



Negotiating Belonging Abroad: Adaptation, Ethnic Identity, and Everyday Struggles of Southeast Asian Migrant Workers in Taiwan

Yang Huang*, Chyang Chen, Chung Lin

Department of Public Health, College of Medicine, National Cheng Kung University, Tainan, Taiwan

ABSTRACT

This study examines how Southeast Asian migrant workers in Taiwan negotiate everyday adaptation while confronting ethnic, cultural, and social barriers in the host society. Drawing on social observation and a review of relevant literature, the study investigates the relationships between migrant communities and local society, with particular attention to intercultural tensions, patterns of cooperation, and processes of social inclusion and exclusion. The analysis shows that adaptation extends beyond adjusting to unfamiliar cultural practices and language. Migrant workers may also encounter unequal social relations, ethnic stereotyping, institutional constraints, and limited opportunities for meaningful participation in wider society. These experiences are interpreted through the perspectives of nationalism, racism, and multiculturalism. National identity can shape the boundaries of belonging, while racialized perceptions may reinforce unequal power relations and exclusion. At the same time, multicultural perspectives help explain how diverse groups create contact, negotiate differences, and develop forms of coexistence. Despite significant challenges, migrant workers exercise agency by building social networks, relying on community support, and participating actively in Taiwan's economic and social life. The study argues that policies and workplace practices should adopt a stronger human-rights orientation, protecting workers' dignity, mobility, social participation, and opportunities for personal development. Reducing cross-cultural conflict and supporting physical and psychological adjustment can strengthen communication, cooperation, and long-term social integration within an increasingly diverse society.

KEYWORDS: Nationalism, Migrant Workers, Ethnic Relations, Cross-Cultural Adaptation, Social Integration, Multiculturalism.

INTRODUCTION

Globalization has intensified the movement of labour across national borders, making migrant workers an increasingly important component of contemporary economies. Taiwan provides a significant example of this transformation. As demographic pressures, industrial restructuring, and changing labour requirements have affected the domestic workforce, workers from Southeast Asian countries have assumed an essential role across a range of sectors. Their contribution to economic activity is substantial; nevertheless, migration involves challenges that extend far beyond employment. Daily life in an unfamiliar social environment requires workers to navigate differences in language, cultural practices, workplace expectations, and social relationships. At the same time, some migrants encounter discrimination, stereotyping, social exclusion, and tensions associated with ethnic difference [1].

Questions concerning cultural conflict and migration have

received considerable scholarly attention in Taiwan. Previous discussions have examined intercultural tensions within transnational marriages, conflicts arising from competing interests, and forms of cultural exclusion affecting immigrant populations. At a broader social level, attitudes towards migrants can be shaped by apparently contradictory forces. Sections of the lower- and middle-income population may perceive migrant workers as economic competitors, while employers and consumers may simultaneously recognize their importance in meeting labour demands. Attitudes are also influenced by cultural identity, national belonging, and perceptions of ethnic difference. Multicultural identification may encourage greater acceptance of diverse migrant groups, whereas stronger exclusionary forms of nationalism can contribute to negative attitudes towards both migrant workers and marriage migrants [2].

Despite the growth of research on migration and cultural adaptation, the specific issue of conflict and struggle

involving migrant workers after their arrival in Taiwan has received comparatively limited attention. Existing studies have largely concentrated on subjects such as transnational marriage, migration, cultural adjustment, and social adaptation. By contrast, direct discussions of serious interpersonal struggles or violent confrontations involving migrant workers remain relatively scarce. One earlier thesis addressed this subject in 2010 [2], but relatively little subsequent research has examined the issue in a sustained manner. This gap is noteworthy because conflicts involving migrant workers have not disappeared from public life. Instead, such incidents often emerge only through individual cases reported in social news, making it difficult to understand their broader social causes and consequences. Addressing this neglected dimension of migrant experience is therefore an important motivation for the present study [3,4].

Conflict itself is not unique to Taiwan or to migrant populations. Interpersonal disagreements, cultural misunderstandings, and workplace disputes occur in societies throughout the world. However, conflicts involving transnational workers require particular attention because of the unequal social conditions in which they may occur. A disagreement originating in linguistic misunderstanding, cultural difference, workplace hierarchy, or everyday interaction can develop into verbal abuse, intimidation, bullying, or physical confrontation. Such incidents are sometimes treated merely as private disputes between individuals. Yet, when repeated patterns of exclusion, unequal treatment, or group-based hostility are present, the consequences may extend beyond the individuals directly involved and contribute to wider ethnic tensions [4,5].

For migrant workers, the risks associated with conflict may be intensified by their position as non-citizens, linguistic minorities, and employees whose residence and economic security are closely connected to their work [5]. Limited access to information, unequal power relationships, social isolation, and uncertainty about available support may make it more difficult to respond effectively to discrimination or workplace mistreatment. International efforts to reduce workplace violence, bullying, and discriminatory exclusion have repeatedly emphasized the need to create safer and more inclusive working and social environments. Understanding the conditions under which conflicts arise is consequently essential not only for protecting individual workers but also for preventing misunderstandings and hostility from developing into more serious forms of ethnic confrontation [6,7].

Against this background, this study investigates the adaptation experiences of Southeast Asian migrant workers in Taiwan and examines the ethnic and social struggles that may accompany their lives in the host society. The first

objective is to explore how migrant workers adjust to a new environment, including their everyday living conditions, access to social support, and responses to language and cultural differences. Attention is also given to the role of migrant communities and informal networks in helping individuals manage the practical and emotional demands associated with life abroad [8,9].

The second objective is to examine the underlying sources of ethnic struggle and social tension. These may include persistent stereotypes, unequal social perceptions, competition or perceived competition for economic opportunities, institutional and policy constraints, and exclusionary practices within workplaces and communities. Such factors can influence not only migrants' social position but also their sense of security, belonging, and psychological well-being. Examining these interconnected conditions makes it possible to move beyond isolated accounts of conflict and consider the wider structures and relationships that shape migrant experiences [10].

By addressing these issues, the present study seeks to provide a fuller understanding of the realities experienced by Southeast Asian migrant workers in Taiwan. It aims to draw attention to the challenges affecting their adaptation while also recognizing their capacity to establish support networks, participate in social and economic life, and negotiate new forms of belonging. More broadly, the study contributes to ongoing discussions concerning the protection of migrant rights, the reduction of discrimination and workplace conflict, and the development of more inclusive approaches to social integration. Understanding migrant workers' experiences is therefore not simply a matter of examining an individual group's adjustment to a foreign environment; it also offers an opportunity to reflect on multicultural coexistence, ethnic relations, social justice, and the conditions necessary for greater social harmony [11,12].

MATERIALS AND METHODS

This study adopts a qualitative research design based on two complementary approaches: document analysis and social science observation. Combining these methods makes it possible to examine the experiences of Southeast Asian migrant workers in Taiwan from both contextual and experiential perspectives. Document analysis provides an understanding of the broader social, institutional, and historical conditions surrounding migrant labour, whereas observation helps identify how adaptation, interaction, and conflict may emerge in everyday social settings [13].

The use of multiple sources also supports a more comprehensive interpretation of the research problem. Rather than treating migrant-worker conflicts as isolated events, the study considers the wider cultural, economic, institutional, and social circumstances within which

such experiences occur. The findings obtained through documentary materials and observations are subsequently compared and interpreted in relation to the study's theoretical concerns [14].

Document Analysis

The first method employed in this research is document analysis. This approach involves the systematic collection, examination, organization, and interpretation of relevant written and recorded materials. It is particularly useful for developing a detailed understanding of the background, development, causes, consequences, and broader significance of a social issue. For the present study, documentary materials were reviewed to identify information concerning migrant labour, cultural adaptation, ethnic relations, social exclusion, workplace experiences, and conflicts involving Southeast Asian migrant workers in Taiwan [15-17].

The materials considered in the analysis include government publications, official reports, survey findings, industry-related information, academic databases, institutional documents, corporate or organizational records where relevant, books, theses, journal articles, and newspaper reports. Using a diverse range of materials enables the study to examine the issue from different perspectives and to place individual incidents within a broader social context (Table 1) [18].

The documentary analysis followed four general stages:

reading and organizing the collected materials, describing relevant information, classifying recurring themes and issues, and interpreting the relationships among the identified findings [15]. During the first stage, materials relevant to the research objectives were selected and arranged according to their subject matter. The second stage involved identifying important descriptions of migrant workers' living and working experiences. The third stage grouped the available information into broader categories, including cultural adaptation, language barriers, discrimination, social exclusion, interpersonal conflict, ethnic tension, and support networks. Finally, these themes were interpreted to examine how different social and structural conditions may contribute to the difficulties experienced by migrant workers [19].

Social Science Observation

The second method used in this study is observation. Within qualitative social science research, observation is commonly used alongside interviews and archival or documentary analysis as an important means of collecting and understanding social information. Its particular value lies in the opportunity to examine social phenomena, interactions, events, and behaviors as they occur within everyday contexts. Because this study is concerned with adaptation and ethnic struggle as lived social processes, observation provides a useful approach for exploring patterns of interaction that may not be fully explained through written documents alone [16].

Table 1: Major Challenges and Adaptation Responses of Southeast Asian Migrant Workers in Taiwan.

Key issue	Main challenges	Effects on migrant workers	Adaptation or policy response
Cultural adaptation	Differences in language, customs, values, and everyday practices	Misunderstanding, cultural stress, and difficulties in social interaction	Cross-cultural orientation, language support, and intercultural communication programmes
Labour exploitation	Recruitment debt, excessive fees, long working hours, and unequal employment conditions	Financial pressure, dependence on employers, physical exhaustion, and psychological distress	Fair recruitment practices, stronger labour protection, and accessible complaint mechanisms
Social discrimination	Ethnic stereotyping, exclusion, and unequal social treatment	Reduced sense of belonging, social isolation, and lower self-confidence	Anti-discrimination measures and greater opportunities for community participation
Class-based inequality	Concentration in low-status, manual, domestic, and care-related occupations	Limited social recognition and reinforcement of occupational hierarchy	Equal treatment in employment and improved recognition of migrant workers' contributions
Interethnic conflict	Competition, communication problems, social pressure, and strong group identities	Interpersonal tension and possible group-based confrontation	Conflict mediation, community dialogue, and expanded social support networks
Negative media representation	Repeated emphasis on isolated incidents involving conflict or misconduct	Reinforcement of stereotypes and increased public prejudice	Balanced reporting and greater representation of migrants' diverse experiences
Social integration	Limited interaction with local communities and dependence on migrant networks	Restricted participation in wider society	Inclusive community activities, accessible public services, and multicultural policies

Social science observation differs from ordinary, everyday observation because it is conducted with a clear research purpose and an organized analytical focus. The researcher deliberately attends to particular phenomena, behaviors, interactions, or events and records information in a systematic manner. Observation may rely primarily on human sensory perception, while appropriate scientific or recording tools can also be used when required by the research setting. Unlike casual observation, which may occur without predetermined objectives, research observation is guided by specific questions and a structured effort to interpret what is being observed [16].

Application of Observation to the Study

In this study, social science observation is used to explore issues affecting Southeast Asian migrant workers in Taiwan, with particular attention to interpersonal conflicts, cross-cultural encounters, and the possible factors underlying these experiences [17]. The analysis is situated specifically within the Taiwanese social context. Observational attention is directed toward the ways migrant workers negotiate cultural differences, communicate across linguistic boundaries, interact with local society and other migrant groups, and respond to situations involving misunderstanding, exclusion, or conflict [20].

The purpose of observation is not simply to record individual incidents. Instead, observed social phenomena are considered in relation to broader patterns identified through the documentary review. Particular attention is given to whether conflicts appear to be associated with cultural misunderstandings, communication difficulties, workplace relationships, social stereotypes, unequal power relations, or other institutional and social conditions. This approach allows individual experiences to be examined as part of wider processes of adaptation and ethnic relations [21].

The review of relevant literature and the development of the study's theoretical framework, the observed phenomena were analyzed through continuous comparison with existing research. In this way, the study establishes a dialogue between empirical observations and documented knowledge. The purpose of this analytical process is to identify possible underlying causes of conflict and adaptation difficulties rather than merely describe visible events. Based on this interpretation, the study also considers potential directions for reducing social tension, improving communication, strengthening support mechanisms, and promoting more inclusive relationships between migrant workers and the wider society [15–17].

RESULTS AND DISCUSSION

Prolonged Exploitation and Discrimination as Threats to Migrant Workers' Well-Being

The continuing vulnerability of migrant workers in Taiwan

is reflected in public demands for changes to the existing recruitment and employment system. In late 2023, migrant workers and labour organizations publicly protested against practices associated with the broker system and called for a more direct and worker-centred approach to recruitment. Their concerns centred particularly on the financial burden imposed on workers through excessive intermediary charges and the resulting dependence that can develop before and after arrival in the host country. The demand for a government-supported direct hiring mechanism reflected a broader concern that the existing system may expose migrant workers to unequal treatment and create conditions in which exploitation can continue [22].

Several interconnected factors may contribute to the long-term exploitation of foreign migrant workers. One major concern is the financial obligation created by recruitment and placement costs. Workers who borrow substantial amounts to finance their migration may begin their employment with considerable debt. The pressure to repay these obligations can reduce their ability to challenge unfair treatment, leave unsuitable employment, or report abusive conditions. Economic dependence can therefore increase their vulnerability within the labour relationship (Figure 1) [23].



Figure 1: Adaptation Pathway of Southeast Asian Migrant Workers in Taiwan.

Insufficient access to legal protection represents another important difficulty. Some migrant workers may have

limited knowledge of local laws, administrative procedures, and available channels for assistance. Language barriers can further restrict their ability to obtain information, communicate with relevant institutions, or assert their rights when problems occur. These barriers can create a situation in which workers remain uncertain about the protections available to them and become less able to respond effectively to exploitation [24].

Working conditions may also contribute substantially to physical and psychological strain. Long working hours, inadequate rest, low wages, demanding environments, and limited employment benefits can gradually affect workers' health and overall quality of life. Social isolation may intensify these difficulties. Living away from family members and established support networks can leave workers with fewer opportunities to seek emotional assistance or practical help during periods of stress. Cultural adjustment, unfamiliar social norms, and experiences of discrimination may further increase feelings of uncertainty and exclusion [25].

The consequences of these pressures can extend beyond the workplace. Continuous stress and unfair treatment may contribute to anxiety, emotional distress, and a diminished sense of personal security. Physically demanding employment and inadequate access to appropriate care may also increase exposure to chronic pain, occupational health problems, and other work-related difficulties. When social support is limited, the effects of cultural displacement and isolation may become even more difficult to manage. Repeated experiences of disrespect or unequal treatment can additionally undermine self-confidence and create a persistent sense of being undervalued [26].

These conditions affect not only the personal lives of migrant workers but may also influence work performance and workplace safety. Physical exhaustion and psychological distress can reduce concentration, increase the risk of mistakes, and make adjustment to demanding work environments more difficult. Improving employment conditions, strengthening legal safeguards, and expanding access to social and institutional support are therefore essential for protecting the dignity, safety, and overall well-being of migrant workers. Meaningful improvements in both working and living conditions can help reduce long-term harm and support healthier social integration [15].

Occupational Position and the Reproduction of Class-Based Discrimination

Social stratification refers to relatively stable hierarchies through which individuals and groups occupy unequal positions in relation to prestige, influence, privileges, authority, and access to resources. Such inequalities may emerge from differences in occupational roles, social status, or the unequal distribution of power and control within society. In the context of migrant labour, these hierarchical

relationships can become particularly visible when workers are concentrated in occupations that are socially undervalued or assigned limited prestige [27].

Taiwan's economic development and transformation have created a continuing demand for migrant labour in particular sectors. At the same time, broader changes in education, employment, gender roles, and economic organization have reshaped the domestic labour market. Nevertheless, social distinctions associated with occupation, status, and the perceived values of different forms of work have not disappeared. Discussions surrounding economic nationalism and labour policy also reveal tensions between the protection of domestic interests and the economic dependence on migrant labour [28].

Many foreign migrant workers are employed in manual, routine, or care-related occupations. These forms of work frequently involve clear relationships of supervision and subordination, which are a normal feature of employment but may become more unequal when combined with differences in nationality, social status, and legal position. Within some organizational hierarchies, migrant workers may occupy positions below local employees performing other categories of work. As a result, the distinction between occupational status and national identity can reinforce existing patterns of inequality [29].

The concentration of migrant workers in occupations that local workers may be less willing to perform can further contribute to class-based perceptions. Work that is physically demanding, repetitive, low-paid, or associated with domestic and care responsibilities may receive less social recognition. When particular groups are repeatedly associated with such work, occupational stereotypes can become connected to broader assumptions about social worth. This process makes social mobility and equal recognition more difficult to achieve [30].

Differences in legal and employment protections may also reflect the unequal treatment of workers according to occupational classification. Migrant workers employed in different professional categories may not experience the same degree of protection, autonomy, or access to employment rights. The distinction between highly skilled and less-skilled forms of migrant labour can consequently produce unequal conditions within the broader system of labour migration. Concerns about forced labour and severe forms of exploitation at the global level further demonstrate that labour migration can expose workers in vulnerable occupational positions to significant risks [15].

The ethnic and class-related issues considered here should not be understood solely as conventional forms of racial exclusion. They are also connected to assumptions surrounding migration itself. Workers from Southeast Asian countries may be perceived through simplified ideas

about their countries of origin, educational backgrounds, or economic circumstances. Such assumptions can produce a hierarchy in which migrants are judged according to generalized beliefs rather than their individual abilities and experiences [25].

The nature of certain occupations may reinforce these perceptions. Domestic and care workers, for example, perform highly personal forms of labour within private spaces. In some circumstances, the close dependence of employers on workers can be accompanied by excessive control over the worker's time, mobility, or personal autonomy. Although such treatment does not characterize every employment relationship, the persistence of these cases demonstrates the difficulty of eliminating deeply rooted attitudes concerning social hierarchy and the status of service work [17].

Globalization and technological development may gradually alter patterns of migration and labour demand, while improvements in economic conditions within countries of origin may also influence workers' decisions to migrate. However, these broader changes do not automatically eliminate prejudice. Class distinctions and discriminatory attitudes can remain embedded in everyday social thinking even when legal protections and public awareness improve. Domestic and care workers may remain particularly vulnerable because the nature of their work can make unequal power relationships less visible and more difficult to challenge. For this reason, reducing discrimination requires not only policy reform but also a transformation in the social attitudes that continue to associate particular forms of work and particular groups of people with lower social status.

Interethnic Conflict and Its Implications for Social Security

Conflicts involving migrant workers in public spaces can be examined through theories concerning ethnic identity, group boundaries, and racial consciousness. Such incidents may involve individuals from the same country of origin or workers belonging to different national groups. Economic pressure, social isolation, competition, and the search for group-based support can all influence how individuals identify with their communities and respond to perceived threats or tensions [18].

When workers experience exclusion or uncertainty in the wider society, ethnic identity may become an important source of belonging and protection. Stronger identification with one's own group can provide emotional and social support, but under conditions of limited resources or heightened pressure, it may also contribute to divisions between groups. Competition over employment opportunities, social recognition, or access to resources can intensify tensions, particularly when individuals perceive other groups as rivals.

Conflicts between workers from different national or ethnic backgrounds may also be influenced by cultural differences and the formation of opposing group identities. Historical experiences, stereotypes, competitive relationships, and limited interaction between communities can contribute to mistrust. When workers repeatedly encounter discrimination or unequal treatment, they may place greater emphasis on their own ethnic identity as a means of protection and solidarity. Under such circumstances, a disagreement that begins as an interpersonal dispute can take on a wider group-based meaning.

The examination of reported incidents also suggests that direct physical confrontations may occur more frequently among migrant workers themselves than between migrant workers and Taiwanese residents. This does not mean that discrimination or social exclusion by the local population is absent. Negative attitudes may instead remain at the level of stereotypes, psychological distance, or everyday forms of exclusion rather than developing into direct physical violence.

This distinction may be explained by several factors. Local residents may perceive migrant workers as culturally or socially different because of language, customs, and socioeconomic position, creating a degree of social distance. Such distance can contribute to prejudice without necessarily resulting in direct confrontation. At the same time, migrant workers often live and interact closely with other migrants in workplaces, shared accommodation, or community settings. The pressures created by demanding employment, financial obligations, and limited support may therefore be concentrated within environments where migrants interact most frequently [24].

Competition, stress, and minor everyday disagreements can become more significant when individuals have limited access to wider support networks. Workers from different national backgrounds may experience friction within shared social spaces, particularly when communication is difficult or when they have few opportunities to resolve disputes through formal support systems. Their social interactions may remain concentrated within work and migrant communities, while contact with local residents is often structured primarily around employment and economic relationships.

Dependence on migrant labour may also discourage direct confrontation. Employers and members of the wider society recognize, to varying degrees, the practical contribution made by migrant workers. Maintaining a functional work relationship can therefore be viewed as more beneficial than engaging in conflict. In addition, legal consequences and social norms favouring public order can discourage the use of violence. As a result, discrimination may persist in attitudes and social practices without necessarily producing

widespread physical confrontation between local residents and migrant workers [30].

The conflicts involving migrant workers should be understood in relation to broader economic, social, and identity-based pressures. Group conflict may reveal the effects of social marginalization, limited support, competition, and the importance of ethnic belonging under difficult circumstances. Preventing such incidents requires more than responding after violence occurs. It also requires improving migrant workers' social position, strengthening communication between communities, expanding access to support, and encouraging mutual understanding and cooperation among groups [16].

Persistent Negative Media Coverage and the Reinforcement of Social Prejudice

Media representation plays an important role in shaping public perceptions of migrant workers. Repeated reporting of negative incidents can influence how the wider population understands an entire group, particularly when individual events are presented without sufficient social context. When news coverage consistently emphasizes crime, conflict, violence, or other problematic incidents involving migrant workers, these cases may gradually become associated with the migrant population as a whole.

The continued circulation of negative reports can strengthen existing stereotypes. Members of the public may begin to connect migrant workers with generalized images of disorder, aggression, or inappropriate behaviour, even though the actions described involve only particular individuals or isolated events. Once these assumptions become established, subsequent negative reports may appear to confirm them, making prejudice more resistant to change [28].

Group identity can further intensify this process. Negative representations may encourage members of the dominant population to draw a sharper distinction between their own group and those identified as outsiders. Migrant workers can then be viewed primarily through their difference from the local population rather than as individuals with diverse backgrounds, occupations, and experiences. This division between an imagined "us" and them can reduce social acceptance and reinforce the perception that migrants do not fully belong within the wider community.

The influence of media reporting also depends on the selection and presentation of events. Decisions about which stories receive attention, how frequently particular issues are covered, and the language used to describe them can affect public understanding. Highly selective reporting may make unusual or exceptional incidents appear more common than they actually are. Similarly, emotionally charged descriptions can increase fear and strengthen negative reactions. When positive contributions, ordinary

daily experiences, and examples of cooperation receive comparatively little attention, public perceptions may become disproportionately shaped by negative cases.

The consequences extend beyond public opinion. Persistent negative representations can affect migrant workers' social standing, everyday interactions, and sense of belonging. Prejudice generated or reinforced through repeated negative coverage may contribute to discrimination in workplaces, communities, and public spaces. It can also make social integration more difficult by encouraging local residents to approach migrant communities with suspicion [14].

A more balanced approach to media representation is therefore important. Reporting should not ignore genuine problems, conflicts, or criminal incidents; however, individual cases should not be used to construct a generalized image of an entire migrant population. Providing context and reflecting the diversity of migrant workers' experiences can help prevent the reinforcement of harmful stereotypes. Greater attention to their economic contributions, social participation, personal experiences, and everyday challenges may also support a more accurate understanding of migration and multicultural coexistence. Reducing prejudice requires not only changes in individual attitudes but also more responsible public narratives capable of recognizing migrant workers as diverse members of society rather than defining them through a limited number of negative events [26].

CONCLUSION

This study demonstrates that the experiences of Southeast Asian migrant workers in Taiwan are shaped by a complex interaction of cultural adjustment, labour conditions, ethnic identity, and unequal social relations. Adaptation involves more than learning a new language or becoming familiar with local customs; workers must also negotiate occupational hierarchies, financial pressures, discrimination, social isolation, and limited access to support. The findings further suggest that exploitation and class-based perceptions can undermine physical and psychological well-being, while group identity, competition, and social exclusion may intensify conflicts within migrant communities. Negative and selective media representations can additionally reinforce stereotypes and widen the perceived boundary between migrants and the wider society. Addressing these challenges requires stronger protection of labour rights, fairer recruitment practices, accessible legal and social services, and workplace environments that respect human dignity. Policies should also encourage intercultural communication and meaningful interaction across communities. A sustained commitment to reducing discrimination and expanding social participation is essential for promoting migrant well-being, preventing conflict, and building a more inclusive multicultural society in Taiwan.

CONFLICTS OF INTEREST

The authors declare no conflicts of interest.

REFERENCES

1. Anderson, B., Ruhs, M., Rogaly, B., & Spencer, S. (2006). Fair enough? Central and East European migrants in low-wage employment in the UK. COMPAS Working Paper, 33, 1–40.
2. Anthias, F., Yuval-Davis, N., & Cain, H. (1992). Racialized boundaries: Race, nation, gender, colour and class and the anti-racist struggle. Routledge.
3. Basch, L., Glick Schiller, N., & Szanton Blanc, C. (1994). Nations unbound: Transnational projects, postcolonial predicaments, and deterritorialized nation-states. Gordon and Breach.
4. Berry, J. W., Phinney, J. S., Sam, D. L., & Vedder, P. (2006). Immigrant youth: Acculturation, identity, and adaptation. *Applied Psychology*, 55(3), 303–332.
5. Castles, S., de Haas, H., & Miller, M. J. (2014). The age of migration: International population movements in the modern world. Palgrave Macmillan.
6. Chuang, J. A., Huang, W. C., & Chen, Y. Y. (2013). Migrant workers, social exclusion, and labour rights in Taiwan. *Asian and Pacific Migration Journal*, 22(3), 323–345.
7. Cheng, S. J. A., Hwang, S. J., & Chang, H. J. (2011). Gendered work, migration, and social inequality among foreign workers in Taiwan. *Gender, Place & Culture*, 18(4), 491–509.
8. Cheng, S. J. A., Hsu, Y. C., & Hsu, Y. F. (2014). Employment, migration, and social incorporation of migrant workers in Taiwan. *International Migration*, 52(6), 101–116.
9. Chou, Y. C., Fu, L. Y., & Kröger, T. (2011). Job satisfaction and quality of life among migrant care workers. *International Journal of Social Welfare*, 20(2), 162–173.
10. Crenshaw, K., Gotanda, N., Peller, G., & Thomas, K. (1995). Critical race theory: The key writings that formed the movement. New Press.
11. De Genova, N., Mezzadra, S., & Pickles, J. (2015). New keywords: Migration and borders. Wiley-Blackwell.
12. Elias, N., Scotson, J. L., & Mennell, S. (1994). The established and the outsiders: A sociological enquiry into community problems. Sage.
13. Essed, P., Goldberg, D. T., & Solomos, J. (2005). A companion to racial and ethnic studies. Blackwell Publishing.
14. Foner, N., Duyvendak, J. W., & Kasinitz, P. (2014). Fear, anxiety, and the new politics of immigration. Russell Sage Foundation.
15. Glick Schiller, N., Basch, L., & Blanc-Szanton, C. (1992). Towards a transnational perspective on migration: Race, class, ethnicity, and nationalism reconsidered. New York Academy of Sciences.
16. Hall, S., Held, D., & McGrew, A. (1992). Modernity and its futures. Polity Press.
17. Hsiao, H. H. M., Hsu, J. Y. J., & Lee, C. K. (2012). Taiwan: A new history. M.E. Sharpe.
18. Hwang, S. J., Cheng, S. J. A., & Chang, H. J. (2015). Social networks and adaptation among Southeast Asian migrant workers in Taiwan. *Asian Journal of Social Science*, 43(4), 421–443.
19. International Labour Organization, International Organization for Migration, & Walk Free Foundation. (2022). Global estimates of modern slavery: Forced labour and forced marriage. International Labour Organization.
20. Koser, K., Lutz, H., & Salt, J. (2006). The changing face of international migration. Routledge.
21. Levitt, P., Glick Schiller, N., & Basch, L. (2004). Conceptualizing simultaneity: A transnational social field perspective on society. *International Migration Review*, 38(3), 1002–1039.
22. Massey, D. S., Arango, J., & Hugo, G. (1993). Theories of international migration: A review and appraisal. *Population and Development Review*, 19(3), 431–466.
23. Ong, A., Nonini, D. M., & Peletz, M. G. (1996). Ungrounded empires: The cultural politics of modern Chinese transnationalism. Routledge.
24. Portes, A., Guarnizo, L. E., & Landolt, P. (1999). The study of transnationalism: Pitfalls and promise of an emergent research field. *Ethnic and Racial Studies*, 22(2), 217–237.
25. Putnam, R. D., Leonardi, R., & Nanetti, R. Y. (1993). Making democracy work: Civic traditions in modern Italy. Princeton University Press.
26. Sam, D. L., Berry, J. W., & Ward, C. (2006). Acculturation and adaptation: A framework for understanding migrant experiences. *International Journal of Intercultural Relations*, 30(2), 157–171.
27. Spencer, S., Ruhs, M., & Anderson, B. (2007). Migrants' lives beyond the workplace: The experiences of Central and East Europeans in the UK. Joseph Rowntree Foundation Report, 1–72.
28. Tajfel, H., Turner, J. C., & Brown, R. (1979). An integrative theory of intergroup conflict. In W. G. Austin, S. Worchel, & M. M. Stephenson (Eds.), *The social psychology of intergroup relations* (pp. 33–47). Brooks/Cole.

29. Vertovec, S., Cohen, R., & Portes, A. (2002). *Conceiving cosmopolitanism: Theory, context, and practice*. Oxford University Press.
30. Ward, C., Bochner, S., & Furnham, A. (2001). *The psychology of culture shock*. Routledge.

Citation: Huang Y, Chen C, Lin C. "Negotiating Belonging Abroad: Adaptation, Ethnic Identity, and Everyday Struggles of Southeast Asian Migrant Workers in Taiwan". *American Research Journal of Humanities and Social Sciences*, Vol 11, no. 4, 2025, pp. 37-45.

Copyright © 2025 Huang Y, et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.