

Migration to Cities: Between Psychological Adjustment and Social Adaptation

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Received: 01/2023

Published: 01/2023

Abstract:

This study aims to understand the phenomenon of migration from villages and small cities to cities and large urban centers and to identify the causes of migration from the factors of expulsion and attraction by estimating its size and knowing its trends in the economic policies followed by diagnosing the driving causes and the extent of their impact on the individual's psychology and adaptation in the social milieu.

The study found that it is possible to support efforts for integration, harmony, psychological compatibility and social integration, in order to achieve security and development, as well as to enhance cooperation and assistance, and to establish an information, reflection and exchange center with the aim of developing cooperation between different countries with regard to migration.

Keywords: Illegal immigration -mechanisms and strategies -European immigration- psychological adjustment - social adaptation.

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Tob Regul Sci.™ 2023;9(1): 150-161

DOI: doi.org/10.18001/TRS.9.1.9

1. Introduction:

The increase in the number of illegal immigrants that the world has witnessed over the past few years, and the dangers and crises that this has caused, have caused psychological damage and social destruction to migrants.

Since the dawn of history, our Arab region has witnessed successive waves of Semitic migrations from the Arabian Peninsula to the surrounding areas, from Canaanite and others, the motive of Semitic migrations is economic par excellence, closely linked to crises, as whenever livelihoods are narrowed in a region, its people seek new horizons, and if life and climatic conditions sometimes impose on humans continuous movement from one place to another, famine, poverty, earthquakes, floods, the spread of diseases and wars, especially civil wars, to emerge as one of the desperate solutions To seek employment, to escape persecution, to improve conditions, to steal

brains, or to find shelter and refuge are all factors that have forced a person to migrate from his home to other countries and regions.

There is no doubt that the issue of immigration to European countries has taken a large part of the political and social debate in the whole world, because it has become a challenge and a regional and international problem now, which is expected to interact more in the future, and have undesirable results for everyone.

This study aimed to analyze the phenomenon of migration by diagnosing the driving causes and their effects on development by identifying the role played by the economic policies followed in exacerbating this phenomenon and its effects on the individual and society, especially from the psychological aspect or social adaptation to the future and new society, and the significant changes it plays in the social and psychological structure and the pressures on the emotional, mental and behavioral levels resulting from migration, and proposing a mechanism for applying the results and implementing the recommendations.

The many physical, psychological, social, cultural, and religious changes that migration entails. They harm the physical and psychological health of individuals, and increase the risk of developing mental disorders, such as depression, lack of social integration between migrants and refugees, discrimination and racism, and conduct disorder.

Migration in its successive stages has resulted in social challenges and psychological pressures on migrants, due to their movement from one society to another, culturally different from their home society, which makes them change or modify their original culture due to their contact and interaction with other cultures and societies, and the subsequent modification or change in their self-and social identity, which is the result of the interaction and overlap of many subjective-internal factors of the individual, as well as the external that are the product of the psychosocial field in which he engages (Salam, 2020).

The ability to reorganize one's life and transcend time and space, which is caused by the Diaspora, manifested in fear, tension and turmoil, within a short period of time as a criterion for the failure or success of migration, requires the possession of the ability to absorb and adapt that leads the migrant to overcome his crisis, and a sense of the so-called "new birth" that helps him develop his creative productive abilities.

2. The concept of migration

It is the process of permanent or semi-permanent transfer or change in the place of residence of an individual or group from a community or area in which they used to reside (known as an area or community of origin) to another community or area (known as a region or community of destination). (Al-Qusayr, 1992, p. 12)

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He also defined it as "the movement of human beings from one place to another, whether individually or collectively, for political, economic, social or security reasons." (Al-Hawat, 2007, p. 24)

In Al-Mawrid's dictionary, "the meaning of migration ranges from displacement to migration from one place to another (Baalbaki, 2000, p. 578)

Some believe that the concept of migration is divided into: (Jack, 1982, p99)

A- Migration from **the perspective of receiving countries**, where the concept of immigration in this case is called the term "Immigration".

B- Migration from **the perspective of sending countries**, where the concept of migration in this case is called the term emigration, and this term refers to forced migration that occurs as a result of natural disasters or wars.

C- Migration from the perspective of other countries, where it is called the term "Migration", which in this case means voluntary migration from one place to another.

3. Attractions and expulsions

3.1. Attractions:

- **Social success:** when a member of a village or town emigrates and then returns to spend his vacation and he has all the factors of wealth and richness, from luxurious gifts he brings to his family, a car and real estate investment. These manifestations are also fueled by the visual media, as the visual media and the media revolution, which is currently widely spread, have made the poor acquire televisions and antennas that capture satellite stations full of manifestations of wealth and luxury, which feeds and consolidates the desire to emigrate and the dream of owning wealth.

- **Civilizational and cultural progress:** where educational opportunities at all levels and in various fields are available, which attracts elements and groups that seek stability in the advanced social milieu.

- **The availability of job opportunities** in the fields of industry, trade and services, where the economic situation flourishes in any country where natural resources are available that help the establishment and development of factories, and in such countries the demand for labor and specialists is constantly increasing, and migration usually begins with young people and then expands on the scale of families and relatives.

3.2. Expulsion factors:

- **Variation in the economic level:** This disparity is greatly evident between the expelling countries and the receiving countries, and this disparity is the result of the fluctuation of the pace

of development in these countries - that is, developing countries - whose economy is still heavily dependent on agriculture and mining, two sectors that do not guarantee any continuity in the development process or guarantee that sustainable development that is available in developed countries due to the development in industrialization and access to the knowledge society, due to the link between agriculture Natural factors such as rain that have nothing to do with humans, and the link between mining and international market conditions, which leads to negative repercussions on the level of the labor market.

-Depletion, degradation, depreciation or decline in demand for goods and services whose production is the main economic activity and source of income in society.

-Natural disasters such as droughts and floods usually cause migration and mass displacement.

-Discrimination against a particular social group because of ethnic, religious, or political differences.

- Alienation from society and dissatisfaction with its values and culture.

4. Effects of Migration:

- Its impact on the geographical distribution and qualitative, age and economic composition of the population.

- Change in population size. The abandonment of migrant farmers to agricultural work, which negatively affects the agricultural sector as a result of the neglect of some farms for immigrants and not investing them due to the low workforce that can be relied on in the cultivation and investment of these lands, and there is no doubt that this has a negative impact on the economy of society.

4.1. Positive effects of migration (Al-Sakran, 2005, p. 14)

- Providing manpower to the industrial sector, which contributes to industrial progress and prosperity, coupled with alleviating unemployment in the sending areas.

- Raising the standard of living through cash and in-kind assistance that migrants send to their relatives and relatives in the areas from which they migrated, so migration may contribute to mitigating the disparity in income levels between geographical regions.

4.2. The negative effects of migration are:

- Its contribution to the growth of cities at rapid rates that the responsible authorities in those cities cannot keep up with, which may lead to pressure on public services and facilities in cities.

- It leads to the spread of some manifestations of deviant behavior and high crime rates.

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- Reducing the size of the productive labor force in quantity and quality, and depleting the necessary competencies through brain drain, which today represents one of the obstacles to comprehensive development based on the advanced technologies and technologies necessary for these emerging countries.

- Migration has caused a major dysfunction in the labor-sending societies of Arab countries, especially the large vacuum in internal labor: the cultivation of the service industry, and negatively affected all economic sectors, especially the agricultural sector.

-Migration represents a hijacking of scarce human capital in suffocating countries, weakening the productive forces of the economy and increasing the scarcity of high competencies.

-The migration of an individual results in an initial loss to the country of origin represented by the historical cost incurred by society in the training and education of the migrant, directly or indirectly, until the time of migration. Of course, the historical cost of the country of origin corresponds to the country of immigration receiving an initial gain equivalent to the cost it would have incurred if the immigrant had been essentially within its borders.

5. A pandemic has slowed migration growth:

Growth in the number of international migrants has been strong over the past two decades, with 281 million people living outside their countries of origin in 2020, up from 173 million in 2000 and 221 million in 2010. International migrants currently represent about 3.6% of the world's population.

"The report underscores that migration is part of today's globalized world, and illustrates how the COVID-19 pandemic has impacted the livelihoods of millions of migrants and their families and undermined progress on the Sustainable Development Goals," said Liu Zhenmin, UN Under-Secretary-General for Economic and Social Affairs. (IOM, World Migration Report 2020, Switzerland, p. 82)

According to the report, the corona virus has disrupted all forms of human mobility by closing national borders and halting travel around the world. It is estimated that the COVID-19 pandemic may have slowed the growth of international migrant numbers by about 2 million by mid-2020, 27% less than the growth expected since mid-2019.

6. Migration and hate speech:

Immigration remains a controversial issue in Europe and occupies a high place on the political agenda across the region, and there are balanced debates on this issue, but political and public discourse on migration has sometimes been overshadowed by anti-immigrant sentiment, during 2017 and 2018 far-right groups across Europe promoted myths or fake news about migration, most notably in the pregnancy. Coordinated electronic campaigns against the Global Compact for Migration organized by far-right activists, including through social media, electronic petitions

and videos, Negative campaigns have played an important role in generating a backlash against the Global Compact for Migration in several European countries, prompting some governments to withdraw from the Migration Pact. All over Europe. (IOM, World Migration Report 2020, Switzerland, p. 94)

7. Immigration and Identity:

Events such as migration and exile bring about significant changes in an individual's life and can become threats to a sense of identity. Victor Tausk was one of the first to introduce the term "identity" into the psychoanalytic literature, arguing that a mature individual should discover his tools and himself just like a child, repeating his experience and struggle to preserve himself through "self-confrontation" and "sense of self." In their struggle for self-preservation, the migrant or exile must cling to familiar elements of the homeland, such as music, memories and dreams that reflect their heyday from the country of origin, in order to maintain a "sense of self".

In their previous book, *Identity and Change*, the authors analyze the conception and idea of a sense of identity as the product of a process of permanent interaction of the fusion of three links: spatial, temporal, and social. Based on this formula, they present the importance of these connections that form the basis of the sense of identity: spatial integration, which includes the relationships of the various parts of the self among themselves, including the physical self. Temporal integration, linking the representations of the self in time and their reflections **and** providing an implicit continuity that is the basis for a sense of self. and social integration, which regulates the relationships between the aspects of Self and tools. (<https://aljumhuriya.net/ar/2020/10/22/>)

8. Immigration and status:

Also, the social status that the immigrant had before his migration may be a reason for disturbing his psychological balance, as some immigrants were of respectable social status: professors, doctors, managers, etc., and suddenly the immigrant finds himself after the adventure thrown in reception centers with the marginalized and people with various types of psychological and mental disorders.

Hoffman Nutney put forward the theory of "social system", which emphasizes that man is a being who loves stability by nature, so there must be strong motives for the individual or group to emigrate, which is considered an outlet and a way out of the tension he lives in his country of origin and his sense of the need for change, so he sees migration to a new environment better than the one in which he lives reduces that tension, but he discovers after a while that the new environment generates pressures and conflicts that may lead to the creation of situations of psychological stress and imbalance. (Al-Kurdi, 2015, p. 35)

The theory of "social pattern" differentiates between the positions of integration and representation, integration is that the immigrant participates in the exchange of relations in the

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new society, while representation is his compatibility with the culture of this society, but he must give up some of the vocabulary of his culture and standards and adopt the culture of the new society in order to achieve that compatibility.

Psychology views migration as a traumatic experience, whether legal or illegal, and it is like voluntary exile in some cases and forced exile in others, so it usually has negative consequences on the personality of the migrant, in contrast to others, it is the best alternative to problems and provides a solution to those who have lost psychological security.

9. Migration and Integration:

There is no doubt that the immigrant must temporarily dispense with part of his individuality in order to be able to integrate into the environment he has adopted, the greater the differences between the new group and the original group, the greater the interruption, we conclude here that the integration process takes place within three stages: (Muammar, 2011, p. 106)

Intense pain in the early stages: pain about what has been lost or lost, fear of the unknown, experience of loneliness and isolation, destitution and lack of protection.

After periods of time of varying length, nostalgia and worries about the lost world awaken: the migrant begins to recall memories with a mixture of emotions and begins to endure his pain. At the same time, it slowly incorporates elements of a new civilization. And the interaction between its insides and the outside world becomes smoother.

In the third stage, the immigrant regains the desire to think about the future ambitions that he had planned, in which he gradually reveals his ideal state of the past, which is the lost paradise to which the individual wishes to return, so that the immigrant regains a more realistic vision of his past.

10. Barriers to integration:

Despite all that migrants do in the development of receiving countries, they suffer from several forms of discrimination and exclusion in all areas: housing, education, employment, social and cultural rights..

However, the severity of this exclusion and discrimination varies according to the ethnic origins of the migrants, as well as their language and religion, as well as according to their legal status in the host countries.

Housing: The level of use of residence and housing space is one of the first indicators and symptoms that show the extent of integration or exclusion of a particular group. In this regard, we note that most migrants suffer from exclusion, but its severity varies according to the duration of migration and countries. But the dominant feature in this regard is :(Clean: 2009)

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Migrants, especially Maghreb migrants, gather in certain neighborhoods where delinquency and marginalization are high.

In countries with new migration such as Spain and Italy, some migrants (4 or 5 people) are crammed into common rooms or workplaces for peasant workers. And there are no basic sanitary conditions in these homes.

Selfishness, irrationality and subjectivity are the values that often prevail in the labour market when it comes to employing people of immigrant or foreign origin, because obtaining citizenship does not necessarily mean full integration and getting rid of discrimination and exclusion.

The problem of non-integration of migrants is also more evident in the social sphere, where migration is often confused with criminality. The situation is exacerbated for people of Arab and Muslim origin, as there are prejudices and classifications where charges of criminality, extremism and terrorism are attached to them in an arbitrary manner.

European officials are aware that there is no escape for Europe from immigrants. But there are still those who find it difficult to reconcile the preservation of the ethnic, cultural and civilizational purity of Europe, and the need of this old continent for foreigners to cover the demographic shortage and respond to the needs of various productive sectors of all kinds and levels.

There are also those who wish the migrant to be merely a means and instrument for the production of goods and services and not as a human being with linguistic, religious and cultural specificities that must be recognized and coexisted with.

11. Addressing the phenomenon of illegal immigration at the international level:

11.1. Role of human rights organizations:

The most important means adopted by non-governmental organizations at the international level in order to combat illegal immigration are embodied in the mechanisms of international awareness and awareness of the seriousness of the phenomenon of illegal immigration and the issues of the rights of illegal immigrants, and drawing attention to the violations against them, as well as in exerting moral and material pressure on countries, in order to make them respect and enshrine their rights, in addition to that, these organizations carry out many field interventions, whether at the international level or to ensure respect for the rights of illegal immigrants by States, to stop violations committed against them and to provide assistance to victims of such violations.

Organizing international awareness gatherings and seminars: International gatherings and forums are the best and effective means adopted by non-governmental organizations, to sensitize international public opinion to the importance and necessity of respecting, defending and not violating the rights of illegal immigrants, as these gatherings and forums are the appropriate

opportunity for these organizations to present their concerns and opinions on illegal immigration issues and inform international public opinion of the reality of this phenomenon, and the notification and restrictions it encounters at the level of regions of the world.

- In addition to public gatherings and seminars, many NGOs organize special seminars and seminars, in which participation is limited only to the members of these organizations and takes on a periodic nature, through which all the concerns of these organizations and their branches, regarding the situation of the rights of illegal immigrants are raised and brought to the attention of each other. (Saadi, 2009, p. 286)

- International awareness and awareness through the media: The media and communication, especially at the international level, are the most important and effective means of sensitizing international public opinion to the issues of the rights of illegal immigrants and ensuring its mobilization and recruitment to defend it, and informing world public opinion of the reality of this phenomenon and its danger, and therefore these means are of great importance for non-governmental organizations in addressing and directing international public opinion and informing it of the international facts and situations related to the rights of Illegal immigrants, which makes these means an important role in the protection and promotion of human rights.

- Monitoring and reporting: acts as a monitor of the rights of the community and its members from unjust behavior, and it is doing everything it can to defend Every member of society to enjoy his recognized rights (Muammar, 2011, p. 57), and thus they raise Public awareness of its role in promoting accountability transparency and integrity. Oversight is an important element in the work of organizations. Oversight has now become an urgent need because it is one of the pillars of The success of the work, especially if the results of the control are used to develop mechanisms Work and develop the legal framework that governs the relationship of human rights organizations with the state (Tarawneh, p. 26), human rights In their quest to monitor the human rights situation, they sometimes resort to the method of detection Violations by some governments, and the reports submitted by these organizations play an important role in drawing global attention to the prevailing human rights situation in the country.

11.2. The strategy of the Sahel countries in combating the phenomenon:

"The Sahel approach is based on integrating and linking strategic elements in order to facilitate information exchange, coordination and implementation of joint operations." As a result, the Sahel countries have defined their strategy to combat the phenomenon based on the following (Muammar, 2011, p. 62):

- Border control and security as a preventive measure to prevent any movement of weapons or displacement.

- Encourage the Joint Operational Staff Committee and the Liaison and Coordination Unit to continue their efforts to ensure "better" coordination in the fight against terrorist groups and transnational organized crime networks, including drug trafficking networks.
- Strengthening cooperation and assistance, especially in the areas of "justice, customs, border police, combating money laundering, organized crime, drug trafficking and human beings."
- Supporting integration efforts and creating harmony in order to achieve security and development.
- Launching joint border control initiatives between neighboring countries may involve organizing joint patrols, but such initiatives remain limited, as besides requiring logistical coordination, they often cannot extend to all regions, and therefore their effectiveness remains limited.
- Coordination of security cooperation at the level of information and data to dismantle the networks operating in this framework, and in this context the Center for Information, Reflection and Exchange was established with the aim of developing cooperation between different countries with regard to illegal migration and regulating cross-border movement.
- This strategy to address the challenge of illegal migration is seen by the African Union as a "model" for the countries of the continent, and many politicians have expressed that the Sahel Initiative is "the best practice in the fight against illegal migration and in the field of development at the level of the continent given the strategic stakes of the region."
- The strategy adopted by these countries, "benefits from international coverage and finds a very positive resonance with the United States and its partners, and in this context the seven countries of the Great Lakes have endorsed a strategy similar to that of the Sahel countries.

12. Conclusion:

The phenomenon of illegal immigration has become a real concern for all countries, because of its effects on all security, economic and social levels. Illegal immigration cannot be completely eliminated, as some countries pursue legislation that serves their interests in the first place, especially the European Union, and unless it takes place within a regional and national framework before it occurs at an international level, as well as an urgent and deliberate solution to the problems driving it. Illegal immigration is only the product of a sick reality that has negatively reflected on the reality of our African societies, which have continued to suffer from various types of deterioration and inferiority.

To reduce this phenomenon, we formulate some of the following recommendations:

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- Work to investigate the most important causes and motives that push young people to illegal immigration in order to develop appropriate solutions.
- Concluding bilateral and collective agreements with economic and security dimensions related to the phenomenon, and cooperating with neighboring countries to reduce the severity of clandestine immigration through African dialogue.
- The contribution of the concerned authorities in activating strict control over the passages of migrants and transporters of migrants, as they are aware of the different routes of the road and ignore the borders, as they earn a lot of money to transport migrants in harsh conditions and means of transport that are unfit for humans.
- Activating human solidarity with the help of poor countries that suffer from lags in development in all respects.
- Dedication of awareness work by associations active and active in the field of migrant risks
- Cooperation of countries with migrant organizations, civil society institutions and human rights bodies in order to create mechanisms and cells of thinking and dialogue on the phenomenon of clandestine immigration for the necessary solutions.
- Intensifying awareness campaigns on the dangers of clandestine immigration, instilling a culture of patriotism and using all available means to deliver the message.
- Providing job opportunities for young people and appropriate health and social conditions, to make them enjoy a stable life away from pressures and obsession with unemployment, which is the most important cause of the phenomenon of illegal immigration.

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