NEAR EAST UNIVERSITY

GRADUATE SCHOOL OF SOCIAL SCIENCES

APPLIED PSYCHOLOGY MASTER PROGRAM

MASTER PROJECT

# THE PSYCHOLOGICAL EFFECTS OF MIGRATION ON ADOLESCENTS

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SUPERVISOR

ASSOC. PROF. DR. EBRU TANSEL ÇAKICI

NICOSIA

2015

NEAR EAST UNIVERSITY

GRADUATE SCHOOL OF SOCIAL SCIENCES

APPLIED (CLINICAL) PSYCHOLOGY MASTER PROGRAM

MASTER PROJECT

The Psychological  Effects  of Migration  on Adolescent

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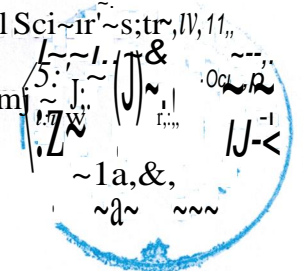Assist. Prof. Dr. Zihniye OKRAY

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# THE PSYCHOLOGICAL EFFECTS OF MIGRATION ON ADOLESCENTS

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## ÖZET
### Göçün Ergenler Üzerindeki Psikolojik Etkileri

**Hazırlayan: Zehra YÜRÜR**

**Haziran, 2015**

çinde bulundu umuz yüzyılda geli mi ve geli mekte olan ülkelerde göç; ekonomik, sosyal ve psikolojik yönleriyle ön plana çıkan önemli bir konudur. Kıbrıs'ta ya anan 1963 olayları sonrasında iç göçler görülmü ve 1974 sonrasında ise Türkiye'den adaya yo un göçler ya anmı tır. Günümüzde de devam eden göç sadece co rafi bir yer de i tirme olarak ele alınmamalı ve bireylerde yarattı ı etkiler ara tırılmalıdır.

Göçmenlerin ya adıkları yoksulluk, barınma, sa lık ve e itim gibi sorunların yanında ortaya çıkan uyum problemleri ve kimlik karma ası göçün sosyal ve psikolojik boyutuna vurgu yapmaktadır. Her bireyde farklı etkiler yaratabilen göç, ya grupları arasında da farklı sorunlara neden olmaktadır. Çocuk ve ergenler açısından bu süreçte kar ıla tıkları güçlüklerle ve farklılıklarla ba edebilmeleri ruhsal yönden olumsuzluklara yol açabilmektedir. Bu dönemde kimlik arayı ı içinde olan birey göç sürecinde daha fazla uyum problemi ya amakta, dolayısıyla sa lıklı geli imini etkileyen risk faktörleri de artmaktadır. Buradan yola çıkılarak göçün ergenler üzerinde olu turdu u psikolojik etkiler literatürdeki mevcut ara tı~alardan faydalanılarak ara tırılmı tır.

Göç ya amı bireylerin topluma sa lıklı uyumunu sa lamak, çocuk ve ergenleri etkileyen risk faktörlerini önlemek ve azaltmak adına ilgili disiplinler tarafından proje ve programlar geli tirilerek uygulanmalıdır.

**Anahtar kelimeler: göç, psikolojik etki, çocuk ve ergen.**

# ABSTRACT

## The Psychological Effects of Migration on Adolescent

## Prepared by: Zehra YÜRÜR

## June,2015

In the present century social, economical and psychological effects of migration have become a major problem in many developed and developing countries. Internal migration was seen taking place in the Cyprus after the 1963 events, and there has been heavy migration to the island from Turkey in the post-1974. Today, the ongoing migration should not only be perceived as a change of the place. It must be taken into account that person who migrates can have internal changes.

Migration can also have different effects on each individual, and this shows difference between the age groups. During this process children and adolescents may faced with spiritual problems. During this period, an individual, who is in search for the identity, may have more adaptation problems. For this reason, in this study, mental effects of migration on adolescence immigrant and will be investigated by considering the previous research. Programmes should be developeded and impelemented to migration experienced individuals in order to prevent and reduce risk factors which affects young people.

Key words: migration, psychological effects, adults and children.

# ACKNOWLEDGEMENT

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# ABBREVIATIONS

TRNC: TURKISH ~EPUPLIC OF NORTHERN CYPRUS

TR: TURKISH REPUBLIC

UNESCO: UNITED NATIONS EDUCATIONAL, SCIENTIFIC AND CULTURAL ORGANISATION

USA: UNITED STATES OF AMERICA

# 1. INTRODUCTION

Immigration is defined as permanent or long term change. People, depending on where they live, individually or in a community are motivated to leave from their native countries for many reasons. People have started to migrate abroad because of the quest for a better life. In 2010, the total number of migrants worldwide reaches 214 million, up from 150 million in 2000(IOM, [19.10.2014]). According to this data, migrants account for one third of the total world population. As in many developed and developing countries, substantial migration has become a major problem in Turkish Republic of Northern Cyprus (TRNC). During the 1963 conflict and 1974 war in Cyprus, internal and external immigration has been experienced. In 1974, after the Peace Operation by the Republic of Turkey, there have been several migrations from various regions of Turkey to the island in order to increase the population. In recent years, immigration especially from Turkey to Cyprus has been continued.

According to the TRNC Population and Housing Census data 2011, totalpopulation was 286,257 and 104,641 of that number was made up of permanent residents in the TRNC who migrated from Turkish Republic (TR) (DPÖ, [9.10.2014]). Forced immigration and temporary immigration have different side effects on the people. In addition to this, immigration whether or not an individual's own decision, is among the factors which affects the process of migration. The ability of visiting back their home country without having any trouble and the factors caused them to leave their country has an important effect on migration process (Akhtar, 2010, 4-5). In this context, immigration should not only be perceived as a change of the place. It must be taken into account that person who migrates can have internal changes. Each member of the family may be affected negatively because of the problems of migration. Different age groups can have different problems. In case of children, migration is a more complex process. (Akhtar, 2010, 8-10).

There are many problematic situations that can be frequently seen on immigrant children and adolescent. The most common ones are; behavior disorder, identity confusion, and low, self-esteem, anxiety disorder, depression, somatic disorders, problems resulting from multilingualism, enuresis, low academic achievement, and generation problems (Alverez et al., 1988, 934-936). Like all over the world there are many problems associated with immigration in TRNC. These problems affects the both of the countries and the immigrants. When they are individually considered, the mental problems of migration have major influence for understanding the notion of immigration. In this study, mental effects of migration on adolescence immigrant and will be investigated by considering the previous research.

## 2. NOTION OF MIGRATION

### 2.1. Definition of migration

Migration can be defines as the act of moving from one country to another. In other words, migration is to force or obliged to flee people to leave their hom_ç~ountries permanently or temporarily because of economic, social or psychological situations (Polat, Evliyao lu, 2008, 52). This can be voluntary or obligatory and it could be seen on persons or groups of persons. Also, it can be internal and external. For this reason, it is possible to face with changes in population. When the migration occurs between countries, the total number of population decreases in emigration countries and the total number of population sharply increases in immigrant receiving countries. As a result of the uncontrollable population growth, some problems can be seen in some areas such as infrastructure, housing, education and health services and this is causes to gender, age and community differences in a country.

From past to present, migration for many reasons such as, droughts, attacks, fires, climatic conditions and natural disaster has been extremely experienced. Nowadays, migration is being occurred for various problems such as, employment and better life standards. ( ahin, 2001, 59 as cited Sa lam 1985).

There has been increasing recognition that low income, bad living standards and ageing of society are important drivers of the growing number of migration in less developed countries, (Yılmaz, 2014, 1694-1696).

Migration is not only includes the act of movement from somewhere to another, it is also includes the act of movement from both of the socioeconomic system and a cultural patterns to another (Gün, Bayraktar, 2007, 168 as cited Rogler, 1994, 72-84). Migration is a complex and problematic process. Some permanent mental health problems are highly be seen on people who experienced external immigration. At this point, mental changes can be seen on the people (Akhtar, 2010, 3).

It does not matter in what reasons the migration is done; it always brings new problems because of the new environment. Migration is a complex condition which affects individuals of all age groups.

## 2.1.1. Types of Migration

Migrations can be classified based on patterns on migration, times and distance. For this reason, Migrations can be classified as voluntary, forced, seasongl, labor, irregular migration, brain drain, internal and external and permanent migration. Firstly, Voluntary migration is migration based on one's free own decision. On the other hand, forced migration is migration which evolves out of will. Secondly, seasonal migration is based on activities such as tourism and animal breeding. Thirdly, political, social, economic or natural based migration can be classified as permanent migration. These types of migration would be forced or voluntary. When the both internal and external migration is investigated, it is obviously seen that internal migration occurs within the country's border whereas external migration takes place outside the country's border. These can be both permanent and temporary. When the labor migration is examined, it can be clearly said that the labor migration occurs because of the growing unemployment in less developed countries. At this point, labor migrants prefer to migrate to developed countries for employment. Beside this, it is possible to face with brain which refers to the emigration of intelligent. In other words, it is an international migration of highly

skilled people from poor to rich countries. At this time it is possible to face with notion of irregular migration. Problems that occur because of the vague and unclear permission at the entrance to a country and exit from the country are defined as irregular migration (goc-cesitleri, [2.11.2014], Çavu o lu, 2006, 83-104).

As explain above, people who enter a country without the country's legal permission are also recorded as a part of irregular migration. As it has been mentioned above, the term irregular migrants typically classified as stock of people in a country who are not entitled to reside there. At this point if they want to extend legally resident migrant they have to make exit from the country within a certain period of time or they must apply to one of the other conditions in the law. Otherwise, they will be entitled as illegal resident. As it has been mentioned above, the term migration is divided into different categories, considering the situations. External and internal migration are one of the most common ones (Yılmaz, 2014, 1689).

As a result of internal migration in a country, it is possible to face with some problems such as housing, irregular urbanization unemployment because of the imbalance in the population. Fluctuation in the population also creates inefficient services especially in fields of health and education services. On the other hand, as a result of external migration, population decreases in emigration countries and the total number of population sharply increases in immigrant receiving countries and this fluctuation in the population classified as normal changes. As a result of this change, problems which have been already mentioned above can be seen in similar way on external migration.

It does not matter in what reasons the migration is done; it is a common movement for employment and better life standards. For this reason, immigrants are working non-stop in order to have better life standards. During this period, some of the immigrants integrate into the society in which they are located in, whereas others have been more linked society where they came (Yılmaz, 2014, 1696).

### 2.1.2. Migration in Cyprus

As in many developed and developing countries, substantial *migration* has become a major problem in Cyprus (Keser, 2006, 105). The island has experienced the immigration many times throughout the history. During the time, the island has experienced the both internal and external migration. This process can be found in historical documents. As it has been mentioned above, migration is not only includes the act of movement from somewhere to another so it always brings new problems. These actions help people to understand the process of the island during the period.

Cyprus is an immigrant receiving island until 1950. However, forced internal migrations have been occurred in mid 1950s because of the conflicts between two communities. The growing conflicts between the two communities affect the secure living in Cyprus. For this reason, many people leave from their home in order to provide their security (Gürel et al. 2012, 4-6). In 1960, Republic of Cyprus established by the two communities. According to the data, 77% of the population was Greek Cypriots and %18 of the population was Turkish Cypriots (Keser, 2006, 108). Towards the end of 1963, many problems have experienced due to the~~olitical disagreements. As a result of this, a new inter-communal conflict began, and many Turkish Cypriots has been displaced.

In 1968, long time continuing tension on the island decreased, and negotiations on the solution for the Cyprus problem have started for the first time. However, in a time the conflicts between Greek Cypriots affected this progress (Gürel et al.,2012, 8). The reason is some of the Greek Cypriots wants to connect Cyprus to Greece which was one of the guarantor countries of Cyprus. In other words, they wanted to achieve the idea of ENOS S. On the other hand, some of the Greek Cypriots wanted to live in Republic of Cyprus. At this point, President of the period, Archbishop Makarios faced with some problems. It has also attempted a coup towards to Makarios. At this point, a military intervention was started in the events on the island by Turkey which was another guarantor country of Cyprus. The primary reason of this military intervention was Enosis and continuing violent incidents on Turkish

Cypriots. As a result of the military intervention, a control zone in the North of the island was created and, secure living area in this zone was provided to many Turkish Cypriots.

During 1958 - 1963 events, both of Turkish and Greek Cypriots experienced the notion of immigration, apart from the displacements, in particularly to European Countries, including Britain, Turkey and Greece. As a result of the ongoing events for many years, 60,000 Turkish Cypriots immigrated from South to North. According to data, the figure of Turkish Cypriots represents almost half of the population during that period (Gürel et al., 2012, 5-14).

In 1974, after the Peace Operation in Cyprus, people was encourage in various ways to migrate from Turkey to Cyprus (Keser, 2006, 112). In this way, they increased the number of Turkish people on the island.

## 3. ADOLESCENCE

In terms of human nature, the term 'adolescence' refers a social and biopsychic process. Adolescence generally seen on different geographical and socio-economic structures that begins and ends in different age groups. It can be also described as a process that involves almost all the developmental properties of individuals (Avcı,[5.11.2014]).

Adolescence refers to the period between the ages of 12-20, affecting an individual's physical, mental, and psychological condition. In many resource, it is also defines as a 'transitional period' between childhood and adulthood. During this period, almost all of the changes, which affect the development of the characteristics of an individual, constitute a metamorphosis and transformation. Physical, cognitive and social transitions have an important role on the basis of changes during adolescence. Changes, regarding an individual's physical appearance and reproductive organs, are experienced with the onset of adolescence. Secretion of hormones, increased libido, height growth and voice changes are among the most significant changes that occur

in the area of physical development. These changes can be seen as menstruation and breast development in girls and increased body hair in boys. As a result of these changes, the increasing interest to the body begins (Koç, 2004, 233).

When children and adolescents are compared, latter are more likely to have forward thinking capability Their thoughts about the world around their selves and whom they interact are affected when they gain the better ability to think through abstract or hypothetical concepts. At this point, individuals start to think about their future life, friendship and family relationships and they become more capable of thinking logically about concepts like politics, philosophy, and religion and so on. During the time of adolescence, individuals experience the differentiation on their social and emotional life. In addition to the differentiation on their social and emotional life, the idea of is not understood by others is highlighted in their mind. So, they want to spend more time with their friends rather than their families. As a result of reduced concern on family, the lack of awareness of parents is started to notice. For this reason, advices are perceived as disturbing for an adolescent, and in this way family conflicts arise. Apart from this, another dimension of conflict occur -when the adolescent desire to become more independent. This situation has both positive and negative returns and that will have a permanent impact on identity. If the conflict is resulted in positive way, this enables to a successful identity formation individuals (Avcı, [5.11.2014]).

As it was mentioned above, individualization and finding identity are the results of the positive turns of this process. However, when the support, which is provided by family and social environment, is insufficient, adaptation problems may occur. As a result of this, healthy development of adolescents may be affected by some behaviors which prevent the successful transition of individuals from adolescence to adulthood.

In brief, it is possible to say that adolescence is a period of rapid change and restricting. This does not only mean that this changes can be only seen on rapid growth of body or changes of sexual organs but it also means the changes can be seen on restricting of mental structure (Gazio lu, 2014,93-104).

### 3.1. Psychosocial Development in Adolesence

According to Erikson's development theory, individuals are faced with a psychological depression in each stage of development. According to this, adolescence refers a period which is expressed as 'identity confusion against to gain an identity'. Eriksons's identity theory expresses an idea which refers to the presence of positive feeling. (Derman, 2008, 21 as cited Erikson, 1959) Adolescence is a challenging period and it has different stages in this period. Adolescence has three stages. Each of them has its distinctive and characteristic features. The first one is 'initial phase'. This stage of adolescence covers the people at the age of 10-13. This stage is also known as 'early adolescence' (Derman, 2008, 20-21).

The period of adolescence is considered as crucial and significant period of an adolescents' body. In this period, adolescents are highly interested in with their body. They try to adapt to the rapid physical changes. The intense and rapid physical growth leads to the alienation of the body of the adolescents. Questions, concerns and fears about how this situation will end are increasing day by day. Physical growth and increasing sense of the sexual identity reveals that adolescents should take particular social roles. During this period, abstract thinking is another important aspect which leads to the strong same sex friendship relations. The second stage is known as 'middle adolescence'. Adolescents at this stage are very concerned about their independence. Adolescents during this stage experience the most conflict. Achieving independence from their parents is the essential to a middle adolescent (Yörüko lu, 2011, 375-379). At this stage, adolescents are at the age of 14-16. Adolescents in this age group are more sensitive in their relationships. During this period, adolescents can feel stronger because of their rapid physical growth. This increases the possibility of harmful behaviors.

The third stage is 'late adolesence'. This stage begins around at the age of 17 and it ends with development of the identity. Apart from the individual identity, social and professional identities of the individual also develop (Koç, 2004, 238). At this period, adolescent transition to adulthood is experienced. The duration of this period may vary according to people. Adolescents have greater ability to express their ideas

and they begin think seriously about career goals. Adolescents at this stage are less concerned about their body and more concerned about their identity.

## 4. PSYCOLOGICAL EFFECTS OF MIGRATION

Over the centuries existing and still ongoing migration brings along various problems. As a result of migration, countries and people are facing with economical, social, cultural and psychological difficulties. It is important to identify the variation and reasons of migration in order to have a better understanding of migration issue.

In this part, some articles have been surveyed and summarized which are considered to be useful to understand psychological effects of migration on individuals, especially on adolescents.

A study for the reasons of international migration, involving various theories and opinions, has examined adaptation problems in addition to the challenging effects of migration on returning individuals. It has been found that from the moment migrants get into a foreign country they feel nervous as a result of settlement and adaptation efforts in the community. Not only this but also, it has been identified that this situation could last for many years. Furthermore, the investigation regarding the adaptation of migrants to the society in the destination country has emphasized the importance of whether children have gained cultural role and identity from the country they come from or not. Accordingly, it has been put forward that for the children who have completed the age period of 6 - 14 which is called primary socialization; it is less likely to lose their original cultural identity after moving to a new society. Moreover, they are more willing to go back to their original country. However, aged between 1 and 5 which create the middle of primary socialisation period are highly risk potential group of children since they are identified to be problematic and do not feel secure in any culture. The study has also found that the children who bom in foreign country after migration cannot speak their mother

tongue and do not want to go back to their country of origin ( ahin, 2001, 65-66 as cited Do an 1988, 40).

A research examined the cultural harmony and biculturalism based on the Turkish origin patients living in Germany. The study data have been collected via psychiatric assessment held between June 2007 and May 2008. Accordingly, 220 patients have been chosen to study on among 1148 people aged between 18 and 30 who have depression, adjustment disorder and anxiety disorder.

It has been seen that bicultural individuals who were bom in Germany defined themselves more integrated to the Germany society than the individuals bom in Turkey did. In contrast to Sahin's research, those individuals also stated that they can effectively use both languages. On the other hand, it has been put forward that the individuals bom in Turkey intensively use Turkish language and have strong dependence to the Turkish society.

According to the results, during the cultural adaptation period dominant language, place of birth, employment status and biculturalism are the most important factor causing to psychological stress for the individuals. Furthermore, it has been found that a depression derived from psychosocial disparity has a relation with the ethnic identity not with the biculturalism (Gül, Kolb, 2009, 139-141).

As well as international migration, internal migration is another kind that is frequently faced with. Internal migration is a consequence of income and social development disparities between the regions within a country. Nowadays, these disparities tend to be vicious circle, creating both reasons and results of internal migration.

A research investigating the reasons of internal migration in Turkey put forward that people used to migrate from villages to cities; however, with the changing nature nowadays migration has started to be seen from cities to cities. According to the results of research;

The geographical condition of regions, unstable distribution of natural resources, economical and social imbalances cause differentiation and separation between regions. As a result, it has been found that in Turkey cities have been the first preferences for working and living in, same as all developing countries. The study also covers the importance of eliminating economical and social imbalances between regions in order to avoid internal migration and minimise the possible negative consequences of it (Ba el, 1998, 520-540).

In addition to the internal migration derived from rising demand for living in better conditions and having better income level, it is also common to face with war, terrorism, natural disaster and etc caused compulsory migration. According to a preliminary research conducted on the effects of internal migration on mental health, it has been seen that migrants have faced with several psychological impacts.

The sample group of study has been consisted of migrants used to live in rural areas of Diyarbakır but had to move to disaster houses located in city centre. In this group, there were 100 of people aged between 17 and 72.

A village which is close to the centre and investigation area and also has similarities to the sample group in terms of economical and social factors has been elected as a control group. In this control group, there were 80 of people aged between 15 and 80.

According to the results, it is more likely to see individuals who faced with migration having paranoid symptom levels, incidence of schizophrenia, obsessive-compulsive disorder, depression and somatisation compared to the individuals who have never experienced migration. In addition to this, it has been stated that the education level has an important effect on the process of adaptation to the society after migration and higher education level can facilitate the adaptation process. Another important research finding is the way of migration has influence on the occurrence of mental disorders (Sır et al. 1998, 84-88).

In Cyprus, lots of people experienced internal and international migration as a result of 1963-1964 incidents and 1974 war. After all these relocations, a research has been

conducted in order to investigate individuals' psychological status during the Annan Plan referendum.

The first reason for this research has been comparing people who have been displaced with the ones who have not displaced in terms of prevalence of post-traumatic and psychological symptoms. The second reason is comparing them regarding their attitude towards future and reunification.

In this research, 408 people have been elected randomly in order to make a survey. According to the purpose of research, 129 people of 408 have been selected to work on and 74 of that people were the ones who experienced displacement. The results have put forward that individuals who have displaced are more likely to experience stress disorder, depression and war-related injuries trauma. Moreover, individuals who have displaced have negative opinions regarding the reunification of two communities (Ergün et al., 2008, 20-27).

1963-1964 incident and 1974 post-war in Cyprus, and also compulsory internal migration related to these incidents has been investigated in Çakıcı's psycpodrama method of study as an intergenerational transmission.

The objection of this study was investigating how individuals who experienced internal migration as a result of this incidents and war transfer these memories and how second generation perceive. In this study, 8 people aged between 21 and 26 have been observed.

During the application process, regular sessions have been conducted and each individual has indicated which factors have affected them most in terms of migration. As a group activity, family tree study has been conducted too. In this study, emotional bonds of group members with their families and conflicts and war-related traumatic experiences of each family member have been discussed.

As a result of this study, group members have found opportunity to understand better the emotions and opinions of their relatives who experienced compulsory internal

migration and realised that they also experience the indirect effects of internal migration (Çakıcı, 2010, 94).

This study was held 'on in Turkish Republic of Northern Cyprus. The aim of the study was to explore the prevalence of child delinquency and investigate the risk factors. Between the years 2000 and 2010, 1500 files has been investigated which belongs to under the age of 18 and committing a crime. This study consists of four chapters. As a result of the pre-processed data, the number of male offenders' files is higher than girls. Also, the highest rates of child offenders were from Famagusta Court.

When the types of the crimes has been investigated theft, which is followed by traffic offense, has the highest crime rates. In addition to this, the obtained datas show that chidren generally commited those crimes on their own. When it has been looked at the types of the punishment, fine (money) is the most common punishment type and 55.4 % of the children has been punished in this way.

As a result of the study, the presence of child delinquency has been noticed as a problem. So, this study suggest that child delinquency should be prevented by considering their family structure, education level, social environment, socio economic life and migraion. In other words, all these factors closely associated with children delinquency.

For this reason, a plan should be prepeard with the participation of all relevant instutions and organizatons in the TRNC in order to prevent the child delinquency, and this should become a state strategy (Çakıcı et al., 2012, 183-198).

Several studies have put forward that migration has negative influence on individuals' lives no matter of place and reason. Children and adults are also affected as a result of migration; there are lots of studies in the literature regarding this issue.

According to a research conducted by Gün and Bayraktar, the role of adolescents in the adaptation to the internal migration in Turkey has been investigated. Therefore,

adults who have experienced migration have been compared with the ones who have never experienced migration in terms of life satisfaction, self-esteem and social support networks.

Sample group was consisted of people who were born in zmir and have never experienced internal migration, people who migrated to zmir, people born in Kızıltepe-Nusaybin, people migrated to Kızıltepe-Nusaybin and people born in villages aged between 12 and 15.

Research results indicated migrants' the most important problem as economical issues. In addition to this, it has seen that people who migrated to zmir are more likely to have inability to go to schools than others. In terms of self-esteem, it has been seen that people who have never experienced migration have higher rates, beside people migrated to Izmir has have the lowest self-esteem rate among other sample groups. In terms of life expectancy, never migrated group of people still have the higher rate as well. In addition to this, it has been seen that as the age average has increased life expectancy rate has gone down. Among all migrated people, it has been observed that people who have good/average economic status hat~ore life expectancy rate than people with bad/very bad economic status.

Most adolescents born in Izmir feel close to their peers in terms of social support networks, unlike other groups, family members are expressed more in the other groups with a significant difference. Migrant adolescents showed similarity in terms of the number of people in their social support network, Kızıltepe-Nusaybin and village bum people has expressed the highest number of people.

The research has showed that people migrated as a result of security issues have higher culture level than people migrated as a result of economical factors. By this, level of acculturation may differ as a result of migration reason. Moreover, level of acculturation has been seen higher for the people migrated to zmir when it was compared to the people migrated to Kızıltepe-Nusaybin. Another result of the

research is people who want to go back their homeland have higher level of acculturation than the people do not want to go back.

The research results the place cultural, social and economical differences between where people migrated from and place where people migrated to have negative impacts on adolescents' mental health (Gün, Bayraktar, 2007, 167-176).

As a result of migration, changing school is another tough factor for the children and adolescents. A research has been conducted in a school located in Antalya, Safak District which is known as being a popular area for migrants in order to investigate how inter migration has effect on children's adaptation to school. 154 children aged between 8 and 12 have attended to the study, and 76 of these were the ones experienced inter migration while 78 of them did not. These data have been collected via mothers and class teachers.

Due to these data, it has been found that migrant children have showed different attitude and adaptation problems between house and school environment. By this, migrant children are more introverts at the school environment. Furthermore, they are more likely to be worried and nervous at school.

In the study has concluded that migrant children have more risk to have mental disorders than children who have never faced with migration (Uluocak P., 2009, 35-41).

In a similar study conducted in North-East France, the impact of socio-economic factors, social relationships, unhealthy behaviours, the environment, the physical and psychological health on school difficulties for the migrant adults both European and non-European has been investigated. The sample group of study was consisted of students going to secondary school. Participants were divided in to 3 groups as French, migrants from Europe and non-Europeans.

The research data has put forward that there are important differences between groups. Therefore, it has been seen that migrants have more potential to start using

tobacco and tobacco products than non-migrant individuals, also have more school absenteeism. Non-Europeans are more under risk of retaking courses, having poor school performance and dropping out school.

Results have showed that the social relationship, environmental, physical and psychological health has impact on retaking courses, having poor school performance and thoughts of dropping out school. As well as life standards, environmental factors and personal well-being, providing precautions to prevent unhealthy behaviours and assistance for physical and mental health has been suggested in order to increase school success (Chau et al., 2012, 2-10).

According to Diler and friends's examination on emotional and behavioural problems of migrant children, migrant children are less likely to have higher academic success rates than non-migrant children. They are also more likely to have higher depression and anxiety levels. Moreover, they have rather low self-confidence levels. As a result, it has been found that their resistance performed during adaptation period may be effective in increasing the problems they are facing with (Diler et al., 2003, 17-20).

It is known that many state-owned or private institutions carry out researches on determining the problems during the compliance with immigration and developing prevention programs accordingly. Australia Department of Health conducted a research that comprises years between 2005 and 2008 in order to investigate the psychological and socio-cultural adaptation problems of adolescents. In the study, it has been studied with 2 groups consisted of both migrants and non-migrants, average age of 13.

When groups have been compared in terms of adaptation, a statistically significant difference has been identified only on the level of attention deficit and hyperactivity, and also it has been found that non-migrants have higher level of attention deficit and hyperactivity. The research has have put forward that both groups have similar results in terms of behavioural, emotional and peer problems. Hence, it has been

found that migrant and non-immigrant adolescents may show similarities in terms of psychological adaptation and moreover migrants could be better in some socio-cultural adaptation pıeasurements, Also, it has been observed that some socio-demographic characteristics have impact on the psychological and socio-cultural adaptation of non-migrant individuals.

The study has come with a result that non-migrant adolescents need to increase their adaptation. For this reason, available study data have been important resource for the programme to be prepared (Abu-Rayya, 2013, 1-5).

Another study conducted in America has investigated the individuals' adaptation process to migration with 281 Latin migrant participants aged between 12 and 19.

The results have covered that depression and anxiety levels could be affected depending on the stress or assistance experience. Therefore, anxiety level has a strong relation with the legal status as being fugitive or not, and depression has a relation with whether individuals are facing with discrimination or not at the place they migrated to. Also in result, it has been mentioned that social support~t home and school is important to minimise the negative impacts of discrimination and other stress related factors (Potochnick et al., 2010, 4-9).

Alvarez and friends have done a research on potential risk of children of migrant families being exposed to mistreatment. One group of study has been composed of children whom have been proven to be exposed to mistreatment from their families and their families. The other group was included the children and seasonal worker families who have experienced migration within the last five years.

The findings have showed that level of migrants and family structure are associated with mistreatment. By this, families experienced migration between the years 1974-1982 has been investigated by this study in terms of status and family structure. Findings have put forward that children of families with single-parent and experienced interstate migration have higher risk of being exposed to mistreatment.

Children of migrant families are six times more risky to be under the risk of mistreatment. Moreover, lifestyle of migrants and having fewer social resources are stated among the factors that increase the risk for the children (Alvarez et al., 1988, 934-936).

Economic issues that are among the major causes of migration and its effects have been investigated on the basis by a study conducted in Canada. The reason for this study was investigating the relation with poverty and mental health by comparing the different effects of poverty among migrants and non-migrants. Thus, aged between 4 and 11 children who have migrated to Canada and children whose family have migrated to Canada before their birth have been chosen to be investigated.

The results have proven that some migrants are chronic poor, socially problematic and psychologically under stress, same as some non-migrant poor people. Poverty has extremely seen as a correlation with being single-parent family, having family dysfunction and high family depression.

Children with migrant parents born in Canada have been found to be poorer when it is compared to the non-migrant children. In addition, children with poor families have been stated to have more improvement problems than non-poor children (Beiser et al., 2002, 220-225).

Some researchers have argued, migrant children have greater risk in terms of physically and mentally as a result of stress caused by their migration experience, their families' status, social support, individual competence and acculturation. Some as other children, migrant children should avoid risky behaviours in order to reach a certain education and life success. These risky behaviours are mostly seen in adolescence; however, there is not enough evidence to prove its relation with migration yet.

According to the United States of America (USA) census carried out in 1990, there has been a rapid increase in the number of migrant children under age of 15 and also it has been revealed that they create the important part of population. Therefore, a

study has been conducted on the basis of the risky behaviours of migrant adolescents, in the age of middle and high schools, from all over the world.

In the study, migrant students has been grouped in three as constantly living in the USA, living for more than 6 years in the USA and living for 6 years or less USA. Local individuals have greater use of alcohol and marihuana when it has been compared on the basis of lifetime, past 12 months and within the last 30 days. Generally, peer pressure towards substance abuse, violence and risky sexual relation has been observed on migrant adolescents living for 6 years or less USA. Beside of this, it has been seen that there was not that much rejection from their family to drug use, sexual activity, and violent behaviour and more, these adolescents have low self-efficacy and confidence to refuse the presented drug.

When the results have been evaluated, an opinion has been obtained on which programmes will be preventive for the expected uprising of risky behaviours (Blake et al., 2001, 794-797).

In another study, violence has been observed as an independent variable-iradifferent group of migrants in middle and high school. The research results have showed similarity with the available studies. According to this, boys are more likely to have violent behaviour than girls. In addition to gender differences, age, families' education level, having guilty peers and having committed a crime before have been proven to be important effects on adolescents violence. As well as the other studies, it has been observed that the concentration of migrants is important for the negative effects of violence. Also, the study has come with a result that this situation has been mostly seen in the individuals bom in abroad and concentration of migrants has decreased the rate of adolescent violence in the society (Desmond, Kubrin, 2009, 581-600).

Past experiences like migration and abuse is known to have a negative impact on children committing offenses. Suddenly, unplanned and especially migrations due to economic reasons cause not only anger and aggression in the family but also bring

the child abuse together. According to Tütüncüler and friends' research, children with migrant families and children with non-migrant families have been evaluated whether there is a djfference between the crimes committed or not, and also the basic features of environment they live have been evaluated with both children and parents' education level..

According to the results, the majority of children who are allegedly committed crimes and brought to the examination had been subjected to physical violence within their family. In addition to this, fathers have been shown as the most ones applying the violence. In terms of socio-economic and family environment, children are highly living in house environment that is consisted of 5 or more people. This situation is reducing the necessary disciplinary authority on children and causing both losing parental control and communication.

In terms of living and working at the street which are considered to be the important factors that push children into crime, the number of working children who experienced migration has been shown to be more than the number of children with no migration experience. Moreover, children with migration histor;₀ 5tve been claimed to be more likely to have prior criminal histories (Tütüncüler et al., 2008, 97-104).

In Akduman and Baran's study on young offenders, the possibility of facing with peer abuse for the children involved in crime and, the features of offended crime with the effects of migration and school changes have been observed. In the research has been conducted on 103 children aged between 12-15 who were allegedly committed crimes and referred to the court.

Among the findings; children who have committed a crime have generally involved in with their friends. Beside, these children have shown high rates of absenteeism, and the majority of those who still attended to the school frequently attempted to escape from the school. When the data relating to migration status have been

investigated, it has been seen that the majority of those children were migrated (Akduman, Baran, 2010, 34-38).

In a research conducted in Turkey, the relationship of the adverse environmental conditions and demographic characteristics of individuals with the depression has been examined. The research has also dealt with the phenomenon of migration, many of those adolescents participating in the study experienced migration in the age of 12-17 have been found to be working children on the street. Furthermore, the levels of depressive symptoms have shown important disparities depending on the street work status. In addition to this, the relationship with the family has been suggested as the basic reason of children with migration experience having greater depressive symptoms than non-migrant children. Due to the social exclusion, adaptation problems, economic problems, housing, security issues, education and health problems migrant families are more likely to experience depression; the possibility of children having depressive symptoms is also increasing accordingly (Erdo du, 2012, 80-84).

In a study investigated the effects of migration on children's mentaı'~alth and factors influencing the mental status of migrant children, apart from migration, the importance of working with different system that is also effective on children's mental health has been emphasized.

According to the findings, among those children who have experienced migration in terms of finding spiritual harmony are more likely to show two times more spiritual incompatibility than those children who have never faced with migration. Also, migrant children have been reported as having more neurotic and behavioural problems. Economical factors have been shown as the very first reason for migration and psychological adaptation situations of children has shown clear disparities depending on the migration reasons. In addition, school failure has been indicated as the first place among the children's mental problem. Consequently, it has been emphasized that the psychological effects of migration should be in the common workplace like psychiatry, education and social services (Polat, 2007, 90-103).

## 5. RESULTS AND SUGGESTION

Migrant life has been considered to be a risk factor in terms of economical, social and psychological aspects. The result of this study which has investigated the effects of migration on children and adolescents has put forward that migration and migration process have negative effects in terms of psychology.

Whether the migration is temporary or permanent, reasons of migration and the problems faced with at the migrated place influence the individuals psychologically. Therefore, migration should not be regarded as a simple location change and also the effects created in the individuals' spiritual world should be taken into consideration.

Migration influences the public issues like uncontrolled population growth, education, culture and health. Also, the impact of social norms and individuals coming from different cultural structure starting to live together increase the psychological problems within migration process. Moreover, economical difficulties are not only the first reason for migration but also play an important role in the increase of psychological problems.

An adolescent or a child, no matter of age and maturity all individuals are affected by the migration. Psychological problems arose from migration is also known to be impact on the child's development period. Accordingly, as a result of migration life there is a significant rise in the risk factors especially for the individuals in adolescence.

Adolescence is a period of rapid change and development. In this period, individuals face with rapid changes in terms of social, physical and cognitive aspects. As a result, adolescents make an effort to create their own identity in their adolescent world. This drives them to have mental confusion. Migration experience in this period makes this situation even more complicated and individuals' adaptation process more difficult.

Many legal issues that occur with the migration are caused by social support facilities, cultural, social and economic differences. After a while, differences occur in the society bring together both individual and social discomfort. Therefore, migration is a phenomenon that needs to be taken into consideration not only individually but also in social terms.

It is a duty for all section of society to minimise the migration caused adverse psychological effects on an individual and society. Ensuring cooperation between the relevant disciplines is important to develop compliance programs in order to help migrant people to participate in the society in a healthy way.

Like all over the world, migration is exist also in our country and over the year it is increasing more and more. It may not be possible to abolish the reasons that cause migration but it is possible to minimise and take precautions towards adaptation of migrants to a different environment. Therefore, in TRNC primarily in the areas exposed to high migration, it is important to make studies on minimising the risk factors for children and adolescents in order to provide individual and social adaptation. The projects and programmes in this regard should be conducted by Ministry of Education, Ministry of Health and Social Services Department's common studies.

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# AUTOBIOGRAPHY

I was born in Nicosia in 1984. In 1995, I graduated from Sht Yalcın Primary School. After that, I graduated from Demokrasi Secondary School in 1998. In 2001, I graduated from Nicosia Turkish High School. Beside these, I successfully completed my degree at Near East University in 2006 by having a degree from the department of Psychology. Also, I started to take pedagogical training at the same year, and graduated there in 2007. At that time, I worked in a nursery school and dyslexia association. Also, I gave private lessons to students with hyperactivity.

At the end of 2007, I began to work as a psychologist for 18 years Above Disabled Rehabilitation Center in the Department of Social Services at the Ministry of Labor and Social Security. Then, in 2012 I have switched my workplace and started to work Youth and Family Support Training Centre which is under control of the same ministry. I have been still working there since 2012. In September 2012, I have started to my master degree in fields of Clinical Psychology. I have completed my internship at French Lapaix Hospital in Istanbul.

I have participated in many seminars and conferences, by considering my profession. I also took place in a project which is designed and developed by Youth and Family Support Training Centre. Also, in April 2015 I have received the title of family educators, by completing the Family Education Program.