

Women's Psychological Migration ... A Conceptual Framework

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Abstract

Research Summary

Migration today is a global problem and is an extraordinary social phenomenon that affects countries around the world. Globalization, demographic shifts, political persecution, wars, armed conflicts, natural and environmental disasters, lack of skills, employment and other reasons in many countries have accelerated global migration rates. It has been observed in recent years that there is a rapid feminization of all forms and stages of migration. Women now make up nearly half of the migrant population around the world, and it appears that women have their own motives for migration in addition to family reunification in escaping Gender discrimination, political violence, and social independence, economic motives and the desire for better opportunities For education or work.

They often face many challenges and difficulties; However, gender-responsive solutions to enhance opportunities for them and support their rights are not yet available. The most important objective of the current research was to try to form theoretical ideas about the concept of psychological migration, based on the literature of psychological research on the phenomenon of migration.

The researcher reached a theoretical definition of the concept of psychological migration as being a psychological condition that the immigrant suffers from before, during and after migration in the two cases of voluntary or forced migration. But the researcher believes that it will be more severe in the case of forced migration.

It results from the conflict between the original and the new worlds of the immigrant person and the consequential positive development and complementarity between these two worlds, or the occurrence of rupture, conflict and inconsistency in his self-identity in the event that he is unable to combine the two worlds, which leads to feeling a set of symptoms, including feeling anxious about separation from the family And about his country in general, and the feeling of a weak connection with reality and the place, or a disturbance in perception of the new place, And the deepening of the gap between him and others, and the individual's reliance on isolation, introversion, alienation, and self-degradation due to his lack of security, belonging, and a host of negative frustrating feelings and multiple and dangerous physical effects. The current research has attempted to place the issue of migration on the table of psychological scientific anatomy, which includes analysis, interpretation and prediction. Although there is a great deal of scholarly and political work on migration, there is still very little research devoted to the holistic theory of migration to systematically guide research in order to build step by step, scientific knowledge of this behavior. The theories and models described in the current study have sought to improve scientific interpretation, understanding, and prediction as they represent a century of world cultural integration, one of the utmost extensive and difficult human problems in the 21st era. Researcher believes that this research will serve as a reference for generating hypotheses that can be tested experimentally and verified according to the main theoretical psychological information that has been put forward to explain the phenomenon of migration in its optional and coercive forms and the most dangerous phenomenon, which is the brain drain or the brain migration, especially with regard to the female component. The research concluded with a set of recommendations and proposals.

Key words: (psychological Immigration, women, psychological acculturation, acculturative stress, immigration-related stress).

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Research and its objectives

The importance and need for research:

Immigration is a course of population movement, either across international borders or within a country. It is estimated that there are approximately ten million people annually crossing international borders to reside in a different country, noting that the percentage of women numbers is higher than the percentage of men (Delara, 2016, p.11).

Andrew & Zara points out that it is easy to explain the causes of migration during times of wars and conflicts or during periods of economic reduction of countries, that are represented in searching for safe havens to escape from the danger on the life of an individual and his family or to seek better financial prospects. However, the issue come to be a lot difficult and challengeing when migration occurs in times of peace, which may be due to lack of jobs, corruption and persecution, or be associated with a love of adventure, or due to the love of friends and relatives who live outside the country (Andrew & Zara, 2013).

Economic reasons, including better work prospects, may be the driving force for foreign migration; or political factors, such as conflicts or structural injustice in the sending country; or an urge for family reunification. And that each of these variables can have varying impacts on the ability to respond to the new world. In addition, the decision to initiate foreign migration may not be an individual immigrant's decision, but rather a decision related to a larger household plan for all family members to boost healthcare, raise income and increase resources (Grieved et al., 2015)).

Migration is an extraordinary social phenomenon that affects countries all over the world. Millions are forced to flee their countries of origin as a result of unstable political situations, wars, poverty, discrimination and persecution. For some people,

fleeing across borders may be the only way to escape local threats. Al-Hawdrawi, 2017, p.2069)

The twenty-first century has witnessed a significant increase in the number of migrant women to work and study abroad. They also still represent a large percentage of immigration for the sake of family formation and reunification

And as refuge seekers in traditional immigration countries with permanent immigration schemes, such as the United States, Australia and New Zealand, as there is a gradual increase in the number of migrant women within the framework of family formation and reunification currents compared to the number of independently migrant women in search of work (Ramaswami, 2006).

Migration, being a population movement, involves enormous challenges that affect the physical, psychological and mental health of migrants, especially migrant women (Delara, 2016, p.12)

Migration is not only a spatial transition, it includes changes in all facets of life, including aspects of physical, cultural, environmental, behavioral and lifestyle, triggering numerous stressful experiences that have a detrimental effect on immigrants' psychological and mental well-being (Al-Hawdrawi, 2017, p.2069).

For different purposes, people move, but women typically have their own motivations, including family reunification, economic benefits, educational opportunities, as well as resisting discrimination based on gender and political abuse and also having more social independence (Delara, 2016, p. 2)).Theoretical perspectives emphasize that immigrant adjustment is a time-dependent, multi-dimensional and multi-directional process, and it is a non-linear process (Treas, 2014, p. 496).

In a 2005 study of a large group of 11-year-old immigrant children in the Netherlands (Vollebergh et al.), the results showed that immigrant parents

reported higher behavioral, social and attention problems among girls than boys (Vollebergh, 2005, p. 489) .

Migrants are likely to face language barriers, cultural differences and complex life conditions, which may negatively affect their adaptation to a new environment and make the migration process more difficult and stressful. The literature suggests that, depending on the degree of acculturation, the levels of depression, anxiety and mental disturbance of immigrants can be expected. In mental wellbeing, a big difference was found between those who willingly migrated and those who were compelled to migrate. 2017 Al-Hawdrawi, p.2069)

Researchers have also reported gender experiences in refugee settlements, including fewer access to women's legal and career-related opportunities than men's, and continuing commitment of women to countries of birth, with women becoming more likely to linger in family care positions either at home or abroad.

Compared to male migrants, these extra obstacles arising from adverse migration environments will contribute to negative health consequences for migrant women (Torres & Wallace, 2013.p.14). Although migration benefits many people, men and women, living in a new society poses enormous challenges, in particular for immigrant and refugee women, The status of these women within or outside the home will not actually be changed by migration. She has to move between social and bureaucratic governmental systems, new cultures and languages.

By fulfilling the fundamental needs of life such as jobs, employment, food and shelter, as well as needing to justify themselves. There are still difficulties they face in the new world or location, even after the initial resettlement. And that, as happens in wars and armed conflicts, the migration process itself can be inhuman. All these conditions of migration will impact women's health in general and their mental and psychological health in particular (Delara, 2016, p.2).

Migration conditions-related pressures include a variety of social disparities that migrants can face when they arrive and settle in the host country; Unfair treatment, language or dialect based problems, as well as inadequate access to social

services such as health insurance, and these types of inequality in immigrant health literature are also grouped under what is known as acculturative stress or immigration-related stress, (Torrs & Wallace, 2013.p.15)

A study conducted by (Torrs & Wallace) 2013 on a large sample of (1602) immigrants from Latin America to the United States showed that the stress associated with immigration was positively related to both psychological distress and poor physical health in general for both women and men. Both (Torrs & Wallace, 2013.p.15).

One of the problems faced by immigrants is having a sense of a new environment (Gierveld, Derpas & Keating, 2015). In a study of elderly immigrants to Canada, authors Wu & Penning (2015) came to find that loneliness level of immigrants tend to be much higher than native-born Canadians, which supports the argument that immigrant status is relevant to the experience of loneliness at a late age. Gierveld, Derpas and Keating,2015)

The stressful experiences of war, forced displacement and the unwelcoming host nation, social transition and challenges to one's native community are significant stress factors that contribute to individual physical and mental health problems; Kids, women and the elderly are at greater risk of trauma, and children with migration experience have more behavioural and emotional issues than children without stressful exposure, including depressive disorders, depression, post-traumatic stress disorder (PTSD) and friendship problems. Amongst classmates, low self-esteem and frustration with life. Forced displacement and experienced abuse may have a detrimental impact on people's mental health (Ceri et al, 2016).

In a study conducted by Karin et al. 2006 on immigrants to Sweden from Bosnia and Herzegovina in the period 1993-1994, the results showed that working migrant women for a longer period was associated with high levels of poor mental health symptoms (Karin et al, 2006, p. 1697).

A study conducted by (Jussi et al.) 2006 aimed to explore the gender differences in mental health after exposure to stressful and stressful life events, conducted on a sample of public sector employees in Finland, The findings revealed that vulnerability to

traumatic activities was associated with a greater rise in loss of work and a longer convalescence period in women than in men, and the research concluded that women became more helpless than men in the post-work phase (Jussi et al, 2006, p. 283).

In a research conducted by Dalgard et al. in 2006, which looked at the level of psychological distress among Norwegians and immigrants from low-income countries for a population of 15,723 people settled in Oslo, the findings showed that the level of psychological suffering among low-and middle-income immigrants is far higher than that of Norwegians and immigrants from developed countries. They have reported more injury, more traumatic life experiences, less social care, less income and less paying jobs (Dalgard et al, 2006).

In Iraq, a study conducted by Ceri et al. in 2016 showed a sample of 42 Yezidi immigrant children, 24 girls and 18 boys ages between 2-18 years who were taken to Turkish refugee camps after the ISIS terrorist gangs invaded their areas in 2014. Internally displaced people, who were evaluated, reported wandering for several days without food, water or sleep. And though they were still living in the camp, they were scared of getting trapped by ISIS or not waking up after a night's sleep. They also said they didn't feel safe in the camp and couldn't understand why they were fighting and getting threatened with death. They no longer trust anyone, and don't want to go back to their old lives. They didn't talk about their worries with their families, but they did discuss their concerns with their peers.

Many children have even observed several parents leaving their deceased kids while escaping. Most of the children were shy at first and resisted contact, but after a few days, they started to pursue touch with their guardians and made repeated attempts to obtain their consideration.

They also tended to sit at home and play alone, avoiding interaction with their peers. The majority of children evaluated (71%) reported sleep problems, frequent awakenings, sleepwalking and nightmares. They also suffered from a host of problems, including impaired social inclusion, somatic complaints, fainting, irritability, enuresis, thoughts of death, eating problems, and selective silence. These results are consistent with the results of other studies on children affected by war or subjected to

political violence, or forced migration in Kosovo, Uganda, Somalia, Darfur, eastern Congo, Sudan, Cambodia, Bosnia, and Syria (Ceri et al, 2016).

Yazidis, especially women, have been subjected to a lot of physical abuse and psychological trauma since the ISIS terrorist attack on Syria and Iraq in 2014; In a study conducted by (Abas) 2017, the study aimed to shed light on some of the traumas faced by Yazidi women who have survived from ISIS, and to measure the extent of post-traumatic stress disorder among them. The results revealed serious physical problems and mental illnesses such as post-traumatic stress disorder (PTSD), depression, sleep disorders, eating disorders, and suicide or suicide attempts (Abas, 2017, p.505).

And in a study conducted by (Kizilhan) 2014 on the relationship between forced marriage among women immigrating to Germany and their mental illnesses; The results showed that migrant women who were forcibly married had more psychological diseases and statistically significant compared to unmarried immigrants who had at least four suicide attempts (Kizilhan, 2014, p. 430). And (Anderson) 2000 indicates that the immigrant or refugee lives between the two worlds of the original and the new with the change of the country or place and the region and the change of culture, language, religions, customs, values, moral rules and even patterns of thinking that may differ among the inhabitants of the new place, and based on all that begins with the individual a Long, difficult and often painful psychological process, questioning of oneself, the life of the individual, the way of life, and the values that are felt differently. This state of question, whether consciously or unconsciously, may lead to either a positive development, change and integration between the worlds of the immigrant individual or lead to a rupture. And conflict and asymmetry in the self-identity of the immigrant in the event that he is unable to combine the two worlds (Anderson, 2000, p.18). According to what was stated in the literature, this results in feeling a set of symptoms, including a feeling of anxiety of separation from the family and from his country in general, a feeling of weak connection with reality and the place, or a disturbance in perception of the new place, and the depth of the gap between him and others, and the individual's reliance on isolation, introversion, alienation and self-degradation because of his lack

of security and belonging And a set of negative frustrating emotions and multiple and dangerous physical effects.

The process of emigration from the country or place of origin, whether the migration is outside the country or within it, especially in forced cases in which a person is forced to leave his country or region, as is the case in wars and armed conflicts and the resulting forced displacement; this migration can cause a psychological state related to separation From the country or place of origin, moving away from family members and friends, familiar norms and traditions, exposure to a new physical environment with a new climate, and the need to move to unknown cultural experiences all constitute this psychological state that may be termed Psychological Migration and it is a precursor, an accompaniment, and a successor to the actual state of migration of individuals.

And because psychological migration is a new concept that has not been sufficiently written and researched, and the existing research data on it is scarce - especially in the Arab community in general and in Iraq in particular - the current research is an attempt in this direction to address this problem by trying to close the scientific gap of this concept through the answer theoretically On several questions related to the possibility of subjecting the phenomenon of migration to psychological scientific analysis and the psychological effects of previous, accompanying and subsequent to actual migration, whether it is voluntary migration, forced migration, or brain and brain drain; especially on female component.

The importance of the current research is evident from the importance of the studied variable (psychological migration) as it will open new horizons to study the phenomenon in terms of its existence, its prevalence, its causes, its connection with a number of variables and the personal characteristics of both women and men and their effects and consequences in Iraqi society, after the work of immigration and forced displacement that occurred In Iraqi society after being exposed to the bloody terror of ISIS, This calls for the concerned institutions such as the religious, media, educational and security establishment to pay great attention to this phenomenon by trying to diagnose its presence

in order to alleviate it and then avoid its negative effects in order to ensure psychological and family security among individuals who have been subjected to experiences of migration or forced displacement, especially girls and women.

Research objectives:

The research objectives are determined by the current research as follows:

- 1- Learn about the concept of migration and psychological migration.
- 2- Knowing the psychological theories and models that explained migration and the results of the studies that dealt with it.
- 3- Identify the psychological effects of migration, especially for women.

The current research is determined by the modern literature on the psychology of migration among women, which the researcher was able to obtain exclusively in the English language, due to the scarcity of Arabic sources on this topic.

Defining terms: In order to reach a precise definition of the concept of psychological migration, the researcher believes it is necessary to introduce it by defining the concept of migration in psychology as follows:

Immigration is the study of the behavior of individuals in relation to movement across places. Studies in this area deal with the intrinsic correlations of migration behavior with attitudes, values, and perceptions and with the adaptation process or disturbances resulting from all of this (Herands, 2009).

It appears that there is a difference between three terms: Emigrate, Migrate, and Immigrate;

As the term **Emigrate** means that someone leaves the country in which he was born to another country to live there permanently. This act is not a travel to study or learn English abroad or to get a job for a few years abroad and then return to the country of origin, but rather a decision It is clear that this country will be the new home.

As for the term **Migrate**, it means migrating or moving from one place to another place and then returning to the first place, and this migration is seasonal or periodic, and it occurs in humans and animals as well.

As for the term **Immigrate**, it means the arrival of individuals to the country of immigration, that is, people who immigrated their country and came to live in another country permanently (www.kaplaninternational.com).

Psychological Immigration After extensive reading of the literature on the topic, the researcher reached a theoretical definition of the concept according to the following data:

It is a psychological state that the immigrant suffers from before, during and after immigration, and in the two cases of voluntary or forced migration; But the researcher believes that it will be more severe in the case of forced migration.

It results from the fact that the immigrant or refugee lives between the two worlds of the original and the new with the change of the country or place and the region and the change of culture, language, religions, customs, values, moral rules and even patterns of thinking that may differ among the residents of the new place; This leads to feeling a set of symptoms, including feeling anxious separation from the family and from his country in general, feeling weak connection

with reality and the place, or a disturbance in perception of the new place, and the depth of the gap between it and others, and the individual being left to isolation, introversion, alienation, and self-degradation due to his lack of security, belonging, and a host of negative feelings Frustrating, multiple and dangerous physical effects.

Theoretical background

We will try here to clarify the concept of migration from the psychological perspective and the theories that have tried to explain it, its causes, and the physical, psychological and social implications of it.

While there is a great deal of scholarly and political work to be done in the study of migration, there is a lack of studies dedicated to a detailed migration

theory to systematically direct analysis in order to progressively develop empirical awareness of this behaviour.

The theories and models described below seek to advance scientific interpretation, understanding and prediction of one of the most widespread and complex human issues of the twenty-first century, as it represents a century of amalgamation of world cultures (Andrew & Zara, 2013, p.8).

A presentation will be presented here of the most prominent theoretical concepts that explained the process of migration, which was represented by the presentation of a socio-psychological model of migration behavior presented by the two scholars (Andrew & Zara) 2013, after which the transition to a presentation of psychological frameworks that explain psychological disorders in the migration process has presented five frameworks and perceptions arranged according to Chronology of their submission.

A SOCIAL-PSYCHOLOGICAL MODEL OF IMMIGRATION BEHAVIOR

Both Andrew and Zara (2013) provided a multidimensional model of migration activity from a socio-psychological perception. It should be noticed that the model is built on the concepts of input, processor and output processes. We will attempt to present the key components of the socio-psychological pattern of migration behavior as seen in Figure 1:

First: Input

It is the relevant information that reaches the individual as a motive for processing the information received about the well-being of the individual inside another country (for example, news that Russia provides financial inspirations for Armenian farmers to settle in Russia). This input information drives the person to reach a conclusion. The unit of analysis in the proposed paradigm is the individual facing the task of determining whether to migrate to different nation or settle down in his homeland.

Second: Process

It includes stimulating or activating psychological variables of the individual such as requirement,

inspiration, education, awareness, and behavior to process the information received by the individual about the stimuli that are collected or not perceived from migration.

Third: Rationalization

An individual's choice of material or none material incentives or a combination of both as the primary reasons for an individual to consider in support or opposition to immigration.

The person's choice of material or non-material benefits or a mixture of both as key factors for an individual to consider in favour or opposition to immigration.

Fourth: Social and Environmental Factors

These factors influence an individual's decision-making process on or against immigration; It consists of the political situation, escape from repressive government, the physical environment (for example, the climate at home), economic

conditions (for example, lack of employment opportunities), etc.

Fifth: Individual Factors:

These are the factors that influence the process of making an individual's decision about whether to migrate or not. Factors include age, marital status, personal goals, hope for a better life, religious freedom, adventure, sense of patriotism, etc.

Sixth: Output

The individual's outcome from the decision-making process is either to emigrate to the perceived "utopia" or not to emigrate and remain in his or her home country.

Seventh: Feedback

It consists of an individual's level of satisfaction or cognitive dissonance (i.e., the feeling of guilt when one decides a course of action on another competitor's choice) after the decision has been made or after its implementation.

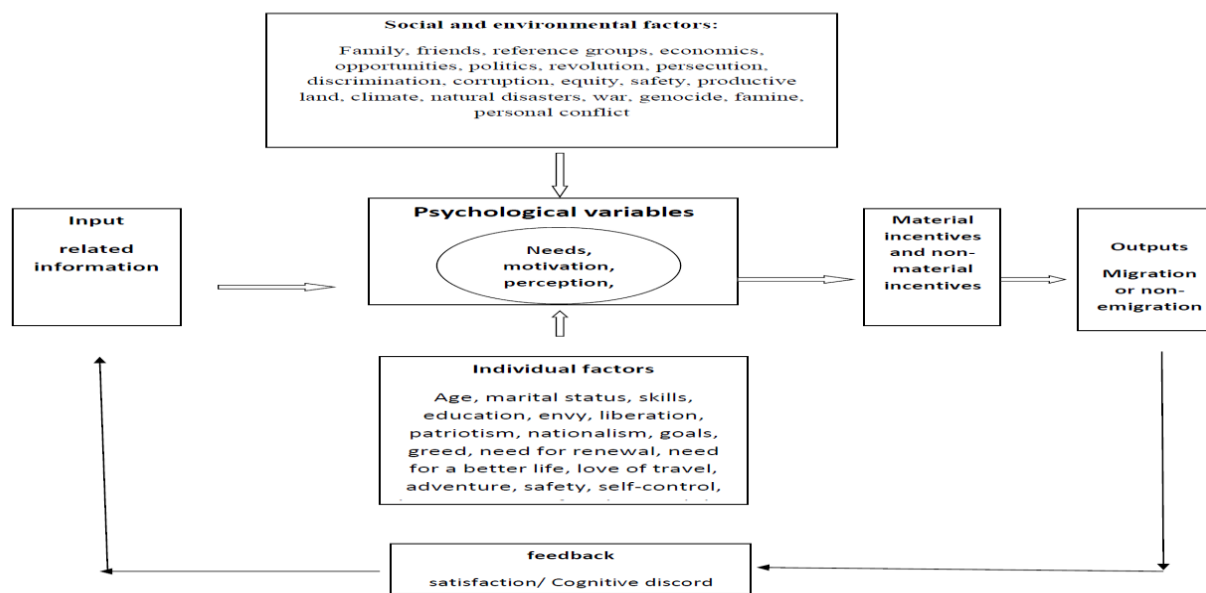


Figure (1) the socio-psychological model of immigration behavior

Indication of the verbal form of the form

The proposed multidimensional socio-psychological model of migration behavior (migration or non-

migration) can be stated as follows: $I B = f (RI + P \text{ variables} + S-E \text{ factors} + \text{Individual factors})$

As:

IB = Immigration behavior (leaving or not leaving your country).

f = function of (the result of certain variables and factors).

RI = relevant information (as an incentive to start the decision-making process).

P = Psychological variables (essential to the decision-making process).

S-E = Social and environmental factors (which influence decision-making).

If = individual factors (which also influence decision-making).

Hence, the process of an individual's decision to migrate or not to migrate is a product of some or most of the variables and factors mentioned above, which were also mentioned in Figure 1 (Andrew & Zara, 2013, p. 367).

A theoretical framework in the interpretation of the psychological state and mental disorders in the migration process

Leaving the homeland and starting over in another society carries with it a multidimensional challenge in itself, often associated with physical, psychological, social, cultural, religious, legal, social and political changes. Migration is not just a spatial shift from one country to another, but rather a change in the surrounding living conditions, work, housing surroundings, and a social and cultural transformation. We will try to present psychological frameworks that explain the psychological state and mental disorders in the migration process. Five frames and perceptions have been presented, arranged in chronological order, to be presented, namely:

The critical life events model (Holmes and Rahe) 1967, the theory of choice and the health impact of immigrants presented by (Booker) 1975, the model of acculturation pressure presented by Perry 1990, the model of stages or phases of migration presented by (Kezelhan) 2010 and finally the model of disappointment presented by (Delera) Delara (2016), as follows:

First: The Critical Life Events Model

Holmes and Rahe (1967) introduced the concept of critical life events, and in it they described the relationship between negative life events and psychosomatic illnesses. Critical life events are those events that involve major changes in a person's life, including (immigration or forced displacement). They vary between temporary and chronic events and are likely to be threatening and cause individuals tremendous pressures in order to achieve adaptation and harmony. For individuals with pre-preparedness, critical life events may be associated with diseases, as long as events continue, the more negative their consequences are, and the resulting diseases are more severe (Anderson, 2000).

Second: Selection Theory and healthy –migrant effect

Boker's 1975 selection theory of migration and disruptions in the adjustment process assumes that those who migrate are people who already have psychological and social problems and preparations in their countries, so it seems that they have a predisposition to psychological disorders related to psychological instability and psychological and physical pressures in the mother country due to imprisonment, persecution, violence, and flight from their countries, which appear more clearly through the burdens of migration and the cultural situation. Or it develops into mental disorders upon arrival in the host country. Culture-related syndromes are often studied in the fields of medicine, anthropology, and in psychology within the psychological or physical symptoms that appear only in a specific society or culture. All this is called a culture-bound syndrome within the English concept, which symbolizes (CBS), on the other hand, many studies indicate that there are no differences between immigrants and non-immigrants in terms of physical and psychological pressures resulting from disorders or diseases; ;The differences between immigrants and citizens in countries of immigration were studied, which led to the opposite assumption of the health effects of immigrants, and this effect is explained by the fact that immigrants who migrate on their own are often the most motivated people, wealthier, stronger and more flexible, but the degree of selectivity for immigrants is determined. On the

one hand, by the spatial dimension and on the other hand, by the economic gap between their countries and the host countries, due to the low risk of risk occurring for those affected by migration (Kizilhan, 2010).

Third: the acculturation pressure model

Psychological acculturation refers to the dynamic process that immigrants go through when they adapt to the culture of a new country or place; The model of cultural pressure deals with all those phenomena that occur as a result of direct contacts between groups of individuals from different cultures and lead to changes in the original cultural patterns in one or all of the cultures concerned. The model of acculturation pressure presented by (Berry) 1990 is one of the most famous models, as it distinguishes between four strategies (integration, assimilation, separation, and marginalization) to respond to confronting immigrants' social identity with the host country.

Criticism has been directed at this model, including that these strategies are not independent, as there have been great interactions, as separation, uprooting, loss of family and non-family ties, identity problems, loss of role, ambiguous future orientation and loss of orientation through the unclear legal conditions for residency such as the threat of deportation and forced resettlement in collective centers and problems of language communication Cultural, intergenerational conflicts, tribulations within the family, high job insecurity, high unemployment rates, financial crises, discrimination and a sense of threat are part of the challenges that migrants face (Esses et al, 2015).

Cultural trauma and cultural conflict resulting from migration often leads to feelings of cultural confusion, alienation and isolation, and to many psychological symptoms, in addition to stressful life events in the motherland or in the host country or in both facilitating the occurrence of chronic physical and psychological diseases. According to the German version of the developed acculturation pressure index (ASI), which measures specific aspects of immigration problems; It has been shown that there is a statistically significant relationship between acculturation and psychological stress, especially with regard to depression, and high levels of psychological distress. The change in the original

cultural patterns due to immigration and the accompanying separation, uprooting and loss of the family and non-family frame of reference, identity problems, loss of role, communication problems and inter-generational conflicts can all lead to high levels of psychological stress and the consequent decline in levels of physical and psychological health and a decrease in the level of Individuals life well-being (Esses et al, 2015).

Fourth: A model of the phases of immigration

(Kizilhan) 2010 indicated that there are stages or phases that a person who thinks about immigration passes through, and they are as follows:

The first stage: Preparation and actual migration act

This stage is characterized by preoccupation with the idea of immigration or not, decision-making, redistribution of roles, and an attempt to estimate benefits and losses, and the possibility of feeling guilt towards the remaining individuals, and then escape.

Phase 2: Arrival and first time in the new country

This stage is characterized by feelings of joy, shock, and dispersion, then exploring cultural similarities, examining the acceptability and applicability of behaviors and values evoked in the new place, and also characterized by feelings of fear, sadness, longing and resistance to the new while glorifying or amplifying the previous environment, and making strong efforts to compensate, stresses are not perceived or aware. There is great sensitivity as great suffering takes place, whether from good or bad experiences, and at this stage, experiences with the host community are critical, with multiple practical challenges emerging.

The third stage: Phase of Decomposition – processing

In it, individuals feel sensitivity and pre-preparedness for conflicts, and crises occur, physical symptoms, and a request for redistribution of roles, and this stage is very difficult, however, it may lead to taking important development steps and be accompanied by a predisposition to depression and the occurrence of identity crises when it is not

possible to merge with the intense glorification of special culture.

Phase four: Phase of reorganization

This stage is characterized by the continuity of the mourning process in it, but it no longer severely affects the individual's competence in his behaviors at the present time, and here the new culture is examined in detail, and partial fusion with the new culture occurs, whether it is a main or subculture, and the individual's view of the worlds becomes more realistic. Work becomes of great importance to the position in the new society, and the person feels that he can start building stable relations with the host country, maintaining the continuity of these relations (Kizilhan, 2010).

Fifth: The immigrants' psychological adaptation model

It is also called the model of disillusionment, and according to this model, the psychological transition of immigrants has phases that can be expected during the first stage, which is titled the joy of arrival, where the psychological well-being of migrants is equivalent to or even greater than the well-being of the host residents.

The psychological well-being of the refugees deteriorates in the second phase, is disappointment and nostalgia for their earlier life, while physical transition occurs. Then physical adjustment occurs and Immigrants' mental health approaches that of native-born citizens. Nevertheless, there is a deterioration in both the mental health and the physical health of the migrants over time.

This decrease is attributed to many factors including socio-economic status, restrictions on employment, challenges of resettlement and acculturation, multiple responsibilities, discriminatory treatment, and difficulty in obtaining services in a timely manner due to language differences. . As a result, the mental health of immigrant women can be affected by a series of elements in their control or the external boundaries of their control (Delara 2016, p.).

Conclusions, recommendations and suggestions

Research conclusions

Through a careful examination of the topic and according to what has been presented in the current research, the following conclusions can be derived:

First: Migration today is a global problem, and it is an extraordinary social phenomenon that affects countries all over the world. The twenty-first century has witnessed a significant increase in the number of migrant women. So it is noticed that there is a rapid feminization of all forms and stages of migration.

Second: The causes of migration are generally disposed of by political reasons such as wars, systematic discrimination, political persecution in sending countries, unstable political situations and armed conflicts, and economic reasons such as the desire for better job opportunities, as well as various environmental and natural disasters and their various implications.

As for women, their motivations to emigrate are eliminated in terms of family formation and family reunification, obtaining better job or education opportunities, escaping discrimination on the basis of gender and political violence, and obtaining more social independence.

Third: Migrant women now constitute nearly half of the migrant population worldwide, and they often face many challenges and problems such as trafficking in them for sexual exploitation.

Fourth: It can be argued that, in many instances of challenging oneself, the life of the person, the way of life, and the ideals that are felt differently, psychological migration is a long, complicated and painful psychological process. Both knowingly or unintentionally, this state of inquiry may either contribute to a positive growth, transition and incorporation between the individual migrant's worlds, or lead to a rupture, tension and inconsistency in the self-identity of the immigrant in the event that he is unable to combine the two worlds.

Fifthly: It is also a description of the psychological processes, that is, the changes and pressures that occur to the individual at the emotional, mental, and behavioral levels prior and accompanying and resulting from migration, whether that migration is voluntary or forced, but we believe that it will be

more pressure in cases of forced displacement of people.

Sixth: Migration leads to major changes in the psychological and social structure of any society. It affects social, economic, political, cultural and health systems.

Seventh: Leaving the country or place and region and starting a new society carries with it a multidimensional challenge associated with physical, psychological, social, cultural, religious, legal, social and political changes.

Eighth: The degree of willingness to emigrate greatly affects the cultural psychological pressure that immigrants feel, so the more voluntary the migration, the more the sense of control or the feeling that the human destiny is in his hands higher.

Ninth: The most prominent sources of psychological stress among immigrants are the loss of the family and non-family frame of reference, identity problems, loss of role, communication problems and intergenerational conflicts.

Tenth: With regard to the impact of stressful life events on the psychological health of immigrants based on gender; Studies indicate that women show greater deterioration in their health and require a longer recovery time compared to men.

Eleven: Gender-responsive solutions that enhance opportunities and support the rights of the displaced and immigrants are still unavailable.

Recommendations and proposals

In light of what was presented, the current research recommends the following:

First: The possibility of benefiting from current research to understand the psychological processes prior to, accompanying and following actual migration. In the current study, the ideas and models discussed aimed to strengthen the scientific interpretation, perception and prediction of one of the utmost widespread and difficult human challenges in the 21st century, as it represents the era of integration of world beliefs. The researcher believes that this research will serve as a reference for generating hypotheses that can be tested experimentally and verified according to the main

theoretical psychological information that has been put forward to explain the phenomenon of migration in its optional and forced forms and the most dangerous phenomenon, which is the brain drain or brain drain as well.

Second: The need to pay attention to the promotion of the psychological well-being of immigrants (especially females) through comprehensive method to address the psychological and mental health determinants of them.

As for the most important proposals, it is the necessity of conducting applied research to uncover the causes, manifestations and effects of migration, especially for women who have been subjected to the experience of forced displacement in Iraq after entering the terrorist organization ISIS.

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