

PSYCHOLOGY OF MIGRATION ACTIVITY

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Annotation

Within migration studies, there are undeservedly few works that can be directly attributed to psychology. Psychology has too often been criticized for not paying attention to different socio-political and geographical contexts, which has some justification. There is hardly a field of psychology from which migration - for example, in the Eurasian context - differs sharply from migration in the rest of the world. In terms of migration research, contemporary psychology is primarily concerned with the mental health of migrants, secondly with integration, discrimination and xenophobia, and thirdly with relationships in mixed families.

Key words

psychology, therapy, migration, post-traumatic, valid, support, factor.

Psychology of migration activity of scientists is a new direction of research in social psychology of science. The concept of migration (from Latin *migratio*) means resettlement, movement. It emerged in the late 80s as a reaction to the demands of social practice [1]. Then, with the liberalization of migration policy in the former Soviet Union, scientific workers received the right to free movement, to go abroad for temporary or permanent scientific work. Representatives of power structures, science management bodies, and the general public have raised the question about the real reasons (objective and subjective) for the migration activity of scientists. Of course, the answer to this question lies far beyond the intensification of psychological cognition. The reasons for the intensification of migration activity are rooted in the radical transformations of society itself. Migration activity is, first of all, a social problem. Its individual aspects are studied within the framework of such social sciences as sociology, demography, economics and others. However, like any other social problem, it also has its socio-psychological aspect, since the subject of migration activity is a scientist, a scientific group. The study of migration attitudes, motives, intentions, expectations of scientists, their adaptation to a new

socio-cultural environment - this is by no means a complete list of problems of the psychology of migration activity of scientists [8].

Of course, the social psychology of science does not claim to replace social and economic measures with its recommendations. Nevertheless, in the current situation, reference to the psychology of science is necessary for adequate orientation in the complex problem of "brain drain" (Moshkova, 1996).

In particular, the socio-psychological study of Russian scientists' migration intentions (i.e., the reasons why they would like to go abroad) has shown that the insufficient level of material remuneration for scientific labor is not, as is often assumed, the main reason for scientists' departure abroad. According to the data of our specific psychological study, the first two positions in the system of motivational factors that determine the external migration activity of scientists are occupied by dissatisfaction with working conditions (mainly due to the imperfection or lack of necessary scientific equipment) and the society's underestimation of the role of fundamental science and the prestige of a scientist's labor. The third place is occupied by the inability to provide children with quality education, and the fourth place is occupied by insufficient opportunities to establish contact with foreign colleagues. The material factor takes only the fifth place. It is clear from these results that it is possible to reduce the rate of "brain drain" also through measures that do not seem to be directly related to this phenomenon: expanding the ways of scientific contacts between domestic scientists and foreign colleagues, changing the stereotypical image of scientists and science in the mass consciousness, etc. The results of the study show that the rate of "brain drain" can be reduced by means of measures that do not seem to be directly related to this phenomenon.

The relationship between a potential migrant scientist and the head of the scientific team is a very important factor that restrains brain drain or facilitates the return of scientists temporarily working abroad. At the same time, the emotional attitude of managers related to the departure of employees deserves special attention. In cases when this attitude is manifested in prohibitions to employees by the manager, there is an increased probability that a scientist who goes to another country on a temporary scientific contract will not return home. If the manager encourages the development of scientific ties between his subordinates and colleagues abroad, including in the form of internships of various duration, if he evaluates the members of his scientific unit going abroad as its worthy representatives at the forefront of world science, then, firstly, these scientists do not break ties with their group and its members, to the best of their ability provide

them with the latest information, contribute to the deployment of joint research; secondly, they remain confident that, having returned to their home country, they will not return to their home country.

Empirical research suggests the deterrent effect on brain drain of the dominant psychological atmosphere in the small group. A promising collective research program and favorable interpersonal relations contribute to the fact that the potential attitude of a researcher to leave is partially deactualized. Thus, the need to take into account the role of psychological factors in solving urgent organizational and personnel problems of modern science, including those covering integrative and disintegrative processes in small groups, is obvious.

In the context of migrant mental health, psychology and migration research intersects with the psychological well-being of refugees and migrants, in particular the measurement of factors such as post-traumatic stress disorder, depression and anxiety. In particular, researchers [2, p. 169] have addressed the problems of cross-cultural validity of standardized psychometric instruments in an attempt to adjust them enough to make such assessments meaningful. Unfortunately, only a small fraction of studies of the mental health of migrants and refugees [3, p. 813] are conducted using psychometric tests validated specifically on these populations. In some cases, psychological measurement tools are a priori considered valid, while in other cases the tools are adapted without adequate assessment of their validity. In support of our words, we note that the psychological toolkit for diagnosing post-traumatic stress disorder was validated on war veterans from the United States, and then - without any doubts about its validity and reliability - was disseminated in various contexts, including among migrants arriving not only in the United States [4, p. 1373]. The process of rethinking the psychometric test toolkit has led to the development of alternative tests of migrants' mental well-being.

In the early 1980s, there was a more substantial criticism of psychologists' work with migrants [5, p. 289], which goes beyond validation issues and calls into question some of the principles of psychological diagnosis in general. The question is whether it is possible in principle to codify human suffering and measure it with a standardized and objective method, without taking into account the way in which psychological trauma is mediated by significant social events. If migrants experienced the same events at the same time, it does not necessarily mean that they experienced the same psychological trauma. One of the main consequences of collective trauma could be the illusion of a common fate, which would equalize different individual fates. Psychotherapeutic work with migrants constantly challenges [6, p. 566] what is usually considered to be the limits of

psychotherapeutic work, because often a person is forced to migrate primarily by political circumstances. Additional difficulties arise due to the language barrier.

Alternative psychotherapeutic interventions, such as public truth-telling, help to integrate the psychological principles of narrative therapy with notions of peacebuilding and social justice. Through reliance on anthropological methods, these approaches allow for an understanding and application of local idioms that denote distress, which facilitates overcoming the limitations of a formalized psycho-educational approach. Psychological trauma is not limited to the psyche of the individual migrant, but exists at the level of social understanding of violence and suffering. Accordingly, responses to violence need to be addressed at the societal level rather than at the individual level. Issues of migrant acculturation and integration are less explicitly linked to psychology, being more strongly oriented towards policy research or anthropology.

Psychology as a discipline is mainly concerned with studies of similarities and differences in a number of psychological characteristics in relation to different cultures, rather than with issues of psychological adaptation of people moving between cultures. War, economic upheaval, tourism, and the growth of telecommunications have resulted in people interacting more cross-culturally today than ever before. Accordingly, the notion of clear group boundaries, so characteristic of classical social psychology, is not reflected in the modern migration experience.

There are two types of migrants' integration: psychological and sociocultural [7, p. 861]. Migrants characterized by a pronounced ethnic and national profile, measured through language preferences, strength of orientation to their own ethnic or national group, as a rule, demonstrate low psychological, but better sociocultural results, because they have a deep understanding of their sociocultural history, as well as build developed ties in a broad sociocultural context.

Finally, many migrants experience discrimination, racism, intergroup conflict, threats, and stigmatization, topics of concern to social psychologists. Psychology makes significant contributions to key areas of migration research. However, in order for this contribution to become even greater, it is essential that, in relation to the study of migration, psychology draws on a methodology for conceptualizing and theorizing migration research.

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