She has more than ten years of experience in research, teaching, applied psychology, and psychotherapy, and her work focuses on quality of life, stress, minority stress, migrations, vulnerable and minority groups, and psychosocial support. She is a member of various professional and academic societies, a reviewer of scientific and professional papers, and the editor and host of a radio show that popularizes psychology.