
Predictors of Psychological Well-Being Amongst (Azerbaijan) Immigrants

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Abstract

As global migration becomes a prevalent phenomenon in numerous countries, the psychological wellbeing of immigrants comes to be a significant area of interest around the world. This examination analyzed the predictors of psychological wellbeing among Baku, Azerbaijan settlers. Multiple regression analyses were performed for psychological wellbeing of 50 Baku migrants from a cross-sectional study. Psychometric analysis was also carried out to test the reliability and validity.

Keywords: Social support; Stress; Happiness; Depression; Anxiety; psychosomatic symptoms; Acculturative stress; psychological wellbeing; Multiple regression; Psychometric analysis; SPSS.

1. Introduction

Migration has an ample effect on both the individual and the areas implicated. From an overall perspective, migration is the process of moving from one land to another. To migrate is to move, regardless of whether from a rustic region to a city, from one region or district to another in that home country, or from one country to another country. It includes an activity. Conversely, a migrant is an individual characterized as such for one or more reason based on the specific context.

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In many situations, "migrants" do embrace some type of movement, this isn't generally the case. In a few circumstances, individuals who have never embraced relocation might be identified as migrants – the offspring of individuals born abroad, for instance, are normally called second or third-generation migrants [1]. Over the past three decades, the global number of migrants has reached around 119 million. This expansion had expedited since 2005. While the number of global migrants increased by around 39 million, in the period between 1990 and 2005, overall figure increased by around 80 million between 2005 and 2019. This relates to the annual rate of change of 1.5 percent between 1990 and 2005, contrasted with 2.5 percent between 2005 to 2019[2]. Moreover, The International Organization of Migration 2020: world migration report discusses that the forecasted number and percentage of international migrants outperforms a few anticipations made for the year 2050, which were in the order for 2.6 percent or 230 million. Although global migration grew; concurrently it is noteworthy that it has a great effect on economic development as immigrants come with aptitudes and capabilities that supplement the load of human resources in the host nation [3] (Bretschger,2001) shows that skilled immigration can advance development by diminishing the expenses of research and development, and by expanding the market share of specific sorts of products. Since immigrants cover a considerable proportion and play a vital role in the host country so considering their well-being is imperative [4]. In view of the fact that migration has an impact on each aspect of a person's life, changing one's perception about the world and one's approach to life [5]. Migrants physical and psychological health need to analyze, as these two sections are that researchers have tried to comprehend since the nineteenth century [6]. In this paper, we will analyze the predictor of immigrant's psychological well-being as measured by their level of stress symptoms (anxiety, depression, and psychosomatic symptoms).Even though Europe and North America are top destination migrants consider for immigration, Azerbaijan recently has gained the attention of migrants as the percentage rises from 2000 to 2019. Out here we will investigate predictors of psychological well-being among Baku (Azerbaijan) immigrants [5].

2. Literature Review

Reference [7] implies Psychological well-being is the fusion of feeling well such as emotions like (interest, engagement, confidence, affection) and functioning effectively (in a psychological sense) includes the advancement of one's latent capacity, having some power over one's life, having a sense of direction (for example achieving valued goals) and encountering positive connections. Social interaction tied a person to the norms of society where he has rights and obligations that lead to a sense of belonging in society. Reference [8] described social relationships can be psychologically beneficial in three significant manners: by providing a set of identity as sources of positive self-evaluation and a sense of control. At the point when the individual acknowledges the positional assignments allotted to him/her by others and carries as expected in these roles, it provides a set of identity which gives the person a purpose in life. Self-evaluations mean receive appreciations of others with whom one consistently collaborates and feel overall worth, lovability, importance, and competence. Positive self-evaluation produces fulfillment and happiness on the other hand negative self-assessments are a primary source of anxiety, frustration, hopelessness, and disgrace. Control is the capacity to meet role expectations. A substantial aspect of immigrant experience is managing with acculturative stress during the way toward adjusting to the social, cultural, economic norms and real factors of the new society. Acculturative stress is characterized by [9] as the amount of social, attitudinal, familial, and ecological burdens

impinging upon the immigrants because of their movement. A number of experimental researches have approved the assumption that acculturative stress might be a basic forerunner for an immigrant's low psychological wellbeing. Acculturative stress is by all accounts aggravate by elements namely, language barriers, cultural shock and inconsistencies among desires and accomplishments after migration [10] examine that greater acculturation was related with more negative mental health issues (i.e., depressive symptoms) [11]. In the natural environment, social support emerges from the individual connections. Indeed, the relationship itself gives strong importance to conduct and then bring significance to associations. Close relationship in general produce extensive help [12,13] analyzed structural, functional and evaluative manner of social support he defines the source of social support in the form of social ties with laypeople such as family members, friends, neighbors, co-worker etc. He also recognized perceived vs. actual support, a differentiation that has proved censorious in light of the fact that perceived support is not its actual materialization. Reference [14] defined social support as "the social resources that persons perceive to be available or that are actually provided to them by nonprofessionals in the context of both formal support groups and informal helping relationships". Generally referred social support domains are tangible, information/advice, emotional and companionship. Reference [15] describe emotional support as nonverbal indirect behaviors considered a virtue reflecting personal strength (having an individual express compassion, acceptance and acknowledgment of the individual), tangible (financial and material aid, family unit products, transportation, and help with cooking, cleaning and shopping), information/advice, companionship (having an individual with whom to share activities like going out for movies, having meal and shopping together) language support (language initiate communication limited language proficiency is a barrier to accessing and obtaining basic services, such as health care).

3. Methodology

3.1. Participants

The sample of our research included a total of 50 migrants which were including male and female over 18 years of age and who have been born in Azerbaijan. The participants who were residing in Baku Azerbaijan have been recognized across ethnic grocery shops, public clubs, as well as word of mouth. We used brochures to advertise our research study. Those who were interested was stimulated to call/give us their number to call to hear additional about our study and to make an appointment for knowledgeable consent and the data collection. Furthermore, following the sampling policy used in the World Health Organization (WHO) depression study (WHO, 1985), we prepared sure one-third of our research sample showed at least two of the following depressive signs to include sufficient number of depressed peoples from a group at high risk for the depression (e.g., immigrants), depressive attitude, feeling of unimportance, hopelessness, nervousness, suicidal beliefs, feeling of lessening of abilities, self-criticism, and inability to feel bliss. While the true dominance of depression at the population level is unspecified. As an outcome, we accomplished a sample of the second-generation migrants with a frequency of depression of 35%. We have used a medium effect size of $R^2 = .14$:12 for relationship between the social support and psychological wellbeing (depression and happiness) to estimate our sample size for the multiple regression. The quantity of predictors of the suggested regression model was 9. The sample size of 50 migrants was required to achieve 80% of power with two-tailed α of .05.

3.2. Measures

Most of the study tools were back interpreted by a team of bilingual scholars following the rules suggested by [16]. The practical and theoretical equivalence [10] of these tools were measured during the back-translation stage. Concisely, practical equivalence addresses a question that whether the experience being studied is a logically occurring reaction to the same situational perspectives. The team evaluated the study conceptions through the literature review and thoughts between team members and the completed that there were adequate commonalities in the skill of depression and happiness between migrants. When the study perceptions were defined as functionally equal among cultures, the team enhanced more concepts such as acculturative pressure and social support to the model to clarify depression and happiness, to build the conceptualization more equivalent. The metric correspondence was then tested by observing the psychometric possessions of the study tools such as comparability of the factor structure in addition to investigating the patterns of additional experimental relationships between theoretically nominated variables. The metric equivalence occurs when the psychometric goods exhibit effectively the same structure. A detailed process of the metric equivalence analysis that we used has been published elsewhere [17].

4. Analysis

We have used descriptive statistics to summarize the characteristics of sample and sum scores of every study tool. Furthermore, Pearson correlations coefficients was calculated to test bivariate relationships between study variables by using of the Statistical Package for Social Sciences (SPSS), we have conducted the two hierarchical multiple regressions examines of the predictors of positive as well as negative effects, separately. Since we were using the conceptual model based on stress–health outcomes structure we anticipated that similar factors and unique variables will predict every aspects of psychological wellbeing. In addition, there was no designs to missing data in the sample size. Distinct analyses were conducted by using data with list-wise deletion and data with the missing answers imputed using the mean. Although there were no significant differences in the results with/without missing data attribution for these variables when using the depression as dependent variable (R^2 difference 0.1%), slight overestimations of R^2 in each step of hierarchical regression (R^2 difference 1.3–3.5%) were noted when we used the variable happiness with imputed data as a dependent variable. Thus, we took a conservative approach by dropping the cases with data missing on any of the study variables from the analyses. Our final sample included 50 immigrants. The criterion for statistical significance was set at $p \leq 0.05$ [18].

Table 1: Sample characteristics (N 50)

Variables	Frequency	%
Gender: Male/Female	45	90
Marital status: Married	30	60
Education		
High school or less	20	40
Some college	20	40
College graduate or more	10	20
Employment status		
Full-time	20	40
Part-time	10	20
Unemployed/retired	30	60
Occupation		
Professional/managerial	5	10
Housewife	5	10
Clerical/sales/service worker	10	20
Semi-skilled/craftsman	5	10
Other (student, etc.)	5	10
	Mean	SD
Age (18–82 years)	43.67	13.7
Length of residence in Azerbaijan (1–78 years)	15.07	10.49
Perceived income comfort level (1–4; higher scores ¼ more comfortable)	2.75	0.88
Discrepancy in SES (29 to 38; negative scores ¼ better SES after immigration)	0.21	13.42
Acculturative stress (0–31)	16.62	6.10
Recent life stress (0–60)	26.56	12.85
Sense of mastery (1–69)	30.28	15.18
Social support (25–169)	48.53	21.39
Happiness (26–72)	54.58	12.22
Depression (1–43)	14.44	8.16

Note: Numbers do not always add up to 50 as a result of missing data.

5. Implication, Limitation and recommendations

Our study shows another methodological implication for the future immigrant research. This finding warrants a detailed discussion of whether or not the worldwide measure of current stress is more actual than the measure of acculturative stress as a predictor of the mental health results among immigrant populations. Moreover, the discussion among immigrant researchers should continue regarding conceptual rationality of many acculturative stress scales which principally focus on emotional measurements of stress that are specifically related to acculturation process [19]. While the items of the two mechanisms used in this study were closely compared, the changes were clear. It seems that unless researchers are building a more inclusive acculturative stress measure that contains multiple areas of stress in immigrant's daily life, future research on migrant populations have to consider using a global measure of stress rather than trusting on an emotional aspect of stress measure specific to the acculturation process. This study has other limitations that have implications in interpreting and simplifying the results. Caution should be implemented in generalizing the results to the whole immigrant

population because of the potential sampling preferences associated with convenience sampling. Furthermore, some of the findings and methodological implications of this study will only be applicable to latest immigrant groups who share similar cultural circumstantial and immigration history [20]. For example, lots of valid and more meaningful signs of acculturation such as language use at home or cultural identity was not able to be used in this paper due to lack of variance in these indicators. Instead, we used length of stay in the Azerbaijan as an alternate of acculturation. Next, it would have been a much stronger study if we had included more physiological health result measures such as a symptom worksheet [21]. Given that people in this cultural group often express their emotional and mental distress within somatization mode, the self-report of emotional well-being that we have used might not have provided a complete picture of their mental health status. Despite these limitations, there are a number of implications from this study for future studies of mental health in immigrants. Future findings are warranted to research plausible mechanisms of stress and relevant principal variables in explaining positive affect as a result of stress. Such material would be extremely important to identify specific approaches to facilitate successful adjustment of immigrants into this new situation [22]. Furthermore, future mental health research of immigrants should place more effort in designing and applying relevant and culturally delicate community services. More detailed qualitative studies would strengthen such an effort by identifying patterns of help seeking behaviors and effective supports for the specific cultural group.

5. Conclusion

All-inclusive, the study revealed the significance of social support for the psychological well-being of Azerbaijan immigrants. It was found as the most important predictor, immigrants who receive emotional and informational help perceive good social support, which consequently contributed to their psychological well-being. In addition, the study notices no gender difference in emotional and information support. The evidence further analyzed the recent life stress as the main determinants of immigrant's anxiety which affect their mental health and cause depression. The current findings have a few significant implications. The findings showed that social support influence psychological wellbeing. Improving social support by manner for different sources may mitigate depression and foster wellbeing. The discoveries could assist instructors and psychologist to plan and create legitimate intercession program to lessen psychological issues among immigrants. Reducing acculturative stress such as language and cultural shock is substantial for immigrant's improvement with the goal that mental issues may be leveled out.

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