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The Moderating Role of Emotional Quotient on the Relationship between Sociocultural Adaptation and Psychological Distress of Filipino Migrants

Artcher G. Santillan[1], Diana S. Imperio[2]

Author Information:
[1-2]*College of Psychology, Southville International School and Colleges, Las Piñas City, Philippines*

Correspondence: artchersantillan@gmail.com

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Abstract. The main challenges of every Filipino migrant are sociocultural adaptation and psychological distress when living abroad. With this, strong emotional quotient is needed to survive. This study investigated the moderating role of emotional quotient on the relationship between sociocultural adaptation and psychological distress among Filipino migrants. The researchers administered a questionnaire to 414 respondents (nurses, food service worker, and office/ admin workers) in Riyadh, Saudi Arabia. The data were statistically analyzed. The study showed that Filipino migrants were competent ($\bar{x}$=3.61, σ=0.90) in terms of overall sociocultural adaptation, likely to have mild psychological distress ($\bar{x}$=20.34, σ=7.52) and had medium-high level of emotional quotient ($\bar{x}$=123.94, σ=16.17). Additionally, sociocultural adaptation and psychological distress are significantly and negatively related (r=-.143, p=.004). Current study revealed that emotional quotient is not a significant moderator in the relationship between overall sociocultural adaptation and psychological distress (R2=0.006, p=0.099). However, emotional quotient significantly moderated the relationship between certain subscales of sociocultural adaptation and psychological distress which includes; interpersonal communication and psychological distress (R2=0.009, p=0.048), and, 'personal interest and community involvement' and psychological distress (R2=0.009, p=0.049). Lastly, perception of emotions (subscale of emotional quotient), significantly moderated the relationship between overall sociocultural adaptation and psychological distress (R2 =.011, p = 0.033). This calls for relevant stakeholders to provide programs to improve the EQ of Filipino migrants, improve sociocultural adaptation, address psychological distress and further study about the role of perception of emotions.

Keywords: Emotional Quotient; International Migration; Psychological Distress; Sociocultural Adaptation

Introduction

The main challenges of every Filipino migrant are social and cultural adaptation in the country where they will live and work. It is very clear that culture varies from one country to another; laws and traditions differ accordingly. Thus, one must compromise one's own interests in favor of others, and in this sense, Filipino migrants are adjusting to Saudi Arabian culture to be successful in their journey. However, not everyone is successful; some become distressed and are placed in the custody of "Bahay Kalinga," a shelter managed by the Philippine Department of Migrant Workers that serves as their temporary home while papers are being prepared before they can finally travel back to the Philippines. On the other hand, others have built their wealth and retired with pride.

Filipino migrants seek better opportunities to improve economic conditions, send money to loved ones and fulfill the dream of sending their children to school as a means of providing a brighter future. In every city, there is often a Filipino migrant who carries hope as they leave the country to work overseas. News reports highlight both the successes—such as acquiring property—and the tragedies, including those who have died abroad. These situations reveal that the role of Filipino migrants extends beyond being workers, as implied by the term "overseas Filipino workers." Filipino migrants are also members of society who demonstrate the capacity to adapt and apply emotional intelligence in their host countries' sociocultural contexts. Most

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importantly, Filipino migrants are also vulnerable to psychological distress, including depression, anxiety, and stress.

One of the primary destinations of Filipino migrants is Saudi Arabia. This is due to the wide range of job opportunities available, including labor work, restaurant services, driving, nursing, household work, engineering, and various professional roles. Filipino migrants are often described as hardworking and capable of building strong relationships—a trait known as "pakikisama" in Tagalog. In this context, emotional intelligence plays a vital role in the assimilation of Filipino migrants, especially when assigned to unfamiliar environments. Migrants who are not emotionally prepared may be more susceptible to psychological distress. Emotional intelligence is therefore an essential component of adapting to life in a different culture. For example, when Filipino migrants grew up in the Philippines and moved to Saudi Arabia, emotional intelligence plays a pivotal role in effectively conveying how feelings are affected at work and even in their personal lives. One of the basic tenets of emotional intelligence is Filipino migrants' ability to manage their emotions in unfamiliar environments, as nearly everything in a new country can be different. Sociocultural adaptation is also a crucial aspect of migration, as failure to adapt is linked to psychological distress that may lead to a loss of focus on personal goals and aspirations—especially for families waiting back home in the Philippines. The cultures of Saudi Arabia and the Philippines differ significantly in laws, traditions, cuisine, and climate. Therefore, Filipino migrants must often make compromises in favor of their host country to succeed in their migration journey.

Filipinos residing abroad should not be viewed solely as laborers, as suggested by the term "Overseas Filipino Workers," but rather as migrants who depart the Philippines for various reasons, engage in sociocultural adaptation within new environments, are vulnerable to psychological distress, and regulate emotional experiences.

Generally, the moderating role of emotional intelligence on the relationship between sociocultural adaptation and psychological distress remains under-researched. Some Filipino migrants end up under the custody of shelters managed by the Philippine Department of Migrant Workers, which serve as temporary accommodations while their documents are being processed for repatriation. On the other hand, some Filipino migrants can build wealth and eventually retire in the Philippines with pride. This study sheds light on how EQ moderated the relationship between sociocultural adaptation and psychological distress among Filipino migrants in Riyadh, Saudi Arabia.

The International Organization for Migration (IOM) notes that there is no universally agreed-upon definition of "migration" or "migrant." However, according to the United Nations Department of Economic and Social Affairs (1998), individuals who leave their country for more than 12 months are classified as long-term migrants. Furthermore, the IOM states that one of the primary reasons for migration is the pursuit of employment, with most migrants relocating to high-income countries. In the Philippine context, the Migrant Workers and Overseas Filipinos Act of 1995 (Section 3) allows the terms "migrant workers" and "Overseas Filipino Workers" (OFWs) to be used interchangeably. Migrant workers are defined as individuals engaged in remunerated activity in a country where Filipinos are not legal residents (Migrant Workers Act of 1995 [RA 8042]). This definition has remained unchanged, as it was not amended by Republic Act No. 10022, enacted in 2009. As of the World Migration Report 2024, there are currently 71.2 million displaced migrants worldwide.

Trabulsi (2025) mentioned in a leading online newspaper in Saudi Arabia that there have been many changes over the past eight years since the current Crown Prince, Mohammed bin Salman, assumed the position. These changes have been introduced to lessen reliance on oil as a single source of revenue. Vision 2030 was introduced to diversify Saudi Arabia's economy, leading to numerous large-scale projects, including the development of a new city called NEOM, Qiddiya for the entertainment industry (which includes the Dragon Ball Z Amusement Park), and the Red Sea Project, among others. These initiatives suggest that Saudi Arabia will require more Filipino migrant workers to support the implementation of these extensive developments.

The diplomatic relationship between Saudi Arabia and the Philippines began on October 24, 1969. This marked the start of a bilateral agreement that eventually enabled Filipinos to work in Saudi Arabia. Over time, this relationship has strengthened. According to the most recent data from the Philippine Statistics Authority in 2024, Saudi Arabia hosts the largest share of Overseas Filipino Workers (OFWs). According to data from the Ministry of Foreign Affairs in Saudi Arabia, as cited by the Philippine Embassy in Riyadh (email to researcher, February 23, 2025), the majority of Filipino migrants in Saudi Arabia are female (507,248), followed by males (272,389). In terms of arrivals, there has been a steady increase in all types of visits by Filipino migrants to Saudi Arabia from 2021 to 2025. The data show 15,381 visits in 2021 (6,647 male, 8,735 female); 44,620 in 2022 (15,357 male, 29,263 female); 97,157 in 2023 (28,100 male, 69,057 female); 124,263 in 2024 (37,412 male, 86,852 female); and 48,639 entries so far in 2025 (15,511 male, 33,128 female). Based on this data, there has been a significant increase in the number of Filipino migrants entering Saudi Arabia

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over the past four years, with female arrivals consistently outnumbering male arrivals. These trends support Trabulsi's (2025) assertion that there was an increase in Filipino nurses (1,664) with a total of n=272,389. Based on this data, it is evident that migrants were employed to meet Saudi Arabia's growing labor needs.

The majority of Filipino Migrants in Saudi Arabia were female, working as household workers (n=384,833), in other/ various occupations (n=48,311), as general nurses (n=14,094), as janitors (n=12,478), and as specialist nurses (n=11,532). Among male respondents, the majority were working in other occupations (n=261,437), janitorial work (n=6,779), household work (n=2,509), and specialist roles.

The study by Klemensits and Tárik (2024) highlighted the Philippines' reliance on remittances from migrant workers, noting that Overseas Filipino Workers (OFWs) are playing an increasingly important role in Saudi Arabia amid ongoing development projects. Thus, this suggested a growing demand for Filipino workers in the future, as Saudi Arabia continues to depend on migrant labor. This context served as a key rationale for exploring the relationship between sociocultural adaptation and psychological well-being among Filipino migrants, moderated by emotional intelligence.

In terms of Sociocultural Adaptation, most Filipino migrants worked across various industries, primarily in the services sector, suggesting that sociocultural adaptation should be as rapid as possible to facilitate social integration in their workplaces and interactions with others. The context of sociocultural adaptation, as noted by Wilson and Ward (2013), included the competencies required for adapting to a new place. This sociocultural adaptation was the appropriate behavior manifested by Filipino migrants. In the Saudi Arabian context, for example, it might include wearing an abaya in public places, avoiding shorts outside, and avoiding wearing crucifixes or other religious items in public, among other rules imposed by the government. Wilson and Ward (2013) clearly identified sociocultural adaptation as a behavioral outcome that could change over time. This means that the sociocultural adaptation of Filipino migrants may relate to patterns of their adjustment over time, which this study explores.

In Bandura's Model of Reciprocal Determinism/ Causation, which was part of Social Learning Theory, Bandura (1986) proposed that reciprocal determinism reflected an interaction between person (P), behavior (B), and environment (E), and the links among them were bidirectional (Shaffer & Kipp, 2010). As applied in this study, Emotional Intelligence, Sociocultural Adaptation, and Psychological Distress would reflect bidirectional interactions. According to Bandura, the term reciprocal in this model referred to triadic interaction of forces rather than opposite counteraction, and the potencies of each vary. The relative influence of behavior (psychological distress), environment (sociocultural adaptation), and person (emotional intelligence) depended on which triadic factors were strong in specific situations. In addition, Bandura (1978) noted that psychological functioning involves continuous reciprocal interaction among behavioral, cognitive, and environmental influences. The theory proposed by Albert Bandura was called Social Learning Theory/ Social Cognitive Theory. This theory, proposed by Bandura, emphasizes the importance of observing, modeling, and imitating emotional reactions, attitudes, and behaviors, and their direct impact on the behavior of Filipino migrants living in Saudi Arabia. According to Bandura, social learning theory explains how people behave similarly to others, most especially those who provide rewards and positive behaviors. The imitation could actually be reproduced with those observed behaviors.

This study employed the theory of emotional intelligence proposed by Mayer and Salovey (1997), who also proposed that emotional intelligence consists of 1.) perceiving one's own emotions and others, 2.) use of emotions in order to facilitate thinking, 3.) understanding the emotional meanings, and 4.) managing emotions (Mayer, 2004). In this study, it is assumed that emotional quotient moderates the relationship between psychological distress and sociocultural adaptation. In terms of sociocultural adaptation, Wilson (2013) noted that social identification theories played a role in the cognitive domain of cross-cultural adaptation, shaping how a person perceived himself and others. From this, it could be inferred that sociocultural adaptation would be a crucial factor in how Filipino migrants navigated life in Saudi Arabia, which was one of the most culturally diverse countries—not only in the workplace but in society at large.

According to Schutte et al. (2009), Salovey and Mayer's (1990) model of emotional intelligence served as the original theoretical foundation for emotion assessment scales. This model comprised appraisal (self and others), expression, regulation (self and others), and the utilization of emotion to solve problems. Living in different countries makes migrants emotionally susceptible. With this, the emotional intelligence of Filipino Migrants becomes an important aspect in living and working abroad, as they must survive. According to Salovey and Mayer (1990), as noted by Schutte (2009), emotional intelligence is a blend of abilities and traits. In a study conducted by Dinglasa (2020), he found that the emotional intelligence of Filipino expatriates in Saudi Arabia was a significant predictor of general living adjustment, with appraisal of emotions as the strongest predictor. Emotional intelligence also predicted cross-cultural adjustment. This means that emotional intelligence plays a significant role in the lives of Filipino migrants.

In terms of emotional quotient as a moderating variable, it means that Filipino migrants can effectively demonstrate emotional intelligence by managing their own and others' emotions and by perceiving emotions.

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Additionally, Filipino migrants exhibited positive behaviors, which could lead to lower psychological distress. This could be strengthened by noting that social learning theory is based on social interaction.

Research Questions

This study examines the relationship between sociocultural adaptation and psychological distress among Filipino migrants and how emotional quotient (EQ) moderates this relationship.

Specifically, the study intends to answer the following questions:

1. What is the profile of the respondents according to:
   1.1 Sociocultural Adaptation
   1.2 Psychological Distress
   1.3 Emotional Quotient
2. Is there a significant relationship between sociocultural adaptation and psychological distress of the respondents?
3. Does emotional quotient significantly moderate the relationship between sociocultural adaptation and psychological distress of the respondents?

Scope and Delimitation of the Study

This study considered Filipino migrants who entered Riyadh, Saudi Arabia, to work and live. The main purpose of the study is to identify the relationship between sociocultural adaptation and psychological distress of Filipino migrants and the moderating effects of emotional quotient on this relationship. The study was conducted in Riyadh, Saudi Arabia, which is conveniently accessible to researchers. The data collection tool was developed after obtaining ethics approval from Southville International School and Colleges and the Ministry of Health, Saudi Arabia (IRB Log No. 25-102 E dated 21/8/2025). The researcher collected 414 respondents. Additionally, Filipino migrants in this study included those working as food service workers, nurses, and office/ admin Workers. The main purpose of the selection is to identify the common occupations of migrant workers from Riyadh, Saudi Arabia, and to ensure balance in the results across different occupations where Filipino migrants commonly worked. Other professions not included in these categories were excluded from the study. The household workers were excluded from the study because they are a vulnerable population and require visits to the houses where they work, which is time-consuming and requires family approval. Filipino migrants who were not residing in Riyadh, Saudi Arabia (i.e., outside Saudi Arabia or on assignment in other regions of Saudi Arabia) at the time the questionnaires were administered were excluded from the study. Respondents who stayed in Saudi Arabia for at least one year were included in this study to ensure that Filipino migrants could adjust to a new environment. Most importantly, this study is not employed to diagnose psychological disorders but to identify the severity/degree of psychological distress, the level of sociocultural adaptation, and the emotional quotient of the respondents.

Literature Review

Emotional Quotient

Salovey and Mayer (1990) used the term emotional intelligence as 'a form of social intelligence that involves the ability to monitor one's own and others' feelings and emotions, to discriminate among them, and to use this information to guide one's own thinking and action. According to Gonzalez Marin et al. (2019), emotional intelligence is more vital than intellectual intelligence, as Daniel Goleman argues. Goleman also sees emotional intelligence as 'educated abilities' for navigating social situations, such as at work. He also sees emotional intelligence as a set of well-developed skills that can lead to success in various social contexts, such as the workplace (Goleman, Boyatzis, and McKee, 2010, as cited in Gonzalez Marin et al., 2019). In addition, emotion comes from the Latin word "emovare," which means "to move" or "to change." It plays a critical role in human evolution and natural selection, shaping how we perceive the world around us.

Alodhailah et al. (2026) explored the protective role of emotional intelligence among nurses in the oncology department. The mean emotional intelligence of the respondents was 129.30 with a standard deviation of 16.80. Additionally, the study showed that respondents scored highest in the utilization of emotions followed by perception of emotion, managing others' emotions, and managing own emotions. The study revealed that emotional intelligence is a significant predictor of lower occupational burnout. Additionally, findings showed an inverse correlation between emotional intelligence and burnout domains, including personal, work-related, and client related burnout. Thus, it was concluded that emotional intelligence can act as a protective factor against burnout.

Salongcong (2025) studied nurses' emotional intelligence. Emotional intelligence has become a useful tool for understanding why some nurse leaders are more effective than others, especially in multicultural tertiary hospitals. Study revealed that the highest emotional intelligence scores were in empathy and social

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skills, while encouraging the heart and modeling the way emerged as the strongest leadership practices. A very strong positive correlation was found between overall emotional intelligence and leadership effectiveness ($\rho = 0.87$, $p < 0.01$), and all emotional intelligence dimensions showed significant positive associations with leadership effectiveness. In contrast, age, sex, position, educational attainment, years of experience, and nationality had weak or negligible relationships with both variables. These results suggest that emotional intelligence is more important than demographic characteristics, underscoring the need to integrate it into leadership development.

Eweida et al. (2026) studied nurses' emotional regulation, practices, and attitudes regarding physical restraints. Nurses were those working in a psychiatric specialty. Results showed that those with a bachelor's degree, compared with those with an associate degree, had higher median scores in the areas of attitude and practice toward physical restraints. Further results showed that nationality, educational qualifications, and the capacity to regulate emotions were significant predictors of practice outcomes. It was therefore concluded that enhancing nurses' capacity for discussion in psychiatric wards requires providing them with emotional regulation strategies. This will be beneficial in situations involving the use of physical restraints, ensuring patient care, and minimizing unnecessary restraints.

Altalhi & Alilyyani (2025) indicated that nurses at selected major hospitals in Taif, Saudi Arabia, have a high level of emotional intelligence. Additionally, results showed that participants excelled in understanding others' emotions and in using emotions to self-motivate. The participants were slightly lower in emotion regulation and self-assessment. In terms of psychological resilience, participants had a strong ability to manage stress and crises. However, the cognitive part of the respondents needs improvement, which includes maintaining a positive attitude. Regarding participants' intention to leave their current positions, the study found that reluctance stems from various factors, including concerns about work conditions and compensation. Support from the administration is lacking, and there are fewer opportunities to develop professionally. The study showed there is a strong negative correlation between intention to leave and emotional intelligence. The study also showed that intention to leave and psychological resilience are negatively correlated. Additionally, the findings revealed a positive and significant correlation between resilience and emotional intelligence. It is therefore concluded that a nurse's intention to leave is associated with professional and mental health factors and that it affects decisions; thus, nurses in the emergency department must be watchful of mental health and intention to leave.

Alhakami and Baker (2025) explored emotional intelligence and its influence on nurses in general hospitals in Jeddah, Saudi Arabia. The study showed that there is moderate TEIQue scoring the highest, followed by sociability. The study also showed that nurses scored lower in self-control and emotionality. Female nurses, non-Saudi nurses scored higher in wellbeing and emotionality. Less work experience was associated with higher global scores. Additionally, nurses in the OB department scored highest after regression analysis. It was concluded that nurses have moderate emotional intelligence, followed by wellbeing and sociability. The study showed that gender, nationality, and department of assignment influence emotional intelligence level. Emotional intelligence and targeted programs can improve respondents' self-control and emotional regulation. Lastly, a longitudinal study must be conducted to determine how EI interventions improve nurses' skills in providing patient care.

Sociocultural Adaptation

The concept of sociocultural adaptation was initially introduced to distinguish behavioral and affective dimensions of adapting to a new cultural environment. According to Seale and Ward (1990), as noted by Ward (2022), it involves the skills required to manage everyday situations (e.g., shopping, dealing with other people) and aspects of living in a new culture (e.g., different foods, weather, language). According to Wilson (2013), the culture-learning paradigm is one of the foundations of sociocultural adaptation. In addition, social learning theory also relates to sociocultural adaptation. This means that human behavior is acquired through imitation. These learning theories were pivotal in the cultural transition process of migrant workers.

Saati (2023) critically evaluated the experiences of Filipino nurses in Jeddah, Saudi Arabia. The study found that Filipino nurses experienced gaps in intra-team communication and information exchange at work. Communication and information sharing within the team were lacking. In terms of agility, some nurses struggled to adapt to the fast-paced environment. In addition, Filipino migrant nurses experienced culture shock upon joining the hospital in Jeddah. Their ideas and opinions were often disregarded due to their age. Respondents also reported that they did not receive any onboarding procedures from management to help them understand workplace processes and feel integrated into the team.

Abdulcader and Bantugan (2025) studied Filipino Licensed Professionals in the Eastern Region of Saudi Arabia who transitioned from a non-academic to an academic profession. The researcher utilized the interpretative and phenomenological analysis of the respondents to identify the cultural adaptation, acculturation, and challenges they faced. The study was participated in by Filipino migrants aged 40-59 years

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who were licensed as chemical engineers, teachers, respiratory therapists, nurses, and electrical engineers. The study found that respondents' responses included factors such as teaching, resilience, and adaptive pedagogies. In terms of passion for teaching, Filipino teachers wanted to transform their students' lives by teaching subjects in ways that ignite their sense of purpose. In terms of resilience, the teachers do their best despite the challenges they face, including language differences, cultural diversity, and student interests, especially those who are not engaged. In terms of adaptive pedagogies, or methods used to ensure they meet students' needs, respondents reported creating an environment that supports classroom needs and using a flexible teaching approach. Thus, this study showed that a combination of passion, resilience, and adaptive pedagogies empowered Filipino migrant teachers. Through these, teachers were able to provide a positive learning environment that addressed the needs of diverse students.

Alruwaili et al. (2024) studied data from 2014 to 2019, released by the General Organization for Social Insurance (GOSI). This government entity monitors workplace accidents in Saudi Arabia. Data showed that the average fatal accident is 4.2 percent (for every 100,000), while nonfatal accidents are 5.4 percent for every 1000 construction workers. The fatalities for both domestic and migrant workers were 0.1 percent; however, there is a significant difference in fatality rates for migrant workers aged 30-39, while for domestic construction workers it is for those aged 20-29 years old. Transport and car accidents were the most recorded fatalities for migrant workers (57.7 percent) and domestic construction workers (95.0 percent). For migrant workers, the second highest fatality falls (19.3 percent), while no other pattern was seen for domestic construction workers. Also, more migrant workers than domestic construction workers experienced non -fatal accidents compared to domestic workers. Migrant workers aged 30-39 had more serious nonfatal accidents, while domestic construction workers aged 20-39 had more serious nonfatal accidents. In terms of accidents, "fall" is slightly higher, followed by "struck and collision accidents". When they met with an accident, most of them made a full recovery; no fatalities from "fall" were recorded among domestic workers, while 0.04 percent among migrant workers was recorded.

Psychological Distress

Psychological distress is generally considered a transient (not long-lasting) phenomenon that is related to specific stressors. It typically subsides when the stressor is reduced or removed, or when the individual adapts to it. In addition, it is a transient phenomenon and not a long-lasting experience; it usually subsides when the stressors are no longer present or when an individual adapts to them (Kane, 2019). In addition, it is defined as painful mental and physical symptoms that can be linked to fluctuations of mood in most people. On the other hand, it can also mean a sign of the early onset of mental disorders like major depressive disorder, anxiety disorder, and schizophrenia, among others (APA Dictionary of Psychology, 2018). Drapeau et al. (2012) noted that psychological distress is widely used as an indicator of population mental health in public health, in population surveys and epidemiological studies, and as an outcome in clinical trials and intervention studies. It is a set of painful mental and physical symptoms that are associated with normal fluctuations of mood in most people and, in some cases, can lead to a mental disorder.

Alhazmi & Alhazmi (2026) noted anxiety is associated with psychiatric conditions, which can be traced to loneliness. Thus, the study explored loneliness and identified the potential moderator of the relationship between the two. Additionally, demographic profiles and social factors were identified to determine their association with loneliness and generalized anxiety. The study revealed that there is a significant positive association between generalized anxiety and loneliness. Having someone to rely on, the frequency of contact, and having someone to discuss problems moderated the association between loneliness and generalized anxiety. Further study showed that those with high loneliness and generalized anxiety are those who live alone, have no one to discuss and rely on for their problems, have undergone consultation with a psychiatrist and used medications, and have less family contact. Participants with older age are significantly associated with a low level of score of generalized anxiety. Based on this result, it can be inferred that loneliness harms an individual's mental health. Having someone to discuss problems with and timely contact with relatives and friends can actually buffer loneliness. Thus, it was recommended that a public policy should be implemented to reduce loneliness and its consequences.

Rawas et al. (2026) studied how conflicts inside the work-family are related to depression and burnout among nurses assigned to the ICU. Additionally, they examined perceptions of patient safety in Saudi Arabia. A cross-sectional, correlational study was utilized. The study collected data from 276 ICU nurses from tertiary hospitals. The study showed that 28 percent of nurses experienced moderate to severe depression, 24 percent had high emotional exhaustion, and 89 percent experienced moderate to high work-family related conflict. Additionally, results showed that depression was significantly correlated with family conflict. Those nurses with less experience also showed higher levels of depression. Perceptions of safety in the culture were also fragmented. Based on this result, nurses in Saudi Arabia face considerable mental health problems that can compromise the safety of the patients. Work and family are linked to depression and burnout among nurses.

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Associations between job stress, eating behaviors, and body mass index among healthcare professionals at King Faisal Medical Complex, Taif, Saudi Arabia

Qotob et al. (2026) noted that sleep is an essential element. Thus, any irregular pattern in sleep can result in mental and physical illness that can affect daily lives. Thus, the study explored the relationships among stress, anxiety, and sleep, as well as the practices and people's attitudes toward them. A cross-sectional study was conducted in Riyadh, Saudi Arabia, over 5 months, from December 2024 to April 2025. A self-administered questionnaire was utilized, and participants had to answer 5 valid questionnaires. To identify the influencing factors, a logistic regression was used. A total of 687 participants were included. The study showed that compared to singles, married participants were less likely to experience anxiety. Meanwhile, older age was associated with higher DBAS scores and poorer PSQI scores. Additionally, participants aged 61 and above had increased odds of dysfunctional beliefs about sleep and poor-quality sleep as compared to participants aged 18 to 20. The study also showed that there is an association between poor quality of sleep among respondents with higher levels of DBAS, PSS, and anxiety. Poor sleep is also associated with higher DBAS. Additionally, a 1-point increase in stress is associated with poorer sleep. Lastly, results showed that as anxiety increases, there is a chance of poor-quality sleep. With this result, it can be inferred that certain psychological factors and sleep quality are related.

Alharbi (2026) studied the professional quality of life among nurses in psychiatric specialization. The study explored satisfaction with compassion, burnout, and secondary gain. The study revealed that participants had moderate levels of compassion satisfaction. This means a moderate positive engagement among psychiatric nurses when delivering care. A high proportion of psychiatric nurses reported moderate burnout. Additionally, psychiatric nurses had a high level of secondary traumatic stress. This showed that psychiatric nurses experience not only emotional hardship but also psychological strain. Additionally, a high level of compassion is associated with a low level of burnout and secondary traumatic stress. Meanwhile, burnout can lead to an increase in traumatic stress for psychiatric nurses. Certain demographic profiles are associated with burnout, including educational level and income. With this result, it can be inferred that organizations that highlight the need for interventions in mental health support and workload management can be effective strategies for improving the well-being and resilience of psychiatric nurses.

Methodology

Research Design

This study employed a descriptive correlational research design to determine respondents' characteristics regarding sociocultural adaptation, emotional intelligence, and psychological distress, and to examine how emotional quotient moderates the relationships between sociocultural adaptation and psychological distress. Aithor (2024) describes descriptive correlation as an approach to identify the characteristics of a certain group; in this study, Filipino migrants. This approach involves identifying relationships among variables. It is a method used to systematically analyze data, which is helpful for the study's empirical investigation. Based on this research design, the study provided an overview of the respondents' profiles and used descriptive and correlational analyses to examine the relationship between sociocultural adaptation and psychological distress.

Research Locale

The study was conducted at Riyadh, Kingdom of Saudi Arabia. A clearance from Institutional Research Board under Ministry of Health was secured before conducting the research. Participants were visited in offices, accommodations, hospitals, restaurants and Philippine Department of Migrant Workers in Riyadh.

Research Participants

The participants were Filipino migrants working as nurses, food service workers and office / admin workers. The main purpose of the selection is to identify the common occupations of migrant workers from Riyadh, Saudi Arabia, and to ensure balance in the results across different occupations where Filipino migrants commonly worked. Other professions not included in these categories were excluded from the study. The household workers were excluded from the study because they are a vulnerable population and require visits to the houses where they work, which is time-consuming and requires family approval. Filipino migrants who were not residing in Riyadh, Saudi Arabia (i.e., outside Saudi Arabia or on assignment in other regions of Saudi Arabia) at the time the questionnaires were administered were excluded from the study. Respondents who stayed in Saudi Arabia for at least one year were included in this study to ensure that Filipino migrants could adjust to a new environment. The study included Filipino migrants aged 19 years and above who held Philippine passport. The participants had been living in Saudi Arabia for at least 1 year. All data from participants were treated with utmost confidentiality in accordance with the guidelines of the Ministry of

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Health, Saudi Arabia, for a minimum of 5 years, and with the Data Privacy Act of 2012 (R. A. 10173) of the Philippines.

Research Instruments

Schutte Self-Report Emotional Intelligence Test (SSEIT), it is sometimes called the Assessing Emotion Scale, and the Self-Report Emotional Intelligence in other literature. Musonda et al. (2019) mentioned that SSEIT can measure emotional intelligence quotient (EQ). It consists of 33 items that measure perceptions of emotions, managing one's own emotions, managing others' emotions, and utilizing emotions. It has four subscales which includes; perception of emotion (items 5, 9, 15, 18, 19, 22, 25, 29, 32, and 33), managing own emotions (items 2, 3, 10, 12, 14, 21, 23, 28, and 31), managing others' emotions (items 1, 4, 11, 13, 16, 24, 26, and 30), and Utilization of Emotion (items 6, 7, 8, 17, 20, and 27). The overall EQ consists of all 33 items. The total scores ranged from 33 to 165. It is scored on a five-point Likert scale (1=strongly disagree, 2=disagree, 3=neither agree nor disagree, 4=agree, 5=strongly agree). Dr. John Malouf advised the researchers to use the mean and standard deviation of the study's existing data to identify low, medium, and high levels, but not to feel obligated to label respondents' EQ. He advised that those who scored high might benefit from interventions (email to researcher dated February 4, 2026, by Dr. Malouf). Additionally, categorizing individuals degrades the data by reducing the amount of information available about each individual (email to researcher dated March 15, 2026, by Dr. Malouf). Based on the current study's samples (n=414), the standard Deviation is 16.17, while the mean is 123.9, yielding the following results: Low EQ is 107.73 and below, medium EQ is 107.73 to 140.07, and high EQ is 140.07 and above. According to the author of SSEIT, subscale scores can be categorized as low, medium, and high using a triadic split of the current sample (email to researcher dated February 3, 2026, by Dr. Schutte). Thus, based on this study, the following were scored as follows: Perception of emotions (Low ≤34, Medium > 34, high > 38), Managing own emotions (Low ≤, 34, Medium > 34, High> 38), Managing others' emotions (Low ≤28, Medium > 28, high > 32), and Utilization of emotions (Low ≤22, Medium > 22, high > 25). The triadic split calculations were validated by experts. The *medium* is coded as *Medium High* if the score is closed to high and *medium low* if the score is close to low. This tool is valid and reliable, with a Cronbach's alpha of 0.86 (Bsharat, F., 2024) and 0.90 (Schutte et al., 1998, as cited in Schutte et al., 2009). In terms of psychometric properties of the subscales, the Perception of Emotion was 0.76 and 0.80; Managing Own Emotions, .63 and .78; Managing Others' Emotions, .66 and .66 (Ciarrochi et al., 2001, 2002, as mentioned by Schutte et. al, 2009) and Utilization of Emotion, .55 (Ciarrochi et al., 2001) as mentioned by Schutte et. al, 2009. This study conducted a preliminary analysis of Cronbach alpha before utilizing to actual respondents based on the requirements of SISC's ethics committee with the following results; perception of emotions, 0.80 (good); managing own emotions, 0.713 (acceptable); managing other's emotions 0.755 (acceptable); Utilization of emotion, 0.816 (good); and overall SSEIT is 0.921 (excellent). Revised Sociocultural Adaptation Scale (SCAS-R), this instrument measures sociocultural adaptation and consists of 21 items. SCAS-R has overall internal consistency of 0.92 and has the following subscales and internal consistency: (1) interpersonal communication (0.89), (2) Academic/ Work Performance (0.86), (3) Personal Interests and Community Involvement (0.76), (4) Ecological Adaptation (0.71), and (5) Language proficiency (0.90). It is a valid and reliable instrument, with a Cronbach alpha of 0.87 (Wilson, 2013). According to the test manual, the SCAS-R is a Likert scale ranging from 1 (not competent at all) to 5 (extremely competent), with higher scores indicating greater competence in the cultural environment of Saudi Arabia. The instrument is free of charge and requires no approvals; however, the author advised that the questionnaire may be modified as needed. This study conducted a preliminary analysis of Cronbach alpha before utilizing to actual response based on the requirements of SISC's ethics committee with the following results; interpersonal communications, 0.824 (good); work performance, 0.715 (acceptable); personal interest and community involvement, 0.755 (acceptable); ecological adaptation, 0.807 (good); language proficiency, 0.705 (acceptable); and overall sociocultural adaptation, 0.913 (excellent). In terms of the scoring of the data this study adopted the scoring based on Likert scale by Al Fardy et. al (2018) and Addatu Cambri et al (2019) which is distributed in the following; Not at All Competent (1.0 - 1.80), Less Competent (1.81 to 2.60), Slightly Competent (2.61 – 3.40), Competent (3.41 – 4.20), and extremely Competent (4.21 – 5.00). Additionally, to identify the level of sociocultural adaptation, the following average score was computed. SCAS- R measures interpersonal communication (items 1, 3, 6, 11, 13, 16, and 21), work performance (items 2, 7, 12, and 17), Personal Interests & Community Involvement (Items 4, 8, 14, and 18), Ecological Adaptation (Items 5, 9, 15, and 19), Language Proficiency (items 10 and 20), and the overall sociocultural adaptation which consists of all the 21 items (Wilson, 2013). Permission to used the scale was secured and modification of item is allowed as confirmed by Dr. Ward (email to researcher dated December 16, 2024). Kessler Psychological Distress Scale (K10), **t**he Kessler Psychological Distress Scale (K10) is a simple measure of psychological distress. The K10 scale involves 10 questions about emotional states, each with a five-level response scale. The Cronbach alpha, which measures internal consistency, is 0.93. This study conducted a preliminary analysis of Cronbach's alpha before

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using actual responses, in accordance with the SISC's ethics committee requirements, yielding 0.915 (excellent). Each item can range from 'none of the time' to 'all of the time'. The possible highest score is 50, while the lowest is 10. Those who scored low indicate low psychological distress, while those who scored high indicate a higher level of psychological distress. The scores for the 10 items are summed, yielding a minimum score of 10 and a maximum of 50. Low scores indicate low levels of psychological distress and high scores indicate high levels of psychological distress. According to the 2001 Victorian Population Health Survey, a set of cut-off scores that may be used as a guide for screening for psychological distress were as follows: 10 - 19 as likely to be well, 20 - 24 as likely to have a mild psychological distress, 25 - 29 as likely to have a moderate psychological distress, and 30 - 50 as likely to have a severe psychological. Permission to use the scale was secured and confirmation from Administrative Assistant of Dr. Kessler from Harvard Medical School confirmed to use the instrument (email to researcher dated July 25, 2025).

Data Gathering Procedure

The description below outlines how the researcher collected the required data in this research, including the initial and selection phase, the data collection phase, the scoring of the gathered data, the analysis phase, and, lastly, the review and final writing phase. The researcher provided a timeline for each phase of the data-gathering procedures.

Results and Discussions

Research Question 1: What is the profile of the respondents according to Sociocultural Adaptation, Psychological Distress and Emotional Quotient?

Table 1. Profile of the Respondents According to Sociocultural Adaptation

	Mean	Standard Deviation	Verbal Interpretation
1. Interpersonal Communication	3.67	0.90	Competent
2. Work Performance	4.11	0.78	Competent
3. Personal Interest and Community Involvement	3.46	0.93	Competent
4. Ecological Adaptation	3.67	0.90	Competent
5. Language Proficiency	2.64	1.08	Slightly Competent
6. Sociocultural Adaptation	3.61	0.90	Competent

The table shows that the Filipino migrants were competent in terms of overall sociocultural adaptation ($\bar{x}$ =3.61, σ=0.90), interpersonal communication ($\bar{x}$ =3.67, σ=0.90), work performance ($\bar{x}$ =4.11, σ=0.78), ecological adaptation ($\bar{x}$=3.67, σ=0.90) and personal interest and community involvement ($\bar{x}$=3.46, σ=0.93). Additionally, the study showed that Filipino migrants were slightly proficient in language ($\bar{x}$ = 2.64, σ = 1.08).

Further Analysis showed that majority of Filipino migrants were competent in sociocultural adaptation (n= 234, 56.52%), followed by slightly competent (n= 117, 28.26%), and strongly competent (n= 51, 12.31%), additionally, 3 percent of the Filipino migrants were not competent (n= 11, 2.66%) and 1 migrant was not competent at all (n= 1, 0.24%) (Appendix A).

According to Bandura (1998), as noted by Nabavi and Bijandi (2012), individuals learn through observation, and mental states are involved in this process, called intrinsic reinforcement. Thus, learning through modeling would happen. Based on this study, it can be inferred that the majority of respondents were able to adapt to the socio-cultural context in Riyadh, Saudi Arabia. Considering that part of the general principle of Social Learning theory was that at any stage of life, observational learning could happen and learning could happen because of modeling.

According to the Social Exchange Theory proposed by George C. Homans, the relationship between two people is based on a cost-benefit analysis, meaning Filipino migrants relate to others in foreign countries to benefit from them. Additionally, this theory posited that humans seek what is more beneficial (rewards) rather than avoid punishment. In this case, Filipino migrants tend to adapt to gain more rewards. Note that, based on the social exchange theory, the reward was not about tangible objects but related to intangible ones, which included being respected, gaining prestige or honor, or being valued ("What Is Social Exchange Theory? | Tulane School of Social Work," 2018).

During the informal discussions, Filipino migrants were asked about their interactions at social events. It was mentioned by one of the respondents that social life was not that much, claiming to be busy at work even on Saturdays; it was mentioned that "The way of I'm interacting with the social events, parang wala naman akong social life. Kasi I'm busy with the work, and Friday, Saturday, I'm engaging also some work kasi online *(the way I'm interacting with social events is that I almost don't have a social life. Because I'm busy with work. Even Friday, Saturday, I'm also engaging in some work online)*". Others highlighted the importance of providing a conversation, regardless of the status of Filipino migrants; however, it is important to get

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background information on where they came from in the Philippines and the nature of their work. It was mentioned that "First, syempre kikilalanin mo yung mga kausap mo, alamin mo kung tagasaan sya sa Pilipinas, alamin mo yung family background. Pero pare-pareho ng pakikitungo sa mga kapwa Filipino natin dito, kahit ano pang status nila *(first you have to know whom you are talking to, where they came from in the Philippines, so basically know more about their family background… work. We should have the same treatment for our fellow Filipinos despite their status)"*.

In line with accurately interpreting other people's emotions, one migrant mentioned that as a migrant in Saudi Arabia, sometimes it was difficult to understand when others were angry; it was mentioned that "Kung dito sa Saudi as a migrant, medyo mahirap kasi syempre, iintindihin mo na lang sila kapag galit sila. Parang ganun, di ba, parang, okay, sige, galit. Pero mamaya-maya okay naman din sila eh (*here in Saudi as a migrant, a bit difficult of course, you have to understand if they are angry because later on, they will be okay*)". In some situations, Filipino migrants tend not to go with others because they think it is not their own country and prefer to stay in the middle rather than go with them. This situation is associated with feeling that they are being talked about because they think Arabic speakers won't understand them. It was mentioned that "Pero ayoko magkasabay. Oo, ayoko magkasabay kasi parang ako, hindi ko bansa 'to. Parang, I want na nasa gitna lang. Ang hirap. Kasi pag nakisabay ka sa kanila, syempre, ano na lang, sila imamarites ka nila na sila-sila nagkakaintindihan tapos ikaw ganyan ka naman *(yes, I don't want to go with them, because for me, this is not my country. I just want to be in the middle. It is hard to go with them, because they will gossip with other co-workers, believing you won't understand them*)".

In some situations, where intonation of voice varies among Filipinos and other nationalities in Saudi Arabia, one migrant worker claimed it was sometimes difficult to accurately interpret others' emotions. It was mentioned that "Nag-uusap lang pala sila nang maayos, pero with high pitch. Di ba Filipino hear that it seems they're fighting. But pag sa atin, pag sa kanila pala, they're just talking normally. So mahirap siyang, mahirap siyang ma-interpret accurately (*for example they must talk properly but with high pitch… right, as Filipinos hear that, they seem to be fighting… but for them, they are just talking normally. So, it is hard to interpret accurately*)".

Table 2. Profile of the Respondents According to Psychological Distress

Level of Psychological Distress	*f*	%	Mean	Standard Deviation
1. Likely to be Well	199	48.07	13.95	2.91
2. Likely to have mild psychological distress	102	24.63	21.93	1.32
3. Likely to have moderate psychological distress	52	12.56	26.69	1.15
4. Likely to have severe psychological distress	61	14.74	33.08	4.23
Overall Psychological Distress				
Likely to have mild psychological distress	**414**	**100**	**20.34**	**7.52**

The study showed that the Filipino migrants were likely to have a mild psychological distress ($\bar{x}$=20.34, σ=7.52). Additionally, study showed that majority of the Filipino migrants were likely to be well (n=199, 48.07%, $\bar{x}$=13.95, σ=2.91), followed by likely to have mild psychological distress (n=102, 24.63%, $\bar{x}$=21.93, σ=1.31), likely to have severe psychological distress (n=61, 14.73%, $\bar{x}$=33.08, σ=4.23), and likely to have moderate psychological distress (n= 52, 12.56%, $\bar{x}$=26.69, σ=1.15).

During informal interview, participants were asked about being tired for no good reason. One of the respondents mentioned that it is common in office work, feeling homesick, and routine work. It was mentioned that "parang common naman ito sa office papers. Sometimes you can be homesick. Kahit sabihin mo na at the end of the day na masaya ka o ganito-ganito, at the end of the day, pag-uwi mo ng bahay na parang routine na lang kasi sa'yo (*I think this is common in office work. Sometimes you can be homesick even though you are happy with things around you. At the end of the day, when I went home, it was just a routine*)".

Meanwhile, others mentioned that work is the usual source of stress, as well as the injustices experienced there. It was mentioned that it was okay to feel tired at work, but when injustices happen, being sensitive became obvious. It was mentioned that "siguro dahil sa work, kadalasan na nakakapag-stress sa akin yung injustices na nakakastress sa akin. Kasi injustices sa work, sa workplace. Kasi kahit pagurin mo ako ng trabaho, ayos lang sa akin. Pero pag nakaramdam ako ng injustices, ang sensitive ko diyan. Parang nagkaroon ako ng, parang nagkaroon ako ng, nai-stress ako (*I think because of work, usually it causes stress is the injustices in the workplace. It is okay for me to get tired from my job, but the injustices, I am very sensitive to that- I get stressed*)". Meanwhile, others were due to overthinking, which causes them to get physically exhausted.

One migrant mentioned, "If I ever felt like I do all my days where I feel like I'm tired for no reason, I guess it's because maybe I am overthinking a lot to the point it's actually exhausting me physically. Other days, maybe I didn't get enough sleep. That's what I think is the reason why I feel tired for no good reason". While others mentioned that toxic environment is the cause which makes one feels tired accompanied by a question

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on what the colleagues were talking about, it was mentioned that "siguro ako, napapagod ako sa trabaho ko pero yung mas nakakapagod is yung parang bang nasa paligid mo minsan nakaka toxic, parang -ano na naman yung pinag uusapan ng mga 'to *(I think, I get tired from work, but what makes me more tired is like what is around me, sometimes it makes me toxic especially when you heard them and tell to yourself about what they are talking about*)".

It was mentioned that it is permissible to get tired from work but hearing negative about company other people causes stress, it was mentioned that "Ayoko yung may mga naririnig ako na mga negatibo wala akong pakialam sa trabaho mapagod ako, okay lang, trabaho yun e. Pero yung mga stress na naririnig ko about sa negative ng company, negative ng isang tao (*I don't want to hear negative things, I don't care about getting tired at work- because that is work. But the stress that I am hearing about negatives in the company, negative about people*)". Another similar response was due to negative work environment but has to move forward "ako, work related, iyon pag burnout kana sa work, not because sa salary, not because sa company, yung working environment nakaka-apekto pero i have to move-on, go on lang (*for me, work related, by the time time you are burnout at work, not because of the salary, not because of the company, but because of the work environment affects you. I have to move on, I have to go on*)".

Table 3. Profile of the Respondents According to Subscales of Emotional Quotient

	Mean	Standard Deviation	Verbal Interpretation
Perception of Emotion	35.99	4.83	Medium- Low
Managing Own Emotions	35.29	4.99	Medium- Low
Utilization of emotions	23.06	3.78	Medium- Low
Managing others' emotions	29.60	4.79	Medium- Low

When subscales were considered, the Filipino migrant's levels of perception of emotion ($\bar{x}$ =35.99, σ=4.17), managing own emotions ($\bar{x}$ =35.29, σ=4.99), utilization of emotions ($\bar{x}$ =23.06, σ=3.79), and managing others' emotions ($\bar{x}$ = 29.60, σ = 4.79) were medium-low.

In informal interview, in terms of how Filipino migrants make themselves aware of the non-verbal messages sent to others, Filipino migrants' awareness in terms of facial expression and body language was "yung facial expression mo, na body language mo na gagawin (*your facial expression, the body language that you have to do*)". In some cases, Filipino migrants adjust their emotional responses to situations. For instance, one migrant claimed that he used to smile back in the Philippines but was misinterpreted when he moved to Saudi Arabia. In this situation, his identity as someone who always smiled was gone, and he reached a point where he never smiled at work anymore and got used to it. The Filipino migrant mentioned, "Bilang Pilipino kasi noong umpisa, mangiti ako. Masyado akong friendly... To the point na parang nawala sa akin yung ganun. Lagi akong napapagkamalan ng mga tao na masungit. Kasi parang nasanay ko yung sarili ko na hindi na palangiti (*counted as Filipino, in the beginning I used to smile. I was so friendly to the point that it was gone. People always think I was a snob, because I trained myself not always to smile*)". Meanwhile, others mentioned that they were aware about non-verbal messages sent to others and being vocal it was mentioned "I think I'm aware of what I am doing, I am very vocal". Meanwhile, others deny when one does not feel okay but shows to others the other way around, a Filipino migrant mentioned "Yung parang hindi okay yung kinikilos mo, pero okay na lang (*when what you are doing is not okay, but you just say it is okay*)".

During informal interviews, Filipino migrants have some ways to manage their own emotions when faced with a challenge. Some entrust their faith to God, which helps them manage emotions and not give up easily. One Filipino migrant mentioned, "To be honest, relating to this question, right away si God ang naiisip ko *(I think of God*). I never give up because of faith." Others believe that not giving up easily is because everything has a solution, and when failure arises, a belief that something much better will come: "Hindi basta ako nag-give up. Hindi ako nag give up kasi alam kong lahat ng bagay, ang lahat ng problema may solusyon... Alam ko may mas hihigit pa d'yan na mas mabuti para sa akin (*I don't easily give up, I don't give up because I know there is much more to that which is better for me*)". While others feel uncertain with the outcome, will still do something when faced with a challenge, and assess if the problem is doable to be resolved "ay hindi, madalas kunyari challenge, hindi ko alam kung magfe-fail ito o magagawa mo, pero gagawin ko. Titignan ko kung kaya. Kung kaya. If doable (*oh no, usually for example it is a challenge, I don't know if this will fail or you can make it - but you have to do it. I will see if I can*)". Other Filipino migrants believe that the opposite of failure was success, and it was part and foundation of self, and it has to be felt, it was mentioned that "ako talaga naniniwala ako na, gaya ng sinabi ko kanina, hindi opposite ng failure ang success. Para sa akin ay part siya, kailangan maka-feel ka ng opposite ng success. At ang opposite niya is the foundation. (*I really believe, just what I said earlier, that the opposite of success is failure. For me, it is part; you have to feel the opposite of success; the opposite is the foundation*)". Meanwhile, others mentioned that part of being Filipino was not

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giving up easily; another Filipino migrant told, "nasa lahi nating Pilipino hindi tayo basta sumusuko (*it is in our race as Filipinos who never easily give up*)". With this interview, it can be gleaned that Filipino migrants have different ways of managing emotions.

Additionally, the informal interview showed that Filipino migrants maintained a positive outlook despite obstacles. Some mentioned that it was important to keep a positive mood, listen to music, and watch movies. One of the Filipino migrants mentioned "kung sa mood is maging ano lang, positive sa lahat ng bagay... masaya, masaya or mag-mumusika... Mag-ano lang ako, sige, manood na lang ako ng masayang movie, natutuwa ako, or magmumusic ako (*in the mood, we need to be positive in all things... happy, happy or play music... I will watch movies, I feel happy, I play music*)". Meanwhile, one respondent mentioned that he needed to be under pressure to work, and relax during a good mood states, the Filipino migrant mentioned it that preference for relax mind and body is considered during this state "pag-good mood ako, gusto ko nakarelax lang... relax ang utak, relax ang katawan... kailangan under pressure ako para makapagtrabaho ako, makapag-isip ako (*when I'm in a good mood, I want to relax, relax the brain, relax the body... I need to be under pressure to work, and for me to think*)". While others mentioned that "Yung good mood parang serves at motivation, yung good mood naman...makapag isip ka ng maayos, pag good mood ka it seems like everything is going smoothly (*the good mood serves as motivation. The good mood allows to think properly and everything is like going smoothly*)". This indicates that good moods motivate and that everything seems to be going smoothly.

Table 4. Profile of the Respondents According to Emotional Quotient

	Mean	Standard Deviation	Verbal Interpretation
1. Emotional Quotient	123.94	16.17	Medium- High

The table shows that Filipino migrants have a medium-high level of emotional quotient ($\bar{x}$ = 123.94, σ = 16.17). Further investigation was made to identify the level of emotional quotient of the respondents. Regarding sex, the study showed that both males had medium- low EQ ($\bar{x}$ = 120.60, σ = 16.69), and females scored medium-high ($\bar{x}$ = 126.13, σ = 15.48), showing that females' EQ is slightly higher than males. When age was considered, the study revealed that all age groups showed a medium level of emotional quotient. Study showed that as age group increases, there was also an increase in the level of emotional quotient, where 65 years old were medium-high ($\bar{x}$=128.00, σ=18.35) followed by 30 to 64 years old with EQ of medium high ($\bar{x}$ = 124.21, σ=16.26) and 19 to 29 years old with an EQ of medium low ($\bar{x}$ = 121.83, σ = 30.72). In terms of length of stay in Saudi Arabia, Filipino migrants who have been in Saudi Arabia for more than 10 years ($\bar{x}$ = 126.02, σ = 15.87) had medium high emotional quotient, followed by 5 to 9 years ($\bar{x}$ = 124.39, σ = 14.78) with EQ of medium- high and 1 to 4 years ($\bar{x}$ = 120.67, σ = 14.72) with EQ of medium-low. We can therefore infer that there is a slight increase in emotional quotient with increasing length of stay. In terms of occupation, nurses ($\bar{x}$ = 126.87, σ = 13.26) scored the highest with medium-high EQ, followed by office/admin workers ($\bar{x}$=122.92, σ=17.71) and food service workers ($\bar{x}$ =121.54, σ=16.64) with medium- low EQ. In terms of the marital status, widowed ($\bar{x}$ =142.60, σ=10.41) has high emotional quotient followed married ($\bar{x}$ =125.10, σ=15.72) with medium-high EQ, single ($\bar{x}$ =122.34, σ=16.59), common law/ live in partner ($\bar{x}$ =119.20, σ=15.35), and divorce ($\bar{x}$ =118.00, σ=28.96) with medium-low EQ. In terms of educational attainment, the study found that postgraduate ($\bar{x}$ = 132.97, σ = 11.29) and elementary level ($\bar{x}$ = 130.50, σ = 20.94) had medium- high EQ, followed by college ($\bar{x}$ = 123.67, σ = 15.56), and High School ($\bar{x}$ = 121.13, σ = 18.29) with medium-low EQ. Findings also revealed that Filipino migrants whose families lived with them had a medium-high EQ ($\bar{x}$=126.08, σ=15.12), while those whose families lived away from them had a medium-low EQ ($\bar{x}$=123.12, σ=16.51).

The study also showed that 40.82% (n=169) had a medium-high level of EQ, followed by 28.50% (n=118) with medium-low EQ, 16.43% (n=68) with low EQ, and 14.25% (n=59) with high EQ.

Research Question 2: Is there a significant relationship between the sociocultural adaptation and psychological distress of the respondents?

Table 5. Relationship between Sociocultural Adaptation and Psychological Distress of Filipino Migrants

	Sociocultural Adaptation	r	Strength	p value	Interpretation	Decision
1. Psychological Distress	Sociocultural Adaptation	-.143	Slight	.004	Significant	Accept Ha
	Interpersonal Communication	-.169	Slight	.001	Significant	Accept Ha
	Work Performance	-.158	Slight	.001	Significant	Accept Ha
	Personal Interest and Community Involvement	-.094	Slight	.056	Not Significant	Reject Ha
	Ecological Adaptation	-.167	Slight	.001	Significant	Accept Ha
	Language Proficiency	.114	Slight	.021	Significant	Accept Ha

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This study showed that sociocultural adaptation, including its subscales interpersonal communication, work performance, and ecological adaptation, was associated with lower levels of psychological distress. Although statistically significant, the magnitudes of these correlations were small, suggesting that overall sociocultural adaptation, interpersonal communication, work performance, and ecological adaptation explain only a modest portion of the variance in psychological distress. Additionally, personal interest and community involvement might not directly relate to psychological distress, and higher levels of interpersonal communication were associated with lower levels of psychological distress. Lastly, higher language proficiency might be slightly associated with higher psychological distress levels among Filipino migrants.

The value of r = -.143 indicated a slight negative correlation between sociocultural adaptation and psychological distress among the respondents. The p-value of .004, which was lower than the .05 significance level, indicated a significant relationship between sociocultural adaptation and respondents' psychological distress. This meant that the higher the level of sociocultural adaptation, the lower the level of psychological distress. Thus, building and maintaining relationships, interacting at social events, speaking in a culturally appropriate manner, accurately interpreting and responding to others' emotions, and changing behavior to align with social norms, rules, attitudes, and customs were necessary, as these are associated with lower psychological distress.

The value of r = -.169 indicated a slight negative correlation between psychological distress and respondents' interpersonal communication. The p-value of .001, which was lower than the .05 significance level, suggests a significant relationship between psychological distress and respondents' interpersonal communication. This means that the higher the level of interpersonal communication, the lower the level of psychological distress. This suggests that being competent in an ability to accurately interpret and respond to other people's emotions acts as slight protection for mild psychological distress experienced by Filipino Migrants in the past 4 four weeks which includes feeling tired out of no-good reason, and often feel nervous (vice versa). Saati (2023) found that Filipino nurses experienced gaps in intra-team communication and information exchange at work. Communication and information sharing within the team were lacking, and some nurses struggled to adapt to the fast-paced environment. In addition, Filipino migrant nurses experienced culture shock upon joining the hospital in Jeddah. In terms of agility, some nurses struggled to adapt to the fast-paced environment. In addition, Filipino migrant nurses experienced culture shock upon joining the hospital in Jeddah.

The value of r = -.158 indicated a slight negative correlation between psychological distress and respondents' work performance. The p-value of .001, which was lower than the .05 significance level, indicated a significant relationship between psychological distress and respondents' work performance. This meant that higher levels of work performance were associated with lower levels of psychological distress. Thus, being competent in managing work responsibilities acts as slight protection for mild psychological distress experienced by Filipino Migrants in the past 4 four weeks, which includes feeling tired for no good reason and often feeling nervous (vice versa).

Alanazi and Yates (2022) revealed that the majority of the respondents were satisfied with their job, content and happy with the salary package they receive, and content with benefits they receive from employers despite less opportunity for promotion. A. E. Sobaih and Abu Elnasr (2023) study showed that foreign workers see their work environment as clean and appropriate. The study revealed moderate job satisfaction, stress, and intention to leave. Those who were single showed a higher intention to leave than those who were married. In addition, compared to Saudi and other nationalities (Sudanese, Egyptian, Jordanian), Filipinos had a higher intention to leave. There were also significant differences in working areas, with those in obstetric clinics having a lower intention to leave than those assigned to medical and surgical units and the ICU (Albougami et al., 2020).

Alharbi et al. (2024) indicated that psychological distress, work environment quality, and motivation were moderate. Furthermore, the study showed a significant, moderate positive relationship between nurses' psychological distress and work environment quality. This means that the work environment was a factor in psychological distress. Alharbi et al. (2024) also added that psychological distress varied depending on nationality, position, and the type of work environment. In addition, the type of hospital affected the quality of the work environment. Based on the results, the work environment and nurses' motivation could affect psychological stress. It was recommended that the nurses' work environment quality, motivation, and psychological stress be monitored to ensure better patient care.

Almansour et al. (2023) suggested changing the work environment to hone experience, knowledge, and skills, as others believed they wanted to experience working in a different culture. Almansour et al. (2021) concluded that job satisfaction could contribute to nurse retention. Al-Nusair and Alnjadat (2022) found that immigrants experience high work pressures, have difficulty acquiring cultural skills, and struggle to meet the spiritual and cultural needs of their patients and to sustain high-quality care. Findings showed that nurses who work in Saudi Arabia were stressed.

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Aljuaid (2022) found no statistically significant relationship between stress levels and shift length. In addition, there was no statistically significant relationship between stress levels and years of work experience. The positive social perspectives and strong work ethic of Filipino nurses were vital in preventing these negative circumstances and reducing the potential for higher stress levels due to long hours. Ocampo et al. (2021) found that migrant workers' career adaptability promotes work and general adjustment, which, in turn, enhances work outcomes (i.e., job performance and retention) and psychological health (i.e., life satisfaction). Additionally, the indirect effects of career adaptability on work and psychological health outcomes—mediated by work and general adjustment—were stronger among migrant workers with high levels of cultural intelligence compared to those with low levels.

The value of r equal to -.094 indicated a slight negative correlation between psychological distress and "personal Interest and community Involvement" among the respondents. The p-value of .056, which was greater than the .05 significance level, suggests that there was no significant relationship between psychological distress and personal Interest and community involvement among the respondents. This suggested that maintaining hobbies and interests is not directly associated with lower psychological distress experienced by Filipino Migrants in the past 4 four weeks, which includes feeling tired for no good reason and often feeling nervous (vice versa). This result did not agree with the study by Bugshan (2025), which stated that having strong linkages in the community was linked to lower levels of depression, anxiety, and stress.

The value of r = -.167 indicated a slight negative correlation between psychological distress and ecological adaptation among the respondents. The p-value of .001, which was lower than the .05 significance level, indicated a significant relationship between psychological distress and respondents' ecological adaptation. This meant that the higher the level of ecological adaptation, the lower the level of psychological distress. Thus, adapting to neighborhood noise levels, adjusting to population density, and finding ways to avoid noise in Riyadh, Saudi Arabia were associated with lower levels of psychological distress. Zaghloul et al. (2019) found that Indians and Filipinos/Indonesians were more likely to live in company-provided accommodation. Aljohani and Alomari's (2018) study showed that the major reasons for turnover among Filipino nurses include low-quality accommodations provided by employers. Additionally, Filipinos' consumer complaint behavior was more inclined toward private complaints or toward not complaining anymore (Badghish et al., 2019).

The value of r = .114 indicated a slight positive correlation between psychological distress and respondents' language proficiency. The p-value of .021 was below the .05 significance level, indicating a significant relationship between psychological distress and respondents' language proficiency. Although weak in magnitude, this indicated that higher language proficiency is associated with higher psychological distress. Therefore, being slightly competent in understanding and speaking Arabic is associated with psychological distress.

Research Question 3: Does emotional quotient significantly moderate the relationship between sociocultural adaptation and psychological distress of the respondents?

A series of moderation analyses was conducted to examine whether emotional quotient significantly moderated the relationship between sociocultural adaptation and psychological distress. Additionally, separate regression analyses were conducted to examine the moderating role of emotional quotient in the relationship between the sociocultural adaptation (subscales) and psychological distress.

Table 6. The Moderating Role of Emotional Quotient in the Relationship between Sociocultural Adaptation and Psychological Distress

Predictors	R square (R^2) change	F change	Interpretation
1. Sociocultural Adaptation 2. Emotional Quotient 3. Sociocultural Adaptation 4. Emotional Quotient	.006	.099	Not Significant

The value of R^2 equal to .006 meant that the model (Sociocultural Adaptation, Emotional Quotient plus the interaction Sociocultural Adaptation_Emotional Quotient) explained 0.6% of the variability in the outcome. The p-value of .099, which was greater than .05, suggested that the overall emotional quotient did not significantly moderate the relationship between overall sociocultural adaptation and the respondents' psychological distress.

In some studies, it was found that emotional intelligence did not moderate the association between all personality traits of young adults and creativity; however, EQ moderates certain personality trait subscales (extraversion and openness to experience) and creativity (Younas et al., 2024). Thus, it can be concluded that

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emotional quotient could buffer certain relationships or associations. Meanwhile, other studies found that emotional intelligence does not moderate the relationship between toxic work environments and employee well-being (Thapa et al., 2023).

Table 7. Moderating Role of Perception of Emotion in the Relationship between Sociocultural Adaptation and Psychological Distress

Predictors	R square (R^2) change	p value	Interpretation
1. Sociocultural Adaptation 2. Perception of Emotion 3. Sociocultural Adaptation 4. Perception of Emotions	.011	.033	Significant

The value of R^2 equal to .011 meant that the model (Sociocultural Adaptation, Perception of Emotion plus the interaction Interpersonal Sociocultural Adaptation_ Perception of Emotion) explained 1.1% of the variability in the outcome. The p-value of .033, which was less than the .05 significance level, suggested that Perception of Emotion significantly moderated the relationship between sociocultural adaptation and the respondents' psychological distress.

This means that the perception of emotions, which includes listening to the tone of other people's voices, moderated the relationship between sociocultural (i.e., gaining feedback from others) adaptation and psychological distress (feeling tired for no good reason and feeling nervous in the past 4 weeks). However, it must be noted that the the moderating role of perception of emotion is small in size. It also means that how Filipino migrants' sociocultural adaptation in Saudi Arabia differs from one person to another. Thus, the perception of emotions shapes the strength of the relationship between sociocultural adaptation and psychological distress, depending on how Filipino migrants perceive emotions when living in Saudi Arabia. During the informal interview, some respondents mentioned that using body language makes them attentive, while others do not use non-verbal communications and prefer verbal communications to avoid being misunderstood. According to Mayer et al. (2009), as mentioned by Craig (2019), emotional intelligence can accurately perceive others' emotions, leading it to be considered a form of facial perception.

In a similar study, emotional intelligence was found to moderate the relationships among employee resilience, perceptions of organizational support, and work engagement (Masalat et al., 2025).

Table 8. Moderating Role of Managing Own Emotion in the Relationship between Sociocultural Adaptation and Psychological Distress

Predictors	R square (R^2) change	p value	Interpretation
1. Sociocultural Adaptation 2. Managing Own Emotion 3. Sociocultural Adaptation 4. Managing Own Emotion	.003	.268	Not Significant

The value of R^2 equal to .003 meant that the model (Sociocultural Adaptation, Managing Own Emotion plus the interaction Interpersonal Sociocultural Adaptation_ Managing Own Emotion) explained 0.3% of the variability in the outcome. The p-value of .268, which was greater than the .05 significance level, suggested that Managing Own Emotion did not significantly moderate the relationship between sociocultural adaptation and the respondents' psychological distress.

Table 9. Moderating Role of Managing Others' Emotion in the Relationship between Sociocultural Adaptation and Psychological Distress

Predictors	R square (R^2) change	p value	Interpretation
1. Sociocultural Adaptation 2. Managing Others' Emotion 3. Sociocultural Adaptation 4. Managing Others' Emotion	.003	.228	Not Significant

The value of R^2 equal to .003 meant that the model (Sociocultural Adaptation, Managing Others' Emotion plus the interaction Interpersonal Sociocultural Adaptation_ Managing Others' Emotion) explained 0.3% of the variability in the outcome. The p value equal to .228 which was greater than the .05 significance level suggested that Managing Others' Emotion did not significantly moderate the relationship between sociocultural adaptation and psychological distress of the respondents.

According to Davis and Nichols (2016), evidence emerged that emotional intelligence can operate indirectly alongside traits and skills, leading to "predictive manipulative behavior". It was mentioned that dispositions (trait emotional intelligence) related to oneself and others could not only harm the self

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(intrapersonal) but also others (interpersonal). This was even though emotional intelligence appeared to be useful in successful navigation.

Table 10. Moderating Role of Utilization of Emotion on the Relationship between Sociocultural Adaptation and Psychological Distress

Predictors	R square (R^2) change	p value	Interpretation
1. Sociocultural Adaptation 2. Managing Others' Emotion 3. Sociocultural Adaptation 4. Utilization of Emotion	.003	.275	Not Significant

The value of R^2 equal to .003 meant that the model (Sociocultural Adaptation,Utilization of Emotion plus the interaction Interpersonal Sociocultural Adaptation_ Utilization of Emotion) explained 0.3% of the variability in the outcome. The p value equal to .275 which was greater than the .05 significance level suggested that Utilization of Emotion did not significantly moderate the relationship between sociocultural adaptation and psychological distress of the respondents.

Table 11. Moderating Role of Emotional Quotient in the Relationship between Interpersonal Communications and Psychological Distress

Predictors	R square (R^2) change	p value	Interpretation
1. Interpersonal Communication 2. Emotional Quotient 3. Interpersonal Communication 4. Emotional Quotient	.009	.048	Significant

The value of R^2 equal to .009 meant that the model (Interpersonal Communication, Emotional Quotient plus the interaction Interpersonal Communication_Emotional Quotient) explained 0.9% of the variability in the outcome. The p-value of .048, which was less than .05, suggested that the Emotional Quotient significantly moderated the relationship between interpersonal communication and the respondents' psychological distress. However, it must be noted one again that the moderating role is small in size.

A similar study by Meniado (2020) showed a strong positive correlation between emotional intelligence and organizational citizenship behavior, indicating that when emotional intelligence is high, organizational citizenship tends to be high as well, and vice versa. Alkorashy et al. (2024) found that both the personal and social components of emotional intelligence significantly buffered the relationship between preparedness and quality of work life, concluding that improving emotional intelligence, especially in demanding environments, could enhance nurses' quality of life.

Table 12. Moderating role of Emotional Quotient on the Relationship Between Work Performance and Psychological Distress

Predictors	R square (R^2) change	p value	Interpretation
1. Work Performance 2. Emotional Quotient 3. Work Performance 4. Emotional Quotient	.000	.648	Not Significant

The value of R^2 equal to .000 meant that the model (Work Performance, Emotional Quotient plus the interaction Work Performance _Emotional Quotient) explained 0% of the variability in the outcome. The p-value of .648, which was greater than .05, suggested that the Emotional Quotient did not significantly moderate the relationship between work performance and the respondents' psychological distress. Alotaibi et al. (2020) found that the relationships between EI and work engagement and between psychological empowerment and work engagement were not significant. Additionally, Serhan and Gazzaz (2019) indicated that emotional intelligence showed no significant impact on social awareness on employee performance.

Table 13. Moderating Role of Emotional Quotient on the Relationship Between 'Personal Interest &Community Involvement' and Psychological Distress

Predictors	R square (R^2) change	p value	Interpretation
1. Personal Interest and Community Involvement 2. Emotional Quotient 3. Personal Interest and Community 4. Emotional Quotient	.009	.049	Significant

The value of R^2 equal to .009 meant that the model (Personal Interest and Community Involvement, Emotional Quotient plus the interaction Personal Interest and Community _Emotional Quotient) explained 0.9% of the variability in the outcome. The p-value of .049, which was less than .05, suggested that the

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Emotional Quotient significantly moderated the relationship between personal interest and respondents' psychological distress. This means that emotional quotient (EQ) moderated the relationship between personal interest and community involvement (i.e., dealing with bureaucracy) and psychological distress (i.e., feeling tired and nervous for good reasons). Part of dealing with bureaucracy involves accepting the advantages and disadvantages of living in Saudi Arabia. However, it must be noted that the moderating role is small in size.

In a similar study, Serhan and Gazzaz (2019) found that emotional intelligence has a significant positive impact on self-management, self-awareness, and relationship management, and on employee performance. Emotional intelligence and cross-cultural adjustment are significantly related among Filipino expatriates in Saudi Arabia (Dinglasa, 2020). Additionally, appraisal and recognition of others' emotions showed the highest positive correlation, deemed moderate, with general living adjustment, interactional adjustment, and work adjustment (Dinglasa, 2020).

Table 14. Moderating role of Emotional Quotient in the Relationship between Ecological Adaptation and Psychological Distress

Predictors	R square (R^2) change	p value	Interpretation
1. Ecological Adaptation 2. Emotional Quotient 3. Ecological Adaptation 4. Emotional Quotient	.003	.232	Not Significant

The value of R^2 equal to .003 meant that the model (Ecological Adaptation, Emotional Quotient plus the interaction Ecological Adaptation _Emotional Quotient) explained 0.3% of the variability in the outcome. The p-value of .232, which is greater than .05, suggests that the Emotional Quotient did not significantly moderate the relationship between ecological adaptation and the respondents' psychological distress.

Table 15. Moderating role of Emotional Quotient in the Relationship between Language Proficiency and Psychological Distress

Predictors	R square (R^2) change	p value	Interpretation
1. Language Proficiency 2. Emotional Quotient 3. Language Proficiency 4. Emotional Quotient	.002	.408	Not Significant

The value of R^2 equal to .002 means that the model (Language Proficiency, Emotional Quotient plus the interaction Language Proficiency_Emotional Quotient) explains 0.2% of the variability in the outcome. The p-value of .408, which was greater than .05, suggested that the Emotional Quotient did not significantly moderate the relationship between language proficiency and the respondents' psychological distress. Degirmenci and Yavuz (2024) found that emotional intelligence has no significant impact on language achievement. However, they found that certain domains, including intrapersonal and interpersonal skills, may affect language learning. As demonstrated by Degirmenci and Yavuz (2024) showed that EQ does not always moderate or have a significant relationship with learning a new language. On the other hand, Peng and Shuhong (2025) found a small but significant correlation between emotional intelligence and subjective language achievement, while a moderate correlation exists between objective language achievement and emotional intelligence.

Ethical Considerations

This study adhered to the code of ethics laid down by the Psychological Association of the Philippines, Philippine laws (the Data Privacy Act of 2012), and Southville International School and Colleges (SISC) Ethics Review Committee. SISC ethics review certificates were obtained before collecting respondents' data. In addition, Ethics Review Approval was secured from the Ministry of Health, Institutional Research Board from Riyadh, Kingdom of Saudi Arabia, with Approval number 25-102 E. Thus, this paper followed a high standard of ethics as it secured ethics review in the Philippines and Saudi Arabia. Additionally, the primary researcher and the co-author/adviser of the research paper took the Good Clinical Practice (GCP) exam, which is intended to ensure that researchers adhere to the Principles and the Code of Federal Regulations when conducting clinical research involving human participants. Informed consent was included in the face-to-face survey tools, with detailed information about the study's purpose, enabling respondents to understand it before Filipino migrants could voluntarily participate, the participant signed the informed consent before participating in the study. The rights, data collection process, risks, and benefits of participating in the research study were detailed. Respondents' personal information was strictly protected to ensure confidentiality. All data collected shall be limited to the researcher only, and a code replaced personal identifiers to protect personal information. Respondents who chose not to participate in the study were allowed to withdraw without consequences. In

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addition, when respondents required more information about the study, they may contact the researchers to clarify any ambiguity on the respondents' side. All participants were at legal age (19 years old above). No organizations funded this study, and the researcher is solely responsible for any costs required to finalize the study. In such cases, where the paper passed evaluation by the SISC's and Institutional Research board of Ministry of Health in Kingdom of Saudi Arabia review board and was found eligible for publication, there is no projected profit from publication.

Conclusion

Study showed that Filipino migrants were competent in terms of overall sociocultural adaptation, likely to have mild psychological distress, and has medium-high level of emotional quotient. These findings indicated that Filipino migrants being competent in overall sociocultural adaptation and having medium-high level of emotional quotient were still likely to have mild psychological distress. Furthermore, current study accepted the alternative hypothesis that there was a slight significant negative relationship between sociocultural adaptation and psychological distress indicating that higher sociocultural adaptation was slightly and negatively associated with lower psychological distress. In addition, the study failed to accept the alternative hypothesis that emotional quotient significantly moderated the relationship between overall sociocultural adaptation and psychological distress. However, emotional quotient significantly moderated relationship between 'personal interest and community involvement' and psychological distress. Also, emotional quotient significantly moderated relationship between interpersonal communication and psychological distress of Filipino migrants. This indicates that emotional quotient can moderate relationship between certain subscales of sociocultural adaptation and psychological distress while the perception of emotions can moderate the relationship between overall sociocultural adaptation and psychological distress of Filipino migrants. However, these moderation effects are small in size (0.90% to 1.10%).

Recommendations

Filipino migrants must seek professional mental health access, especially when experiencing psychological distress, difficulty in sociocultural adaptation, and difficulty in expressing emotions. The family/ significant others of Filipino migrants must provide support to friends or family living in Saudi Arabia specially in times of difficulty. The Mental Health Professionals/ Department of Migrant Workers/ Philippine Embassy / Philippine Professional Organizations/ Commission on Filipino Overseas/ Non-Government Organizations and other relevant institutions that support Filipinos to create a program that will uplift the level of sociocultural adaptation of Filipino migrants. Programs to provide among Filipino migrants can include; building and maintaining relationships, improving interpersonal communication, how to gain feedback from colleagues to improve work performance, how to deal with bureaucracy, and how to increase personal interest and involvement in the community, and provide programs to improve emotional quotient. Government institutions in Saudi Arabia and the Philippines to support Filipino migrants, especially addressing concerns of those experiencing psychological distress due to faulty sociocultural adaptation. For Saudi Arabia government provide health insurance that covers mental health services. For the Philippine government to assign a registered psychologist or counselor to the Philippine Embassy or the Department of Migrant Workers office. Future researchers could conduct similar studies to identify trends in terms of sociocultural adaptation and psychological distress. Additionally, explore how learning a new language can lead to psychological distress how perception of emotions/ emotional quotient moderates the relationship between overall sociocultural adaptation and psychological distress of Filipino migrants.

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