

Post- migration effect: The relationship between mental health and the socio-economic condition of the highest number of Refugees (Syrians) in Nijmegen, Netherlands

An empirical research on the effect of post-migration stressors on mental health and the influence of mental health on the socio-economic integration in the Dutch society



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After choosing this topic for my thesis, I got to know more about Syrian refugees who escaped and forced to leave their countries. They lost basically everything and trying to build their future in the Netherlands. They don't know anyone here; even they don't know the language to communicate with people. They came from a totally different cultural background but still, they are trying to integrate with the society.

Now refugee crisis is a big issue in Europe. Now the refugees are really struggling to integrate with the society. Therefore, I am really happy to choose my thesis on " The Post-migration effect: The relationship between mental health and the socio-economic condition of Refugees (Syrians) in Nijmegen, Netherlands".

However, I cannot thank enough to the refugees who gave the interviews and gave a lot of time for me. They share their personal stories, sad memories, good memories and perception which helped me to conduct my research and analysis in the right way.

I am really thankful to my supervisor Mrs Jose Muller and my co-supervisor Pascal Becker who gave a lot of time for me and always gave me the right direction to go further. I am not only grateful to them because of their advice and support, but also help me to feel at home in the time of discussion. I would thank my friend Funmilayo Asolo who was always beside me and we discussed a lot of issues related to the topic as she has the same topic but with a different human group. I also would like to thank my friend Judit Batllo Kooijmans who helped me to find Syrian people in Nijmegen.

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At last, my parents, husband and sisters for supporting and motivating me a lot to get the confidence to work in this field. Also giving me the freedom to stay here alone and take my own decision.

Summary

The Netherlands received refugees from Eastern Europe after the Second World War (Jennissen, 2011). According to UNHCR, A refugee is a person, who has been forced to leave from his/her country of origin because of persecution, war and conflict. They have fear of persecution for reasons like race, nationality, religion, political opinion or membership in a particular social group. They also cannot return home or are afraid to do so. War, tribal violence, ethnic and religious violence are the main reasons for refugees to flee from their countries. According to Martijn (2017), the total population of Netherlands is 17 million and among them, 3.6 million which is nearly 21.7% belongs to a migrant background. In 2016, 1800 asylum seekers came to the Netherlands and 2160 people were from Syria, 1660 people were from Albanian and 1500 people were from Eretria. According to Democratic Progress Institute (2016), the Syrian refugee crisis is the greatest humanitarian crisis in a generation. The devastating conflict began with the Syrian Civil War in 2011 and then it has become the never-ending complex war. It is also characterized by extreme brutality. Most of the economic and national wealth has been destroyed and half a million people have been killed. 11 million people are forced to leave their houses and 4.7 million people are forcefully thrown outside of the country. From that time, they are bearing the identity of Syrian refugees. In this research, I will try to explain the effect of post-migration stressors on mental health and also how mental health influence the socio-economic integration of refugees.

After coming to a new country, the experiences and difficulties faced by the refugees and asylum seekers are known as the post-migration stressors (Bakker, 2015). These stressors increase the mental health problem of refugees (Bakker, 2016). According to Li, Liddell and Nickerson (2016), Socio-economic factors like, the lack of suitable employment facilities and financial security, language barrier, visa restriction, education, unemployment, lack of social identity, housing facilities, interpersonal and social challenges, running pressure for the separation from family and social discrimination and isolation in the host country creates negative impact on the mental health of refugees. The lack of suitable employment facilities and financial security creates challenges to cope up with the new environment in the host country. The language skills what they had in their country of origin is not enough to communicate in the host country. For that, they had to struggle a lot and that makes them frustrated which hamper their mental health. Because of bearing a refugee identity, the procedure of visa processing is quite restricted for them. They always have to be under observation to get a permanent approval. The educational certificates they have in their home countries are not accepted in the host country because the system is totally different. If they want to study, they had to start from the beginning which is very time-consuming and frustrating for them. As they don't meet up the job qualifications, mostly they don't get a good salary job. If they get something, that is always below their qualification. However, they had to do that for their survival but it makes them feel low and frustrated which creates a negative impact on their mental health. For anxiety and depression, unemployment is a very strong factor. The refugees have very limited access to the accommodation field which creates negative effect because of their limited resources. When they come to a new country they always struggle with their identity because they cannot leave their nature and values easily what they get from their home country as well as they cannot cope up with the new environment in the host country in a very short span of time. This put them in a very tough situation and they became very stressed for this. The refugees have less access to the labour market which hampers their prosperity and their mental health become worse day by day.

Forced displacement from their country and separation from their close ones create negativity in their mental health and they became frustrated day by day. Social challenges, social discrimination and isolation in the host country make their mental health condition even worse and create a barrier between them and the new society.

According to Keyes (2005), mental health is a symptom of positive functioning. It is measured by the individual perception and evaluation of their quality of life. The overall perception of mental health is the presence of mental well-being and the absence of mental illness. According to World Health Organization (WHO), mental well-being is a part of mental health where the individual understands their own ability abilities, coping capabilities with the stresses in life, productive working skills and fruitfulness as well as the positive contribution to the society. Mental illness or disorder means a condition which affects someone's insight, emotion and behaviour. It also creates depression, anxiety and autism (Manderscheid, Ryff, Freeman, McKnight-Eily, Dhingra and Strine, 2010).

Integration process is a two-sided process where immigrants willingly accept the lifestyle of the host country (Agar and Strang, 2008; Castles et al., 2002; Lomba, 2010; Mestheneos & Loannidi, 2002; Phillmore, 2011) and the host country facilitates them by giving access to jobs and services and stimulating social interaction (Castles et al., 2002). Socio-economic integration means active participation to the societal institutions like labour market and housing market, the educational system and the political spheres in the host country (Engbersen, 2003). After coming to the host country, refugees or asylum seekers always face difficulties to find a job according to their capability. Lack of training, networking and labour market integration support are the barriers for them to contribute to the labour market in the European Union countries (Desiderio, 2016). However, the European Union has Common Basic Principles (CBP) regarding integration and ratification among member states. Dutch integration policy is quite strong than other states. To assimilate into the Dutch society and labour market, people have to learn the Dutch language, country rules, culture and history and to agree with the country's laws and values (WODC, 2006). For these reasons in the Netherlands, labour market participation of the refugees is quite low compared to the other migrants and the Dutch population (Bakker, 2015).

Socio-economic integration mainly depends on housing facilities, labour market accessibility, educational facilities and political facilities (Engbersen, 2003). According to Li, Liddell and Nickerson (2016), less access to the labour market, educational institutions and insecurity in housing facilities hampers the mental health of refugees. The post-migration stressors like the language barrier, visa restrictions, and acculturation issues hamper the mental health condition of refugees. There are also difficulties for work, study and societal integration which effects their socio-economic integration in the society.

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Chapter 1: Introduction

The number of refugees, asylum seekers and internally displaced people were exceeding more than 60 million in 2015, according to Li, Liddell and Nickerson (2016). Because of conflict, persecution and human rights violations 16.7 million people were displaced worldwide in 2013 (UNHCR, 2013). The special reasons to leave the country of origin and specific context to go to the country of destination make the refugee group a specific kind of the migrant group (Li, Liddell and Nickerson, 2016). The uncertain security situation to exit from the origin country is (Feller, 2005) the combination of dangerous and costly situation which always cause traumatic experience (Castles et al., 2002; Phillimore, 2011; Richmond, 1988; Ryan et al., 2008; Takeda, 2000). According to World Health Organization (2017), since 2015, 1.3 million refugees have arrived in European countries by crossing the Mediterranean Sea. After coming to the host countries they are often met with substandard conditions, uncertainty and instability.

According to Igor de Freitas (2017), in the news for last few decades, we can see that the refugee crisis is everywhere. The European Union made some principles to control the forced migration in the territory. Each European country sets a rule of law for the policy regarding the refugees coming to their land. As an example, the Netherlands set strong policy for the refugees and asylum seekers. The Netherlands is the sixth country which rejects most of the asylum requests. The refugees and asylum seekers have to go through some legal procedure set by the Immigration and Naturalization Service (NID) in the Netherlands. These things are reported by the Ministry of Security and Justice in 2015.

This research will mainly focus on the integration of Syrian refugees in the Netherlands on a local level, more specifically in the municipality of Nijmegen. The final aim of this thesis is to identify the relation between the mental health and socioeconomic integration of Syrian refugees and also how the post-migration stressors affect the mental health of Syrian refugees. The investigation will be done in three steps. First step is to identify the current situation regarding the socioeconomic integration of Syrian refugees in the Netherlands. Second one is to know the current mental health condition of those refugees. Third one is to find the post-migration stress and how can they affect the mental health of refugees. In this research, I will explain the societal and scientific relevance to make my study more authentic for further research. I will also describe the reasons for choosing the Syrian refugee group and Nijmegen city for my study. For my study there are three main concepts which I will mainly focus. They are: Post-migration effect, Mental Health and Socioeconomic Integration.

The negative experiences migrants get from the host country is known as post-migration stressors (Bakker, 2015). The post-migration effects like uncertainty, anti-asylum sentiments, unemployment and less access to the labour market influence negatively to the mental health of refugees and which also hampers their integration in the society (Phillimore, 2011, Dourleijn & Dagevos, 2011). Because of the insecurity about the future and limited access to the service at the time of asylum procedure, make the refugees more depressed and they cannot recover their depression (DA Lomba, 2010; Laban et al., 2004; Momartin et al., 2006). According to Bakker (2015), the response in the host country plays a vital role in post-migration experience. The asylum procedure, asylum accommodation and resident status are very vital factors to integrate refugees into the society.

Mental health is not only the absence of mental illness, but also the presence of mental wellbeing (Evans, 2016). The psychological condition of a refugee is affected by the insecurity of accommodation, less access to the labour market, less health facilities, lack of educational institution facilities and discrimination (McColl, H., McKenzie, K., & Bhui, K., 2008). The post migration experience in the flight had an impact on the mental health of refugees, which hampers their socioeconomic integration in the society (Beiser, 2006; Jorden et al., 2009; Laban et al., 2004; Phillimore, 2011; Takeda, 2000).

Socioeconomic integration is mainly integrated with the society and depends on the refugee's labour market position, employment status, occupational status and social benefit dependency (Bakker, Dagevos & Engbersen, 2014). . In migration and refugee study, demographic factors like the length of stay, the education level in the country of origin and host country, age of the migrant are the important indicators to measure the successful socioeconomic integration of the refugees (Blom, 2004; Potocky-Tripodi, 2003; Waxman, 2001).

According to Li, Liddell and Nickerson (2016), the lack of suitable employment facilities and financial security, language barrier, visa restriction, education, unemployment, lack of social identity, housing facilities, interpersonal and social challenges, running pressure for the separation from family and social discrimination and isolation in the host country creates negative impact on the mental health of refugees. Social challenges, social discrimination and isolation in the host country make their mental health condition even worse and create a barrier between them and the new society. The active participation of the societal institutions like labour market and housing market, the educational system and the political spheres in the host country is known as socioeconomic integration (Engbersen, 2003). According to Bakker (2015), refugees, who were suffering from mental health problems, find very difficult to integrate with the labour market and local population in the host country. Mental Health serves as the mediator between post migration stressors and socioeconomic integration.

In the Netherlands, refugees undergo a sequence of traumatic experiences and stress after their arrival to the host country and post-migration factors are responsible for the decrease in their mental health which affects their social contribution also (Willigen, Hondius and Ploeg, 1995).

1.1 Scientific Relevance

In Bakker's literature (2015), we can see that there is already some research regarding post-migration effects and their influence on the mental health of refugees. There is also some research on the relationship between mental health and the socioeconomic integration. However, there was some information missing about the Syrian refugees and the influence of mental health on their socioeconomic integration in the labour market. My research will mainly focus on Syrian refugees and the effect of post-migration stressors on their mental health as well as the influence of mental health on their socioeconomic integration. According to UNHCR, the Syria war is the cause for biggest refugee and displacement crisis of our time. Above these things, there are still some concerns about the Syrian refugees to assimilate into the Dutch society and get the feeling of belonging (Carneiro, 2017). These are the most relevant issues to research the influence of the mental health of Syrian refugees on the socioeconomic integration in the society.

1.2 Societal Relevance

My research focus is to describe the influence of mental health on the socioeconomic integration of Syrian refugees because of some specific reasons. One of them is the number of refugees is increasing drastically in Nijmegen and the highest number of refugees are from Syria. They are now being a part of Dutch society (CBS, 2016). So, the Syrian refugees need proper integration in the society also. Bakker (2015) explained in his research about the relationship between post-migration stressors and socioeconomic integration of refugees. He mainly focused on Afghan, Iranian, Iraqi and Somali refugees and the descriptions of Syrian refugees are missing. In this literature, there are only two post-migration stressors, but there are so many post-migration stressors which hamper the mental health of refugees. In my research, I will try to explain post-migration stressors in a broader way, the importance of a sound mental health, how mental health influence the socioeconomic integration of Syrian refugees and how Dutch government can help the refugees to overcome their situation by giving them therapy support. According to a study by the Swedish Red Cross, 1 in 3 Syrian refugees suffer from depression, anxiety and symptoms of post-traumatic stress disorder. So, these focuses on the research will be very relevant for the Dutch society as the highest numbers of refugees are from Syria. Syrians were very active in Syria, but now they are refugees for the outbreak of civil war (Syrian Refugees, 2016). They can be the asset in the Dutch society if they get proper guidance from the experts and social workers to overcome post-migration stressors and mental disorders. The research is also relevant because after that they can actively contribute to the labour market and the society will be financially benefited from that. It will also increase the human capital. By this research, we will also get to know the negative impacts of the poor socioeconomic integration of refugees. It will also help the government to create new integration policy for the betterment of refugees. Other important relevance can be a comparative study among Syrian refugees and other refugees on mental health and its influence on socioeconomic integration in the society. Then we can find the gap of their contribution and help them to get a better scope to integrate into the society and labour market.

1.3 Research Objective

From the literature review, we got some idea about the effects of post-migration stressors on the mental health of refugees. In addition, Carneiro (2017) mentioned some detail information about the effect of post-migration stressors on Syrian refugee's mental health.

Nonetheless, there is not enough research on the Syrian refugees and the role of mental health in influencing their socioeconomic integration in Nijmegen, the Netherlands. For my research, I will mainly focus on Syrian refugees who are actually holding a refugee status in Nijmegen. Mainly, my research will cover two case studies of Syrian refugees who are staying in Nijmegen. To get detailed information and to enrich knowledge about Syrian refugees will be the main purpose of these case studies. As the number of Syrian refugees is increasing day by day in Nijmegen, this research will help the government to make an integration policy for their betterment. It will also help to measure their contribution to the labour market compared to other refugee groups. The empirical research on the Syrian refugees in Nijmegen is for the development of better strategies that could aid them in a better way.

1.4 Research Question

In order to achieve these objectives, the formulated main research question is

- How do post-migration stressors influence the mental health and socio-economic integration of the Syrian refugees in Nijmegen?

To answer the main question, I will also try to explicate the following questions

- What is the current situation regarding the socio-economic integration of Syrian refugees in the Netherlands?
- What is the current mental health condition of these refugees?
- What are post-migration stressors and how can they affect the mental health of refugees?

1.5 Nijmegen city, Netherlands

After the Second World War, the Netherlands received refugees from Eastern Europe after that in 1970's the refugee population increases with the people from Asia, Africa and Latin America (Jennissen, 2011). Nowadays the percentage is getting higher. For my research, I will mainly focus on the city Nijmegen in the Netherlands. I choose this focus because Nijmegen is one of the left wing countries in the Netherlands and progressive also. Being a left wing country, it mainly deals with the refugee issues, environmental issues and helps the third world countries (Noij, 2017). It has the biggest municipality and the most important city in the economic region. (Brandsen and Fledderus, 2016). Nijmegen city is setting up a big camp for 3000 refugees (Patel, 2015). Nijmegen has nearly 13 organizations which only work for refugees (Mulders and Tuk, 2016). For these reasons, I choose the Nijmegen city as my study area.

1.6 Syrian Refugees

In the past few years, more precisely in 2013, the largest influx of refugees on the municipality of Nijmegen was Syrians, which are 40% of total refugees Gemeente Nijmegen, 2016). Then the number of Syrian refugees will be 1200 in Nijmegen according to Patel and Gemeente in Nijmegen. 11 million Syrian people were fleeing their country because of the outbreak of the Syrian Civil War in March 2011 (Syrian Refugees, 2016). Syrian refugees are the most deprived human groups among all the refugees (Daoi, 2017). The inflow of Syrian refugees in the Netherlands are now is at the highest peak because there was an 84% increase in asylum applications in the Netherlands in between 2014 and 2015 (Eurofound: 2016, 9). 2,158 Syrians applications were received among 18,171 received applications in 2016. It was almost 98% of the total of Syrian applications. They got the positive decision and temporary residence permit to stay in the Netherlands ("Bescherming in Nederland – Dutch Council for Refugees," 2017). They are the most challenging and ultimate sufferer groups now-a-day. They are the less explorative research group because of the lack of accessibility. Because of these reasons, I find this group most interesting for my research.

Syrian refugees are, the less accessible group, but for my research, I will contact an NGO which is called Yalla foundation, a language centre which is called STEP- Inburganing and Radboud in'to Language. These three places are the most relevant place to access Syrian refugees in Nijmegen. Because Yalla foundation mainly works with refugees and the number of Syrian refugees is highest

there. Syrians refugees get help and support from Yalla foundation. The STEP language centre is the cheapest language centre in Nijmegen and as the refugees are now in the Netherlands they try to memorize the Dutch language for their easy acceptability in the society and labour market also. For this, the centre tries to help them to overcome their language barrier. Radboud in'to language centre is the biggest language centre in Nijmegen and it offers a lot of courses in various durations. They also offer special courses for Syrian refugees as they are the most dominant group of refugees now.

Chapter 2: Literature Review

After the Second World War, the Netherlands received refugees from Eastern Europe after that in 1970's the refugee population increases with the people from Asia, Africa and Latin America (Jennissen, 2011). Nowadays the percentage is getting higher. According to Martijn (2017), the total population of the Netherlands is 17 million and among them 3.6 million, which belonging nearly 21.7 % to a migrant background. In 2016, 1800 asylum seekers came to the Netherlands and 2160 people were from Syria, 1660 people were from Albanian and 1500 people were from Eretria. In January (2017), 26000 refugees came in central reception locations in the Netherlands. The biggest challenge for the Dutch government is to integrate the refugees in the Dutch society through education and employment. The main focus of integration policy is to improve the current policy, support new initiatives in the society and create new improvements with the co-operation of stakeholders via the Taskforce. The task force includes all the professional organizations in the Netherlands, which are involved with the integration and participation of refugees. There are some policy parameters also. First one is to provide an extra budget to the municipality for housing, integration, education, social security, healthcare and participation. The second one is to maintain the budget for other groups like unemployed, disabled etc. at the same time. The third one always allows people to work 'to stay is to participate'. There is also screening and matching innovations. One is matching competence to work, demand in the labour market and final housing location. The second one is taken as the starting point for education and participation when they stay in the same reception location as well. The third one is to match their language courses, education, housing and participation from the first day when they get the permit to stay in the Netherlands. Integration innovations are long hour courses for language in reception locations, advanced courses for orientation on the labour market (ONA), implement the statement of participation and strengthen social council. Through voluntary work, innovation, the asylum seekers and refugees get the motivation in a faster and more innovative way to integrate with the Dutch society. Knowledge, innovation is another effective innovation for integration policy. Through this knowledge, innovation the local government, volunteer and employees who involved in the integration process can improve their knowledge about permit holders. A knowledge portal can also be created which will include fact and figures, stages from arrival to full integration, workshop and seminars, periodical briefings and best practices. For the general policy, implementation, integration includes two levels. They are national level and local level. In the national level, the policy includes self-sufficiency of newcomers, internalization of Dutch values, mainstream policies and participation. At the local level, when it comes to the municipality, it includes housing, education and social benefits. In NGO's and private parties, it includes language training, labour market and voluntary work.

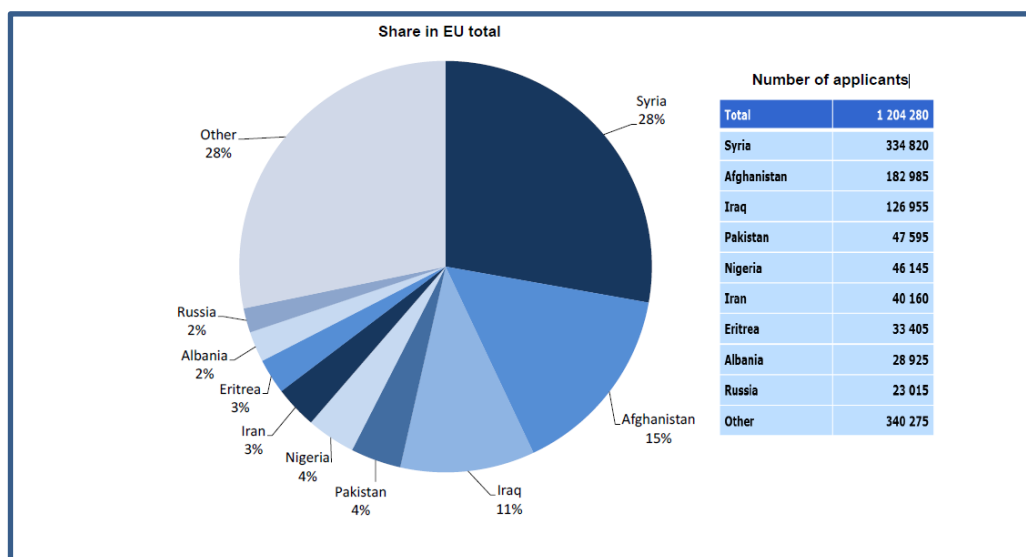
2.1 Explain who a Syrian refugee is

According to UNHCR, A refugee is a person, who has been forced to leave from his/her country of origin because of persecution, war and conflict. They have a fear of persecution for reasons like race, nationality, religion, political opinion or membership in a particular social group. They also cannot return home or are afraid to do so. War, tribal violence, ethnic and religious violence are the main reasons for refugees to flee from their countries. Displacement within the country and outside the country in Syria starts with the conflict between the government of Bashar al-Assad and the other forces in the spring of 2011. For this, 3.7 million people fled the country and 7.6 million people were

internally displaced (OCHA 2014; UNHCR2015a). According to the Democratic Progress Institute (2016), the Syrian refugee crisis is the greatest humanitarian crisis in a generation. The devastating conflict began with the Syrian Civil War in 2011 and then it has become the never-ending complex war. It is also characterized by extreme brutality. Most of the economic and national wealth has been destroyed and half a million people have been killed. 11 million people are forced to leave their houses and 4.7 million people are forcefully thrown outside of the country. From that time, they are bearing the identity of Syrian refugees.

2.2 The history of Syrian refugees' migration to the Netherlands

The number of refugees entering the European Union is increasing day by day because the EU member states are known as the safest countries in the region. 12, 04, 300 asylum seekers applied for international protection in 2016 in the member states of the European Union. Among them, 3, 34, 800 people were from Syria (Eurostat I Newsrelease, 2017). In 2013, 4, 35,000 asylum seekers from non-EU countries applied in the EU member states and it increased to 6, 26,000 in 2014. The Netherlands received 26,000 requests from the asylum seekers in 2014 and gave 14000 a resident permit. Since then, the Netherlands is the fifth asylum receiving country among the EU states (Bakker, 2015).



Source: Eurostat, 2017b

Figure: First-time asylum seekers in the EU Member States by country of citizenship, 2011. In this figure, we can see that the number of Syrian asylum seekers is 3, 34,820 which is almost 30% of the total refugees.

According to Carneiro Da Silva (2017), many of the refugees are Syrians who are coming to the Netherlands. In 2011, after the protest against the manifestation and protect against the Bashar Al-Assad government the armed conflict in Syria started. According to CBC news (2014), the conflict in Syria is declared as a civil war and after the unproven use of chemical weapons; it is accepted by the international community in 2012. UNHCR declared that the biggest refugee crisis and the displacement crisis are the main cause of the Syrian civil war. They are exceeding the number of Afghan refugees who were the largest refugee population in the world and after six years of conflict the number is growing exponentially (Carneiro Da Silva, 2017).

In the past few years, more precisely in 2013, the largest influx of refugees in the municipality of Nijmegen was Syrians, which are 40% of total refugees (Gemeente Nijmegen, 2016). 11 million Syrian people were fleeing their country because of the outbreak of the Syrian Civil War in March 2011 (Syrian Refugees, 2016). Syrian refugees are the most deprived human groups among all the refugees (Daoui, 2017). The inflow of Syrian refugees in the Netherlands are now is at the highest peak because there was an 84% increase in asylum applications in the Netherlands in between 2014 and 2015 (Eurofound: 2016, 9). 2,158 Syrians applications were received among 18,171 received applications in 2016. It was almost 98% of the total of Syrian applications. They got the positive decision and temporary residence permit to stay in the Netherlands (“Bescherming in Nederland – Dutch Council for Refugees,” 2017). According to Keyes (2005), mental health is a symptom of positive functioning. It is measured by the individual perception and evaluation of their own quality of life. The overall perception of mental health is the presence of mental well-being and the absence of mental illness.

2.3 Mental well-being

According to World Health Organization (WHO), mental well-being is a part of mental health where the individual understands their own ability abilities, coping capabilities with the stresses in life, productive working skills and fruitfulness as well as a positive contribution to the society.

2.4 Mental illness or mental disorder

Mental illness or disorder means a condition which affects someone’s insight, emotion, and behavior. It also creates depression, anxiety, and autism (Manderscheid, Ryff, Freeman, McKnight-Eily, Dhirra and Strine, 2010). According to Maisel (2013), mental disorder is occupied with significant sufferings in social, occupational or other important activities. A common response to a stressor or a loss like struggling with the identity or death of a loved one is not a mental disorder. When something will be a result of an abnormality by an individual, then we can call it a mental disorder.

2.5 Mental health

The concept of mental health is not only related to mental illness, it is also the perception of the quality of life which involves their mood, emotions and overall feeling of mental wellbeing (Evans, 2016). Health is not only a concept which includes the absence of illness only; it also involves the positivity of something (Ryff & Singer, 1998; Sigerist, 1941; World Health Organization, 1948). According to Keyes (2005), the concept of mental health is the opposite term of mental illness in the mental health research and general public research field. Many individuals without mental disorder are not leading a healthy life; half of the adult receives mental treatment ((Regier et al., 1993). As an example, the people who are not feeling sad, it doesn’t mean that they are experiencing a high level of happiness and it’s a feature of depression. According to Laban, Hajo, Komproe, Bettine, Joop and De Jong (2004), In the Netherlands, approximately two-thirds of the 60,000 asylum seekers were gone through the restrictive asylum policy for more than two years and always suffer from the psychiatric disorder. An unpleasant situation in the host country, long time stay in the detention centres, unknown residency status, insecure jobs, Puzzling refugee determination procedure and lack of educational facilities are the post-migration stressors which create instability in the mental health condition of the refugees (Silove, Ventevogel & Rees, 2017). The post-traumatic experience in

the flight had an impact on the mental health of refugees, which hampers their socioeconomic integration in the society (Beiser, 2006; Jorden et al., 2009; Laban et al., 2004; Phillimore, 2011; Takeda, 2000; Berry et al., 1987). Post-migration stressors include less involvement in the job field which decreases the socioeconomic class of a refugee and that creates mental illness for the refugees (Hudson, 1988).

According to Li, Liddle and Nickerson (2016), the country of destination always gets a huge pressure for an uncertain amount of refugees or asylum-seekers. For that, they restrict the policies. They mostly extend the timing in the detention centre for the legal procedure of temporary visas rather than permanent visas. It also creates a negative impact on the mental health of refugees or asylum seekers. Migration detention is a common interception policy to control irregular migration, including refugees and asylum-seekers. The prolonged and uncertain duration in the detention centre, lack of access to legal services, separation from family, lack of control on processing time affect badly the mental health of refugees. According to Robjant and colleagues, high level of anxiety, depression and PTSD (post-traumatic stress disorder) is seen among the detainees and psychological distress increases with the extension of staying time in the detention centre. A study of two groups of Afghans in Japan who was staying in a detention centre for a long time has the high level of anxiety, depression and PTSD compared to other people who never detained. The negative impact of the long stay in the detention centre is also shown in a longitudinal study in the asylum centre in the USA. They're the people who, released from the asylum centre recover quicker than the people who are still in the detention centre but their symptoms were in the same baseline.

According to Li, Liddle and Nickerson (2016), when a person gets the identity of a refugee, he/she will get a visa either temporary or permanent. Temporary visa doesn't give guarantee for a permanent resident permit; it's just for a small span of time. After that, people have to reapply for the extension of their visas. The rules and regulations vary from country to country for the temporary visas and it limits the options for accommodation, services, education, health facilities and no option for family reunification. The research on Iraqi refugees suggests that the application procedure for the temporary visa creates a negative effect on the mental health rather than the permanent visa procedure which includes anxiety, depression and PTSD. The people who hold temporary protection visa face more difficulties to get a living place. Temporary protection visa has long-term consequences for mental health outcomes. A longitudinal study shows that adjusting to the situation for two years; refugees feel anxiety, depression, overall distress and lower motivation for learning English. Another study on the Iraqi refugees staying in Australia shows that the change in visa status from temporary to permanent decreases the PTSD depression symptoms. This reduction reduces the domestic living difficulties over time. The detention procedure and insecure visa process created a negative impact on the mental health of refugees. Post-traumatic experiences have a negative impact on the mental health of refugees, which also creates an impact on the integration process of the refugees in the society (Beiser, 2006; Jorden et al., 2009; Laban et al., 2004; Phillimore, 2011; Takeda, 2000).

2.6 Post-migration stressors

According to the Oxford definition, Refugees are the people who are forced to move from their country of origin for war, persecution or natural disaster. There are two types of effects on refugees for migration. First one is the post-migration effect and the second other is pre-migration effect. The

unexpected experiences people get from their countries of origin, which pushes them to migrate is known as the pre-migration effect ((Beiser, 2006; Phillimore, 2011; Silove et al., 2006). The post - migration effect is the experiences which people are facing in their host countries (Bakker, 2015). Post-migration stressors in the host country increase the mental health problem of the refugees (Bakker, L. 2016). Post-migration stressors have a significant impact on psychological well-being. The psychological condition is infected by lack of permanent accommodation, a restricted opportunity to work, less access to health care and discrimination (McColl, H., McKenzie, K., & Bhui, K., 2008). According to Ryan et al. (2008), there is a research gap about the post-migration effects. Because of this reason, I feel interested to focus on post-migration effect rather than pre-migration effect on my thesis and want to give a brief description of its consequences.

Refugees are the riskiest group for mental disorder, including depression, anxiety and post-traumatic stress (Sijbrandij, et.al. 2017). According to Ikram & Stronks (2017) research on preserving and improving the mental health of refugees and asylum seekers shows that the mental health mainly depends on the host country's social condition. Between 13-25% asylum seekers and refugees have either PTSD or depression. According to the substantial variation in the prevalence rate, higher quality study shows that there is no reliable data for anxiety, psychosis and suicide; 13-25% PTSD and depression is 8-25%. There is a high prevalence among women, unaccompanied children and elder with trauma experience. In Dutch society, the Prevalence rate is 2.6% higher in PTSD and 6% higher in depression than the general population. Syrian refugees are the most challenging groups among all the refugees because they may have gone through many war-related stresses such a rape, torture, removing them from their home and livelihood, killing their close ones in front of them and a risky future of their homeland to some unknown destination (Silove, Ventevogel & Rees, 2017). The government in the Netherlands contributes 11% of the total health budget to the refugee group (WHO, 2011; Yehia, Nahas & Saleh, 2014).

According to Li, Liddell and Nickerson (2016), Socioeconomic factors are associated with the psychological well-being of refugees because it has an impact on their resettlement in the host country. The lack of suitable employment facilities and financial security creates difficulties for the refugees to settle with their environment. The language skill what they had in their home countries that is not suitable for the host country to communicate with the people. Because of their visa restriction, as they are bearing the refugee identity, they cannot involve properly with the employment opportunities. The qualification they got into the field of work or education in their home country is not accepted in the host country. The unemployment rate is higher for refugees than the host country population. Refugees are often unemployed and if employed then below their qualification. Refugees have restricted access to economic opportunities; as a result, they get a very small amount of work right which hampers their prosperity. For that, they have worse mental health than the other people who have more access to the labour market. For depression and anxiety, unemployment is the strongest risk factor. Refugees have limited access to stable housing in the settlement environment which creates psychological distress because of limited resources and financial difficulties. The process of throwing someone from their country of origin to somewhere in a new place and want them to adjust to the new environment, including a lot of challenges creates negative impacts on their mental health. The interpersonal and social challenges resulting from forced displacement and running pressure for separation from their family and close ones, social discrimination and isolation in the host country make their mental condition even worse. The loss of

their social identity and attach them to a new culture creates a barrier to positive psychological outcomes in refugees. Being separated from the family creates anxiety and somatization.

According to Laban, Komproe, Gernaat & De Jong (2007), a national community survey among Iraqi asylum seekers (n= 294) shows that the Iraqi asylum seekers in the Netherlands wait in an unfavourable living condition. The psychopathological focused study on Iraqi asylum seekers found that, who stayed more than 2 years in the Netherlands had 66.2%, significantly higher prevalence rate than the asylum seekers who stayed six months or just arrived has 42% prevalence rate. Post-migration factors like lack of work, family-related issues and asylum procedure related stress is less related to the trauma-related factors and strongly related to mental health. The health problems and the experiences from the asylum procedure are not only related to psycho-pathology. The individual has to deal with some past, present and future issues during the procedure. They feel culturally deprived and trauma from the past, nostalgia and challenges in present and uncertainty for their future.

According to Li, Liddell and Nickerson (2016), Post-migration stressors mainly include some factors regarding the effect on the mental health of refugees. They are socioeconomic factors, social and interpersonal challenges. Socioeconomic factors include financial and housing security. Many refugees are experiencing financial crises after coming to the host country because of their language barrier, visa restriction, lack of vocational skills, physical obstacles, housing insecurity and sometimes they get jobs below their qualification levels. Host country's people get more jobs than the refugees. The refugees with the restricted work permit and economic opportunities always have the worse mental condition than the other people who have more access to the job market. For the refugees, unemployment is a powerful risk factor. The accessibility to the labour market or economic opportunity is the best solution to resettle the mental condition of a refugee. Financial difficulties and resource limitations in the host countries indicate that refugees are going to have limited access to the accommodation facilities. Porter and Haslam found from 59 meta-analyses that the refugees who get the accommodation facilities have the better mental condition than the other refugees who were staying in a temporary or institutional accommodation. A comparative study on torture survivor in the USA and qualitative and survey research in the UK suggests that the socioeconomic factors of post-migration stressor affect the mental health of refugees. The negativities with the financial situation and finding an accommodation play the role as a barrier for resettling the mental condition of the refugees. The social and interpersonal challenges mainly include the adjustment process with an unknown physical and cultural environment. The displacement from their country of origin consists of the separation from their family, loss of social identity, social isolation and discrimination from the host country. A research on Iraqi refugees in Australia shows that the refugees who are separated from their family are suffering more from a mental health disorder than the refugees who were not separated from their families. Social isolation is another negative aspect because they then they are deprived of their own community's support which affects to overcome the mental difficulties of refugees. Discrimination from the host country, mainly indicates the economic status difference of refugees. In a study of Australian refugee people with African background shows that when the males are not only the earning people in their house then it creates domestic violence. This shifting social role also creates a negative impact on the mental health of refugees. From this overall discussion, we can get a general idea of the impact of post-migration stress on the mental health of refugees.

In the early stage of resettling the refugees who face language barriers, unemployment and acculturation issues might have a pervasive of demoralization and hopelessness (Bahloul et al., 2016) which affects their mental health and it hampers their socioeconomic integration also. The Syrian refugee group will be the preferable group of the experts in Nijmegen to reduce the level of mental disorder and to increase the level of participation in the society.

2.7 Socio-economic integration

Integration is also a government policy which fixed by law. However, the European Union has a Common Basic Principles (CBP) regarding the integration and ratification among member states. As an example, the Dutch integration policy is quite stronger than other states. To assimilate into the Dutch society, people has to learn the Dutch language, country rules, culture and history and to agree with the country's laws and values. When an asylum seeker or a refugee arrived in the Netherlands, they have to report to the central reception centre (Ter Apel) where the asylum procedure starts. After that, the Immigration and Naturalization (IND) office decide within eight days, whether further investigation is needed or not for a decision. Those people whose profile needs further investigation, they have to wait for six months or more (WODC, 2006). 84% asylum application was increased in the Netherlands in between 2014-2015 (Eurofound: 2016, 9) 18,171 applications were received in 2016 and among them 2158 were Syrian. From these applications, 98% Syrian application is accepted and they also got the temporary residence permit to stay in the Netherlands ("Bescherming in Nederland – Dutch Council for Refugees," 2017).

Generally in Dutch literature, when a migrant participates in key societal institutions, such as the housing market, labour market, educational institution and political organization are known as socioeconomic integration (Engbersen, 2003). Socioeconomic integration is mainly occupied with refugee's labour market position, employment status, occupational status and social benefit dependency (Bakker, Dagevos & Engbersen, 2014). Demographic factors such as length of stay in a detention centre, an age of migration and age of education in the host country are the most important indicator for measuring socioeconomic integration in the society (Blom 2004; Potocky-Tripodi 2003; Waxman 2001).

2.8 Theory

Hobfoll explained stress from the resource's perspective. From his point of view, stress is created from the lack of resources and for the failure of an expected outcome of the investment. The resource can be four types such as personal, material, cultural and social. These resources have the greatest impact on the socioeconomic integration of refugees (Hobfoll, 2001). Post-migration stressors like language barriers, unemployment and acculturation hamper the mental health condition of Syrian refugees (Bahloul et al., 2016). From this theory, I will explain how post-migration stressors influence the mental health of refugees, which also hampers their socioeconomic condition in the host country.

According to the theory, the loss of personal resource indicates when refugees come to the host country after the long flight they struggle with health and personal traits. Loss of material resource indicated, when they come to the host country they don't have any fixed property and also cannot contribute to the labour market for their earnings. Lack of social resource means interaction with the new host society which is a long process for a newcomer in a host country. Lastly, the lack of cultural

resources includes the language barrier and integration in the labour market in the host country. In order to integrate into the host society, refugees have to (re) gain those resources, but if refugees fail, to regain then it creates a negative impact on their post-migration experience. After that, it hampers their mental health which impedes their socioeconomic integration. For this study, according to this theory, I will mainly focus on the post-migration stressors of Syrian refugees, which hamper their mental health and also their socioeconomic integration in Nijmegen which is influenced by their mental health.

2.9 Conceptual framework

Among this whole discussion, we got a clear insight into post-migration stressors, mental health and socioeconomic integration. In my thesis, my main focus is to access the effect of post-migration stressors on mental health and how mental health influences the socioeconomic integration of Syrian refugees in Nijmegen.

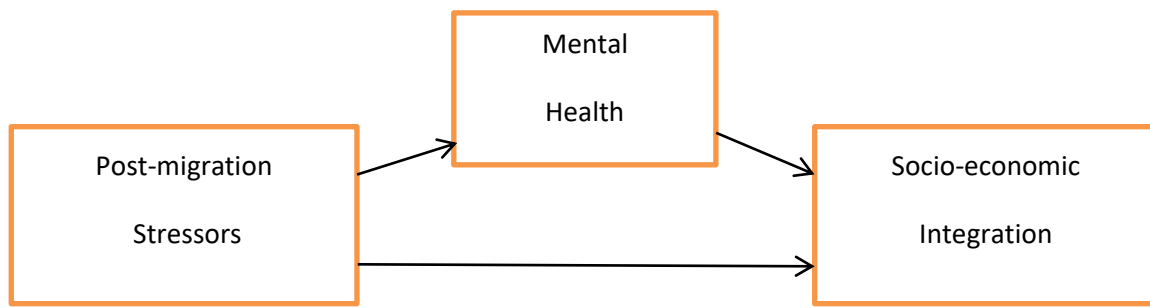


Figure: Conceptual Model

This model starts with Hobfoll's Conservation of resource theory. According to his theory, lack of gaining resources creates a negative impact on refugee's post-migration experience which creates stress for them. Negative impact on post-migration experience is similar to post-migration stressors. It hampers the mental health of refugees, which influences their socioeconomic integration. This model starts with Hobfoll's Conservation of resource theory. According to his theory, lack of gaining resources creates a negative impact on refugee's post-migration experience which creates stress for them. Negative impact on post-migration experience is similar to post-migration stressors. It hampers the mental health of refugees, which influences their socioeconomic integration. This model starts with Hobfoll's Conservation of resource theory. According to his theory, lack of gaining resources creates a negative impact on refugee's post-migration experience which creates stress for them. Negative impact on post-migration experience is similar to post-migration stressors. It hampers the mental health of refugees, which influences their socioeconomic integration.

Chapter 3: Operationalization

The interview guide is mainly based on the concepts we get from the literature review. The clear overview of the dimensions in the interview guide will present the operationalization process of my thesis. Through this process, we will get to know the core criteria of the concepts and the influential relations among them.

3.1 Post-migration Stressors

From the literature review, we know the factors through which we can measure the post-migration stressors. They are the language barrier, visa restriction, housing insecurity, unemployment, physical obstacles and acculturation issues. Through the explanation of these factors, we will know how they effect on mental health.

3.1.1 The impact of Post-migration Stressors on Mental Health

To measure the impact of post-migration stressors on mental health, the explanations of the factors are:

Language barrier:

Regarding the interview guide, to what extent the refugees can speak Dutch will help us to their level of vocational skill which is actually a big factor to involve with the society. If they could not communicate in Dutch, how they communicate with people. Lastly, is it flexible for them or not. Through this question, we will get to know their struggle for language and also if it is creating an impact on mental health or not.

Visa restriction:

If we ask them the type of visa they have and the experiences during the visa processing, then we will know about the experience they have got after coming here and also if they create an impact on their mental health or not.

Housing insecurity:

After coming to the Netherlands, where they were staying and how long they stayed there. At that time, what kind of activities they did. Where is their recent place of residence and how they get it? Is it flexible or easy for them to change their place of residence or not? With the answer to these questions, we can identify their level of struggle and effect on mental health as well.

Physical obstacles:

Did they practise sports in their country or not. If they practised, still they find themselves physically fit or not. If they don't find themselves physically fit now then what are the changes they feel actually and what are their complaints. Through these answers, we can see the change in their physical condition and we can also observe are they getting frustrated about that or not.

Unemployment:

Are they involved with any kind of employment or not is very important to know because it can create frustration among people if they cannot involve themselves in employment. We cannot ask them this question directly. For that, we can ask, how they spend their day and night on the weekdays and weekends.

Acculturation issue:

To come to a new country without knowing anything, it is very hard to cope up with the culture and environment. If we ask them about their perception of Dutch culture, we will also get to know about their flexibility. Also, ask them about the similarities and difference between their culture and the Dutch culture, we can also be very clear about their thoughts. Lastly, ask their experiences because of the similarities and differences in cultures.

3.2 Mental Health

Mental health is not only the absence of psycho-pathology; it also includes the presence of sufficient level of emotional, psychological and social well-being (WHO, 1948; Keyes, 2005). When a person is significantly restricted to his ability to engage in deliberate actions and unable to actively participate in the social practices of the community or society is known as psycho-pathology (Ossorio, 1985).

3.2.1 Wellbeing

Mental health is defined as a state of wellbeing where an individual can understand his/her potential to cope up with the challenges in life, can contribute to the society and also can be productive and fruitful (WHO, 2014). According to Bohelmeijer et al., 2013, wellbeing is the experience of happiness, development of human's potential and involvement in social activities.

3.2.2 Dimensions of Wellbeing

According to Keyes and Waterman (2003), wellbeing has three dimensions. They are emotional, psychological and social dimensions which affect mental health in adulthood. The important social outcomes, economic outcomes and field discussed in wellbeing are the determinant of wellbeing and mental health. Wellbeing is a medium, not the ending. It supports productivity, human behaviour, life satisfaction, positive physical health and mental health.

3.2.3 Emotional wellbeing

According to Diener (1993), subjective well-being (SWB) includes lack of unpleasant effect, high level of pleasant effect and satisfaction in life. The effect includes psychological, motivational, facial, behavioural and cognitive components. The cognitive effect creates a clear picture of a person's emotional life. So, subjective well-being is the same as emotional wellbeing. The positive effect on emotional wellbeing is the knowledge of cognition, personality and emotion which can increase the development of the concept. The negative effect is to measure negative reactions like anxiety or depression, which gives an incomplete picture of wellbeing. Life satisfaction is a judgmental concept that a person creates based on the important information.

3.2.4 Psychological wellbeing

According to Bohlmeijer et al., (2013) and Ryff (1989), Psychological wellbeing includes someone's understanding of their own potential to achieve the highest productivity goal. In short, it mainly focuses on the concept of self-realization. It is also linked to the source-demographic variables, as an example: gender, age and income (Ryff and Singer, 2008). According to Keyes and Ryff (1995), the psychological wellbeing is consisting of six separate dimensions. They are Autonomy, Environmental Mastery, Personal Growth, Positive relations with others, Purpose in Life and Self-Acceptance. Autonomy is a sense of self-determination. Environmental mastery is the ability to manage effectively an individual's life and the surroundings. Personal growth is a sense of development and improvement as a human being. Positive relations with others mean the control of meaningful relations with others. Purpose of life which indicates the trust that one's life is successful and meaningful. Self-acceptance is the positive remarks for one's present condition and past records as well.

3.2.5 Social wellbeing

Social wellbeing mainly focuses on an individual's activities and the relation between them and the society (Bohlmeijer et al., 2013 and Keyes, 1998). According to Keyes (1998), there are five dimensions of social wellbeing. They are social acceptance, social contribution, social actualization, social cohesion and social integration. According to (Keyes, 1998, p. 122), social acceptance means to interpret the society through the perception and quality of the other people in the society. It builds trust for the people in the society because of their dignity and honesty. It also creates a good and fruitful impact towards the society. Social contribution means a person is active in the society. He/she contributes to the commonwealth as well as thinks themselves capable to take any kind of actions and responsibilities.

According to (Keyes, 1998, p. 123), the potential of a society mainly depends on the people, the government and institutions. Social actualization is a process of measuring the potential and the base of the society. Social coherence is the thinking of the quality of life and concern about knowing the world. People always feel that they know about the place where they live and they also know that, this is not the perfect place. However, they set goals and try to fulfil them to make a meaningful life. Social integration includes the measure of the quality of one's relation with the society. It can be in the neighbourhood, friends, and colleagues or in the society where he/she belongs to and can get support at the time of difficulties. This process is actually a feeling of belong to a group or society on the basis of norms and values.

3.3 The indicators to measure the Mental health condition

To measure the condition of the mental health of refugees, the indicators are day-time activities, night-time activities, health difficulties, stamina, sleep, medicine, relaxation, experience, eat, sports and hobbies. The explanation is given below:

Day-time activities:

If we ask them about the activities they involve in their day-time, we can identify the activities are normal or not. It will give us an idea about the condition of their life which will help us to know about their mental health condition.

Night-time activities:

Night-time activities will also help us to know their recent condition of life and which will also help us to know about their mental condition if it is normal or not.

Health difficulties:

They have any health difficulties which they didn't have in their country of origin or not is very important to know because it can hamper the mental health condition of the refugees very quickly. It is a kind of barrier which hampers their integration with the society.

Stamina:

All the activities they do, how they feel about that? Do they feel strong enough to cope up with the work or not. It will give us an idea about their stamina and also the difference between the stamina they had in the country of origin and in the host country. If the stamina is low in the host country then it has the negative impact on the mental health.

Sleep:

"Sleep" is one the most important indicator to measure the mental health condition of the refugees. They sleep properly or not. If they could not sleep, what are the reasons? At which time they sleep better and when they wake up? These questions will help us to know the routine of their life. They maintain a systematic life or not.

Medicine:

Do they take any kind of medicine or not it's also very important to know because most people take medicine if they have any problem. For that, if they take any medicine, surely they are struggling with some difficulties.

Relaxation:

If the refugees are stressed or angry or hyper, what they can do for their relaxation. If we know the things they do for that, we will get an idea of their characteristics which will help us to know about their mental health condition.

Experience:

The situation they went through to get a stable condition is definitely hard for them. If they can share something about that time what they will actually count as their bad memories and also some good memories for what they are actually grateful. Then we can identify their recent mental condition because of sharing their sorrows and happiness what they got before. Through this, we can be close to them and make them more comfortable to share their difficulties and thoughts.

Family and friends:

To know if they have any close one or supportive person to guide them or support them when they feel bad, it will be really helpful to know more about their present situation as well as their mental condition. Do they talk to someone on a daily basis or not it is also very important to know because

then they have a person with whom they can share their feelings. If they cannot share then really hampers their mental health condition.

Eat:

Do they eat properly or not and also do they maintain their time to eat or not, is really important to know because mostly frustrated people avoid eating on time.

Sports:

They practise sport or not is important to know because it refreshes people's mind. If they don't practise any sports and always stay at home it will hamper their mental health condition.

Hobbies:

Everyone has some hobbies. Do they have any and do they practise them? If they do then it is a symbol that they are happy and if they don't have any hobbies then it has a negative impact on them.

3.4 The indicators of Socio-economic Integration

To know the current situation regarding the socioeconomic integration of Syrian refugees in the Netherlands, there are some indicators. They are societal integration, study, training program, voluntary activities, work and changes. The reasons for using these indicators are given below:

Societal integration:

To identify their integration process, it is very important to know if they have any contact with the Dutch natives and how they feel about their behaviour with them. How are they going to explain their (Dutch people's) approach towards them? Through this answers, we will get the idea of their integration level in the Dutch society.

Study:

To involve with a society, it is very important to involve academically because it will be easier to get a flexible life. It also represents their passion for doing well in life.

Training program:

In the Netherlands, there are a lot of training programs which help people to integrate with the society.

Voluntary activities:

There is also a lot of voluntary work on refugees, which helps to get more idea about the Dutch society and culture.

Work:

To involve with the economic activities in a society is a very vital part of integrating with the society as well as the labour market. It is really an important indicator to know the level of integration in a society.

Changes:

People want change in life when they are not happy. For that, if they want any kind of changes in life or not is very important to know to measure their socioeconomic integration in the society.

In this part, I indicate all the dimensions of the main three concepts. I did my interview guide based on these dimensions. I will analyse those dimensions from the answers and then draw the relation between them. However, I will present the influence of post-migration stressors on mental health and the influence of mental health on socioeconomic integration in the Dutch society.

Chapter 4: Methodology

4.1 Research Strategy

According to MacDonald and Headlam, CLES (1986),

To conduct any kind of research either we have to measure something or talk to people to get some idea. For this, there are actually two most popular methods. One is the Quantitative method and the other is the Qualitative method.

Quantitative method

Quantitative method is mainly focused on quantifying things. It calculates data and generalises results from a group of selected people.

Qualitative method

The qualitative method mainly deals with the quality of the information. The main focus of this study is to gain an understanding of the fundamental reasons, motivations of the movements and create the way for people interpret their experience and surroundings.

There are some key features of research methods which clearly represents the characteristics of these two methods. I will try to explain all the features and reasons for selecting a qualitative method in my research.

- Aim

The aim of the quantitative research is to clarify what is observed and the aim of the qualitative research is to give a description of what is observed. In my research, the description of three major concepts which are post-migration stressors, mental health and socioeconomic integration is very important to show the relationship between them. For this, the qualitative method is the preferable one.

- Purpose

The main purpose of quantitative research is to predict the outcome and causal explanation. The tools researcher use such as survey is for collecting numerical data. On the other side, the purpose of qualitative research is to interpret and understand the perspective. The tools used for qualitative research is data gathering instruments. In this thesis, regarding the objective, all the outcomes will be based on the interpretation. For this, the qualitative method is the most suitable one.

- Output

The output of quantitative research is in the form of numbers and statistics. The output of qualitative research is in the form of words, pictures or objects. This research is based on concepts. For that, there will be no numbers and statistics. It will be in the form of words. That's why the qualitative method is the most appropriate method for my study.

- Sample

In Quantitative research, the sample is selected randomly and in qualitative research, the sample is selected based on the experience. For this research, my selected human group is Syrian refugees and all the concepts will be described regarding their experience. For this, the qualitative method is the most suitable one.

- Approach

Quantitative research includes an objective approach and qualitative research includes subjective approach. In the objective approach, the entire outcome needs exact measurement and analysis. On the other hand, in the subjective approach, the interpretation of an individual event is important. In

this research, Syrian people will be included and their individual story will be interpreted. So, the implementation of qualitative research method is the best option.

- Analysis

The analysis type of quantitative research is statistical and the analysis method for the qualitative method is interpretative. In this research topic, there is no statistical description. The entire outcome will be the result of interpretation. For that, the qualitative research is the most suitable one. All these key features indicate the positivity for the qualitative method. From this discussion, we can get an idea that, the qualitative method is the most preferable one for this research.

Qualitative method is the highest used method for refugee studies (Da Lomba, 2010; Mestheneos & Loannidi, 2002; Phillimore, 2011) because refugees are the most challenging group to research as their issues are very sensitive. There are some advantages to use the qualitative method in my research.

- Firstly, it gives detailed information about the action of the participants like experiences, emotions and attitudes (Denzin, 1989) which is the main focus of this research.
- Secondly, this research method is also used to measure human experience in specific aspects (Rahman. M. S, 2016) which is another focus what we are trying to present.

4.2 Data Collection Techniques

According to Elmusharaf, 2012, to answer the research question is very difficult. The technique which helps us to collect information about the study objects (people, phenomena) is known as data collection techniques. To know the detailed actions of the Syrian refugees like their experiences, emotions and feeling as well as to give answers to the research questions, the method of data collection techniques is very vital. Interview (face to face) and observation are the two most popular techniques for data collection techniques.

4.2.1 Semi-structured interview

The semi-structured interview is the most suitable interviewing system when you will not get a second chance to take the interview (Bernard, 1988). According to Cohen & Crabtree (2008), the Semi-structure interview is often preceded by the combination of observation, informal and unstructured interviewing, which helps the researcher to get a broad idea of the topic to develop the authentic and meaningful semi-structures questions. The characteristics of the semi-structured interview are given below:

- The interviewee and the interviewer are always maintaining a formal relationship while interviewing.
- The interviewer must have to prepare an interview guide which will contain the important questions in a sequence to cover the topics regarding the research.
- The interviewer can follow the interview guide and sometimes can ask the question without the guide in order to get authentic answers.

The semi-structured interview is the beneficiary because firstly, the question can be ready because of the interview guide. Secondly, it helps the interviewer to prepare him or herself for conducting the interview. Thirdly, because of the flexibility of the interview, the respondent becomes relaxed to share their own point of view. Lastly, it always gives reliable data from qualitative research.

According to Keller & Conradin, (2018), the benefits and reasons for using semi-structured interviews are given below:

- It helps the interviewer to gather knowledge before conducting the interview
- Semi-structured interviews allow the respondents the freedom to express their point of views or perceptions.
- The data collected from semi-structured interviews are reliable and enriched with information because of the flexibility of both the interviewee and interviewer.
- It also includes two ways communication, it means respondent can also ask questions to the interviewee
- In this interview when individuals are interviewed, some sensitive issues can also be discussed.

In my research, the main three concepts are very sensitive and it is not sensible to ask these questions directly. For that, the semi-structured interview is the most preferable one for my research.

Syrian refugees are the most difficult target group to reach (De Vroome and Van Tubergen, 2010) and it is very difficult to take their interview for the second time (Bernard, 1988). For my research, firstly, I will try to reach them in the camps in Nijmegen. If not possible then, I will try to use my personal contact. As an example, the people I know who has a connection with Syrian refugees. I will go to the mosque because Syrian people are Muslim and they often go to the mosque. Lastly, I will go to the organizations who work for them. In this research, according to the main question, the main focus of this study is to show the relationship between post-migration stressor, mental health and socioeconomic integration. To answer all the questions related to the topic, a structured interview guide is very important and interview guide is one of the main focuses of the semi-structured interview (Cohen & Crabtree, 2008).

According to Zull (2016), Open-ended questions, don't include any fixed response options and it gives the opportunity to the respondent to create a response of their own words as well as expresses it verbally or written. In my research, all the issues are very sensitive. For that, it is very difficult to ask direct questions to the refugees. That's why the open-ended questions will be very helpful. Because, in open-ended questions, the interviewer has to ask about a topic and the respondents will answer in their own words as well as there will be no bindings. According to Susan (2014), The face-to-face interview includes accurate screening, Capture verbal and non-verbal questions, keeping focused and capture behaviour and emotions. These are the advantages of face-to-face interviews which are really very important factors to reach to the goal of my research. To observe the mental health condition, post-migration stressors effect and the socioeconomic integration accurate screening, Capture verbal and non-verbal questions, keeping focused and capture behaviour and emotions are really very important. The accurate screening will help to avoid false information. In capturing verbal and non-verbal questions, we can observe the body language and which will help to get some answers to the questions what we cannot ask directly. The face-to-face interview will help to keep the focus on the interviewee without having any technological distraction what we can get during online interviews. Technological distraction means texting, reading and answering emails, video streaming, web surfing, social sharing and more. Face-to-face interviews also help to capture the behaviour and emotion of the interviewees during the interviews which also add values to interpret the results.

For this research, I will conduct a face to face interview and the interview will be semi-structured using open-ending questions.

4.2.2 Observation

Observation is a technique which includes systematically selecting, watching and recording behaviour, and characteristics of human beings, objectives or phenomena (Elmusharaf, 2012). In my research to identify the relationships between post-migration stressors, mental health and socioeconomic integration to observe the behaviour and characteristic of refugees is very important to reach the research goal. According to Elmusharaf (2012), there are two types of observations on behalf of human behaviour. One is participant observation and the other is non-participant observation. Participant observer is involved in the situation, what he/she is observing and non-participant observer watches the situation but doesn't participate. There are four types of observation. They are: General observation, more focus observation, Access the unspoken knowledge of the subject and compare phenomena. General observation means to be familiar with the environment and the new setting. More focus observation includes the justification of people's activities. Access the unspoken knowledge of the subject indicates the subconscious knowledge which people cannot express in words during the interview. Compare a phenomenon indicates more details about a component.

In my research, the observation will be participant observation because I will take the face to face interview with Syrian refugees and for that, I will be present there as well as participate directly. This research topic includes some sensitive issues which I will be able to ask directly, I have to observe the situation and the unspoken verbal meaning behind their answers. For that, Access the unspoken knowledge of the subject will be the best observation type for my research. Measuring the techniques of data collection is very important and without selecting the sample or case we cannot use the techniques. For that, case selection is also very important.

4.3 Case selection

The previous research and literature about Syrian refugees in Nijmegen show that there are some obligations for them to completely integrate into the Dutch society. Lack of language skills, social bonding and not having a job decreases their feeling of belongings and motivations to integrate (Carneiro, 2017). According to the main research question and research objective, the main area of my research is the Nijmegen region. According to the staff topic proposals GPE bachelor thesis, a new intervention based on positive psychology is currently being developed for implementation in September 2018 to help increase mental health, social networks and labour market participation of Syrian refugees. The intervention is a local co-creation of the key stakeholders in the field: the municipality of Nijmegen, Werkbedrijf Rijk van Nijmegen, the Dutch Council for Refugees, GGD, Pro Persona, Indigo, Radboud University, Yalla Foundation and the refugee community itself. My thesis is based on this implementation. In Nijmegen, there is a popular refugee camp near to the central station, which is called AZC and the COA organization made that for refugees. My target is to get access to the camp and try to find Syrian refugees with whom I can talk. However, those camps are very restricted; they don't allow people without an appointment. If you don't know anyone from the camp before, it will be really tough to reach them. It will be easier if you can create personal contact

with them. There are so many refugees who are staying in Nijmegen for more than 3 years. If you can reach them through your friends or known contact then they can help you to find more people for the research. My target of this research is to take at least five interviews with Syrian refugees.

50% of newcomers of Syrian refugees are from the first generation in the Netherlands (Dutch Annual Report on Integration 2016; Bakker et al., 2016) which is the most productive group. For this research, I will mainly focus on Syrian refugees under the age of 40 because they are the preferable group of the experts to explore various opportunities for them such as education, Dutch language and labour market integration. As the highest number of refugees in Nijmegen is now from Syria that makes it important to take the under 40 age group to be well integrated into Nijmegen (Carneiro, 2017). They are the most dynamic group also to contribute to the society and labour market. This young group will be researched to evaluate the effect of post-migration stress on mental health and also the influence of mental health on their socioeconomic integration. I will mostly prefer English speaking people because English is the international language and it will be really convenient for both, the interviewer and respondent communicate. However, it will be very challenging. If the respondent cannot speak English then bilingual interviewers will be needed.

4.4 Data collection and analysis

For the data collection in this research, the qualitative method will be used and also a number of interviews will be conducted. According to Stuckey (2018), the spoken text from the interview in written form is known as transcribing. It is called the first step of data analysis. The analysis starts after reviewing the first interview from the transcription if it fulfils the research question-related area or should we need to refine anything. From the transcribing of the first interview of a Syrian refugee, I will also review the first interview then modify the question guide if needed for another 4 interviews. Evaluating the source of information is a vital part of continuing a research because all the information are not reliable or true (Elmer E. Rasmuson Library). For the research and to get depth knowledge about the topic reading literature is very important. There are three types of sources of information (Mary Woodley, CSUN Oviatt Library).

4.4.1 Source of information:

Primary source

According to Galvan (2013) and Persaud (2010),

Primary source means the original source from an academic journal which deals with entire methodology, in-depth details and description of findings.

Secondary source

According to Galvan (2013), Paul Vogt (Ed.) (2005), Weidenborner & Caruso (1997),

The secondary source provides non-original or second handed information. This resource is mainly based on primary resources. The main research what we can get from primary sources like textbooks, magazines and newspapers, in the secondary research we create summary reports from that resource. Some secondary sources provide a global description of the methodology and other includes critical studies on the author's work.

- Desk research

According to Travis (1989),

Desk research is the other name of secondary research. In this research, the main purpose is not collecting data. The main focus of this research is to review previous research and find some new dimension of understanding in the research field.

Tertiary source

Tertiary sources are the summaries and condensed version of materials of primary and secondary resources (Mary Woodley, CSUN Oviatt Library).

My research topic is quite new in the field of refugee studies. After the Syrian war, this topic is getting huge attention and Syrian refugees are the most difficult target group to reach (De Vroome and Van Tubergen, 2010). As there is not enough primary source of information, I will mainly use secondary sources and tertiary sources for my research. By reviewing the previous research, I will get an idea about the analysis pattern which will help to do my analysis through the source of information.

4.4.2 Analysis

According to Ricardo and Contreras (2011), the most interesting part of a research is to examine the relation between concepts. ATLAS.ti has a very significant tool that shows the relationship between concepts, their intensity, meaning and role in constructing the phenomenon under any research. This tool contains two codes. One is exactly the same citation and the other coding quotation that are touching each other in some way like enclosing or overlapping. In my thesis, my main focus is to show the relationship between post-migration stressors, mental health and socioeconomic integration. In ATLAS.ti we can show the relationships among them and also the common and uncommon features. I will try to conduct this part in step by step. These steps are:

- Firstly, I will input the transcription in ATLAS. ti.
- Then code them regarding the concepts and the main focus of the study.
- If there is some extra information needed, I will create memos also.
- After that, I will start comparing these five interviews based on the main points indicated in the interview guide.
- Lastly, I will start writing the analysis based on the research focus.

Dealing with uncertain circumstances related to the research is also a vital part of the methodology.

Chapter 5: Analysis

The interviewer is Sabrina Rahman Shanto. The analysis part will be divided into result and a reflection report. The explanation is given below.

5.1 Result

In this research, there are three main concepts. They are Post-migration stressors, mental health and socioeconomic integration. My analysis is mainly based on these three concepts. The whole interpretation will be regarding the conceptual model which I mentioned in my literature review part.

In this qualitative research, I took five interviews in total. The topic for my research is quite sensitive and challenging. However, I promised the interviewees that, the interview will be totally anonymous. For that, I will not use their names. I will use interviewee A, B, C, D and E. I will interpret the result regarding the indicators which I mentioned in my interview guide as well.

5.1.1 Characteristics of the interviewees

Interviewee A:

Country and City: Syria, Aleppo city

Age: 33

Gender: Male

Education level / profession: He was an Archaeologist but now waiting for work permit.

Duration of staying in the Netherlands: Three years and seven month.

Interviewee B:

Country and City: Syria, Idlib city.

Age: 33

Gender: Male

Education level / profession: He was doing a good job in Syria but now working part-time in a restaurant and studying also in a High school.

Duration of staying in the Netherlands: Two years and seven months.

Interviewee C:

Country and City: Syria, Aleppo

Age: 20

Gender: Male

Education level / profession: He is going to start his Bachelor's in Nijmegen and also working part-time

Duration of staying in the Netherlands: Two years and seven months.

Interviewee D:

Country and City: Syria, Daraa

Age: 30

Gender: Male

Education level / profession: He was doing a good job in Syria and now working in an Electronic company.

Duration of staying in the Netherlands: Three and half years.

Interviewee E:

Country and City: Syria, Kamishli

Age: 28

Gender: Male

Education level / profession: He was working in Iraq and now waiting in a camp in Nijmegen.

Duration staying in the Netherlands: Five and a half months.

Their experiences in the Netherlands are quite random. For interviewee A, he is an archaeologist. To him, Nijmegen is quite similar to his home city Aleppo. For that, he likes Nijmegen. For Interviewee B, in the beginning, it was quite hard to cope with a new place and a new culture. But after start doing a job and study, now he finds it very good. For interviewee C, he likes it here because he is getting full freedom what he didn't have in his home country. He finds the people are friendly here, but to integrate with them is not flexible for him. Interviewee D finds it very hard to stay in the Netherlands. The language is very tough for me and also to live with Dutch people is hard for him. Interviewee E doesn't have any experience to share because he is staying in the Netherlands for a very short time.

The interviewee A, B and C used almost the same route to come from Syria to the Netherlands. Firstly, they use a boat to come from Turkey to Greece and then sometimes walking or bus or train. Interviewee D came from Libya to Italy after that from Italy to the Netherlands by train and aeroplane. Interviewee E went from Syria to Iraq after that from Iraq to Turkey by walking through the mountains and sometimes crossed the rivers. Then he travelled Turkey to Europe by a truck and lastly from Germany to the Netherlands by a car.

5.1.2 Post-migration stressors

To measure the experience of post-migration stressors, the indicators I used are the language barrier, visa restriction, housing insecurity, physical obstacles, unemployment and acculturation issues.

1. Language barrier

For interviewee A, his Dutch language level is B2 level. He can communicate with people properly in Dutch. From his point of view, Dutch people feel very happy when they see other people are trying to speak in their language because they know the Dutch language is a hard language. They also show respect for that when they see people are learning Dutch and speaking in Dutch. Interviewee B is not that fluent in Dutch. He has a problem with the grammar and dialects. He also finds this language less flexible for him because of the different ways of pronunciation. For that, he mostly communicates with Arabic and his English is also quite good. Interviewee C speaks very well Dutch and it is also very flexible for him. Interviewee D knows 30-40% Dutch language and it is not flexible for him. He mostly uses Arabic and Dutch to communicate. He cannot speak English. Interviewee E completed Dutch language A1 level with the help of the internet in the camp. Now he tries to mix his Dutch and English together and it's very flexible for him. He thinks he is improving a lot by mixing English and Dutch language.

2. Visa restriction

For all the interviewees, the process of getting the resident permit/ visa is quite lengthy which is from six months to eight months. It has been quite a long time regarding the other countries in Europe. For interviewee E, this process is faster than the Middle East countries. They all got five year residence permit. They call it by different names, like Syrian statement, political one, and temporary resident or temporary resident permit for five years. But these all are the same. The duration of the processing was more than six months to eight months.

3. Housing insecurity

First coming to the Netherlands they all had to go to TerApel which is the main refugee camp in the Netherlands. Then they had to move to other camps and the duration was not fixed. They all had to switch nearly four to six camps before getting a permanent home. It took nearly six months to eight months for them to get a permanent home. When they were staying in the camps; mostly they were learning the Dutch language. Also, did sports, music, reading books and volunteer works. Four of my interviewees have a permanent place now without interviewee E because he has been in the Netherlands for a few months. Interviewee A is staying in Nijmegen. Interviewee B, C and D is staying in Wijchen and interviewee E is staying in AZC camp near to Nijmegen station. Interviewee A, B, C and D found the place from, COA organization. They ask the refugees in the camp if they have any preference for places like if they have relatives or you want to study or work in a specific place. Only, in that case, they can tell them. Otherwise, they don't have the option. Mostly, they took the place what is offered by COA because there are a lot of people waiting to go out of the camp. If they reject they will get the option after a very long time. They cannot change the place of residence easily. It's not impossible, but they have to face a lot of difficulties like house complaints and also a lot of people are waiting to get a place.

4. Physical obstacles

Interviewee A finds himself physically fit. He did not go to the doctor here. In his country, he played football, basketball, volleyball and swimming. Now he does fewer sports, but he is okay with it. He uses a bike, walks a lot and also does swimming twice per week in the Netherlands. Interviewee B finds himself quite fit still now. Interviewee C thinks he gained a lot of weight because after coming here he was staying only in the camp, eating and sleeping, but he was a footballer in his country and now trying to lose weight. Interviewee D is quite fit like before. He does not have any physical complaints. Interviewee E finds himself more fit than his country and he does not have any physical complaints as well.

5. Unemployment

Interviewee A is unemployed now. He is doing a Dutch course 2 days per week. When he gets free time, he talks to his family, go for coffee, practice Dutch with friends, goes for a walk with some other Syrians. On the weekends, he does do anything special. He tries to improve his Dutch and English through the website. He also tries to improve his musical knowledge. He is a night person. He goes to the station every night mainly on the weekends to play the piano and also to practice the piano. He likes it when people listen to his music and appreciate him. He also tries to help people in the station after midnight. Sometimes, he gives them company after the midnight when the station is closed. Interviewee B is studying and sometimes working. He sometimes goes to work after finishing his school. If he does not have the work he goes back to his place and makes food, goes shopping, does household works. On the weekends he does not have any special plan; even he works at the Saturday now. But at the beginning of his study, he read Dutch books because it was very difficult for him to study in Dutch. Interviewee C is a working guy. His weekdays and weekend activities are the same which are working, doing sports, watching football and sometimes talking to family. Interviewee D is also a working guy. In the weekdays he works, comes back home, goes for running and talking to friends. On the weekends, he just took a rest from work. Interviewee E is still at the camp. He does Dutch quality enhancing the course, talk to family and friends and play football. On the weekends, he just stayed in the camp and uses the internet.

They are really very hopeful for their career. They are learning Dutch and they know the Dutch system pretty well. They know that if they learn Dutch, they will get a job for sure. The time when they cannot do anything, the Dutch government is giving them money to survive. They are really very grateful to the Dutch government.

6. Acculturation issues

For interviewee A, he did not know anything about the Netherlands without their football team and they are farmer people. He thinks Dutch people are really good people. After coming to the Netherlands, the Syrian people were really scared to express their identity because of the bombing, uncertain news from the media. The Dutch people were very surprised and asked them if they come by boat or how they came here. It was a kind of action movie for them, but for Syrians, it's their reality. From his point of view, Dutch people look like same. The main thing he hocked about Dutch culture is their food because they don't eat salt, sugar and they also don't cut the vegetable. One of his training programs, the guide asked him if he likes the Dutch culture or not. He found it very difficult to answer because he is grateful to the Dutch culture because the Dutch people are helping

them, he respects this culture. But something, he cannot accept is the hardest music in the morning. As a Muslim, he is habituated with soft music in the morning before the first prayer. He finds it very crazy that people are sleeping and suddenly someone put hard music. He feels irritation and angry about this because according to him, music affects your brain. These things happen because of the differences in culture. Regarding his answers, there are no similarities between Syrian and Dutch culture.

For interviewee B, it's very hard to make friends here in the Netherlands. It was quite easy in Syria. People will say 'Hi' one day and the next day they will not recognize you even sometimes they will see the message but will not respond. He finds it really very disrespectful. Without that, he likes the freedom and the laws and the way they talk to people. For interviewee C, Dutch culture is completely different from Syrian culture. Here, you can get your 100% freedom and no one is going to bother you. Dutch people are very curious people and they are quite free to ask you any kind of question. In Syria, he was always under his parent observation, but nowhere, he can do everything on his own. He does not have any negative experience here. Interviewee D finds it very difficult to answer because everything is different here from his culture. He finds the language very tough here and he does not have any negative experience here.

Interviewee E doesn't know more about the Dutch culture, but he knows that he has to respect it. Syria is a conservative Muslim country. For that, he finds the relationship between family and friends are very weird. They rarely meet on the occasions, but he cannot even think about it. In his culture, in Syria, there is something which is called shame or not good. But here, he didn't find anything like this. Smoking in front of older ones is very disrespectful to him. He will not say it is bad here, but it's very strange and awkward for him. Actually, these are the differences between cultures.

5.1.3 Mental health

To measure the mental health condition of Syrian refugees the indicators I used, they are Day-time activities, night-time activities, health difficulties, stamina, sleep, medicine, relaxation, experience, family and friends, eat, sports and hobbies.

7. Day-time activities

There is no specific daytime activity for interviewee A. Interviewee B wakes up early in the morning then goes to school. After school, he goes to work, then from work to home, make food, uses social media and then goes to sleep. Interviewee C works in MacDonalD's, translated from Arabic to Dutch or Dutch to Arabic for people and also does theatre with Dutch students. Interviewee D goes for work and after then goes for running and in the weekends, sit with a Dutch neighbour who helps him by translating papers. Interviewee E wakes up in the morning, then go walking, it's a part of their training. Play football at least two days a week. Watch matches on the internet, watch movies, talk to friends and family.

8. Night-time activities

Interviewee A goes to the station at night to play the piano. Sometimes he reads, talks to his family and watches theatre. Interviewee B uses social media and talks to his girlfriend. Interviewee C sleeps at night. Interviewee D smokes Shisha and watch movies. Interviewee E's activities are quite the same as his day-time activities. Interviewee A is okay with his day and night time activities, but he

wants to be more productive. Interviewee B is satisfied with his activities because now he knows what he wants to do in his future. Interviewee C and D are satisfied with their activities. Interviewee E will do more if he gets the option.

9. Health difficulties

Interviewee A does not get any new health difficulties here. He feels boring sometimes. His characteristics become more calm and quiet after coming to the Netherlands. Interviewee B doesn't have any health difficulties, but he gets less time for sports. Interviewee C, D and E do not have any health difficulties.

10. Stamina

Interviewee A had better stamina in Syria because there he was caring for food for his whole family, but here he just buys food for him and does fewer sports than Syria. Also in Syria, he was younger than now and before the war, he was more fit. The stamina of Interviewee B, C, D and E are quite okay. They don't have any objection to this.

11. Sleep

Interviewee A does not sleep properly because of the change in the length of daytime and night-time. He sleeps three hours at night and three hours in the daytime. In Syria, he can sleep properly because he was working and he slept before 12 am. Interviewee B cannot sleep properly. He has a problem with the memories and nightmares because he left his family in Syria. He has a good salary, but he thinks there is no future. That's why he left. He tried to convince his family, even he is still trying, but they don't want to leave Syria. They love their country a lot. Interviewee C also has a sleep problem because of the nightmare and memories from the past in the war. He tries to sleep at night from 12 a.m. to 8/9 a.m. Interviewee D has a sleep problem because of the work. Before starting working he could sleep better. He sleeps nearly from 11 p.m. to 5/6 a.m. Interviewee E can sleep better than Syria here. He is quite relaxed here because he doesn't need to worry about tomorrow.

12. Medicine

The interviewees do not take any kind of medicines.

13. Relaxation

If interviewee A is hyper or angry he listens to music and some walking. Interviewee B does swimming, sports or listens to music for relaxation. If he cannot find a solution for something he cannot be calm without solving that problem and if he is hyper he prefers to be alone. Interviewee C does swimming, sports, listen to music or talking to the family for relaxation and if he is hyper he also prefers to be alone. Interviewee D read Dutch books to be relaxed and if he is hyper then he prefers to walk. Interviewee E talks to his family in Syria. He cannot take his wife with him because she was pregnant; she could not make the journey in that condition. Now he can apply for a family visa and can bring them here quickly. When he becomes hyper then he goes outside to change the weather and sometimes smokes, but he reduced smoking after coming to the Netherlands.

14. Experience

For interviewee B the moments were really memorable when in the camp he made friends and they do all the work together like eating, cooking and roaming. Two of his camps were prisons because the government didn't have enough places to accommodate them. That time, he became very frustrated and depressed. For interviewee C, when he can help someone he feels very happy. When he was in the camp and didn't know about his future that time is the worst time in his life. For interviewee D, when he was in the camp, he had no idea about his future. For interviewee E, when he can see the sun, does some activities he feels normal. When they have to give IQ exams, after getting the result, he feels very happy. When all the friends share funny stories, he feels that everything will be fine. When he thinks about his new-born girl, he can see her in the video call with the help of technology. He sometimes feels like going through the screen. But it is okay. He is very hopeful. His family is taking care of his wife and child. Interviewee B is very grateful to the Dutch government because they are giving the same facilities which people get as a citizen of the Netherlands. There he has peace which is the most precious thing for him. Interviewee C misses his family without this he is grateful for everything. Interviewee D cannot say anything properly because the situation in Syria was very bad and he had to run away from there and before that he was in jail in Syria, but he does not want to share the story. Interviewee E is grateful because of the improvement of his condition. He feels better day by day. Interviewee A is a quite religious person. Interviewee B said, he is not that religious, but he will be. He doesn't eat pork and eats halal meat as well. Interviewee C said, he is a Muslim, but sometimes no. sometimes, he does not get time to pray when he is at work. He has a connection with God from there he gets inspiration. Interviewee D is not a religious person. Interviewee E is a very religious person and he believes that his life is based on religion.

15. Family and friends

For interviewee A, his mother is the main support system for him and he mostly talks to people in Syria. For interviewee B, the main support system for him is his girlfriend who is also Syrian but they met in the Netherlands. He talked to her on a daily basis. He also has a friend in Wijchen whom he tries to meet every day or every two days. He feels more comfortable speaking in Arabic but he always wants people to approach him. Interviewee C has three friends in the Netherlands whom he trusts most and he also has a good connection with Dutch people. For interviewee D, his mother is his support system and he talks to her girlfriend every day. For interviewee E, his mother is his main support system. She lives in Germany and she takes care of him a lot. He talks mainly with Syrian people.

16. Eat

The interviewee A can eat properly. Sometimes, he does not eat breakfast but mostly he eats Syrian food. So, he can eat properly. Interviewee B, C, D and E, they eat Syrian food and they can eat timely and properly.

17. Sports

Interviewee A swims twice per week, use the bike and walk a lot. Interviewee B practices nearly all kinds of sports. Interviewee C practices sports two or three days per week. Interviewee D practices sports. The interviewee E practised sports in the first camp, but now he rarely practice sports.

18. Hobbies

Music, reading and gardening are the hobbies of interviewee A. he has some philosophical thoughts as well as materials. Fitness and swimming are the hobbies of interviewee B. Table tennis, watching football and swimming are the hobbies of interviewee C. interviewee D's hobbies are swimming and running. The hobbies of interviewee E's are football and volleyball.

5.1.4 Socio-economic integration

To measure the Syrian people's way of socioeconomic integration in the society, I will use some indicators. They are societal integration, study, training program, voluntary activities, work and changes.

19. Societal integration

Interviewee A has contact with Dutch boys and girls whom he meets time to time. But does not have a close friend here because it took time and the environment and approach is totally different here according to his point of view. You cannot knock anyone's door without any purpose. Interviewee B has contact with Dutch people only in school, but he has no Dutch friend. Interviewee C works with the Dutch people and he has good contact with them. They are his friends and colleagues. Interviewee D also works with Dutch people. They are his colleagues and friends and he has good communication with them. Interviewee E didn't get the opportunity yet to meet with the Dutch people. He just knows some of the AZC camp who works there.

Interviewee A got mixed experience from the behaviour of Dutch people. His neighbour is an old lady. She is very nice and she always helps him with gardening. On the other side, when he goes to the station to play the piano, some drunken Dutch people want that to play and then they hit that badly. He cannot say no when they want to play that because it's a public piano, but he feels bad when they misuse that. Sometimes he also finds their behaviour a little bit weird because they give compliments without any reason. Interviewee B could not explain properly in his words, but he thinks they are always trying to keep a distance from them. He thinks maybe they are afraid to talk to them because of the news they heard from media scared them a lot. According to interviewee C, sometimes their behaviour is friendly and sometimes they avoid you for no reason. They are friendly when they want to be and if they hear something from the media they become unfriendly. But he feels welcoming. From Interviewee D's point of view, they are weird but in a positive way. They are so direct and what they feel will tell you face-to-face. They are very friendly and welcoming as well. According to interviewee E, their behaviour is good whom he meets in the camps who work for them.

20. Study

Interviewee A is planning to start his study next year September. Waiting for some papers and will apply to WHOIF or UAF to help him to pay the study materials and other costings. Interviewee B is studying in a high school in Communication and Multimedia design in Arnhem. Interviewee C was

studying Dutch language and now he has got approval for his bachelor's on ICT. He will start it this September in Nijmegen. Interviewee D just finished his Dutch language course and will start his highschool on Electronic training. Interviewee E is learning Dutch, but not officially yet.

21. Training program

Interviewee A took two training programs. One is an exhibition and another one is on how to make a trip. Interviewee B did not take any kind of training program. Interviewee C took a training program in Enenerth where they help refugees to integrate with the Dutch culture. Interviewee D took a training program in electronics and now working on that. Interviewee E took a training program called KLM, which is for the Dutch society. He is also planning to take one course on work and the Dutch society which is kind of security training.

22. Voluntary activities

Interviewee B, D and E does not involve any kind of voluntary activity. Interviewee A teaches Arabic at the Radboud University. He also translated some movies from the Dutch to the Arabic language. He sang for old people and sick people to make them feel better. Interviewee c is involved with three voluntary activities two are related to the integration with the Dutch society and one is with a medical organization. The medical organization helps refugees to get medical support.

23. Work

Interviewee A and E are not working. They get money weekly from the government with the help of COA organization. Interviewee B works temporarily in a restaurant and searching for something related to his field of interest. Interviewee C works in MacDonald's and also getting support from the government. Interviewee D has a working contract with an electronic company and he is working 40 hours per week and really happy with what he is doing.

24. Changes

Interviewee A wants to improve his Dutch and wants to start a job to support him. In short, he wants to set himself properly where he can bear everything by himself. Interviewee B is really grateful what he has now. Interviewee C is very happy here, he does not want to change anything. Interviewee D thinks, his changes will start after he starts his high-school. Interviewee E is still in a very uncertain condition, he cannot mention anything now.

5.1.5 The Summary of the Analysis

In the summary, regarding the results we get, we can say that the post-migration stressors like the language barrier have some negative impact, but it is not that strong which can hamper the mental health condition. Interviewee B and D is still struggling with the language, but at the same time interviewee B is studying and working and interviewee D is working. They all have complaints about the duration of getting a visa or resident permit. They didn't want to stay in the camp for a long time. But mostly, in the camp, they were learning Dutch and talking with other Syrians. For that, the duration could not hamper their mental condition. They cannot change their place of residence easily, but if they want to study or work in a specific place they can say that during their camp interviews. Mostly, when they get a permanent place outside of the camp, they don't want to

change that because then they had to wait again in the camp which they don't want. My four interviewees (A, B, C and D) are quite satisfied where they are staying now because at least it is not a refugee camp. It is also difficult for them to change the place of residence because many of the refugees are still waiting to get a place. After getting a permanent settlement it would be easier for them to change their residence. For employment, Interviewee C got a job easily because his age is 20 and for other interviewees, it is quite difficult. After taking courses it became easier for them to plan some kind of employment. For interviewee A, he is planning to do an internship with a travel agency and then hope to sign a contract with them. Interviewee B is working part-time but trying to find something which he actually likes. He does not like to work in the restaurant because he has to use his muscles only. He wants to work in multimedia design and for that, he will give an interview. He is pretty sure that his experience is not enough, but he will just try. All the interviewees find themselves physically fit and they don't have any physical obstacles. The last indicator I use for measuring post-migration stressor is acculturation issues which actually hampers the mental health condition of the refugees. For interviewee A, he found it very scary to give his identity that he is a Syrian. People were very afraid of Syrian people because they heard the negative things from the media. Interviewee B is very upset about the behaviour of the Dutch people. He found their behaviour disrespectful towards him. Interviewee C has a good connection with Dutch people, but only when they (Dutch people) need and they always try to keep a distance from them. For interviewee D, it is totally different from his culture; he doesn't have any opinion on it. Interviewee E is new in the Netherlands, he doesn't know more about the Dutch culture, but he knows that he has to respect the culture. Dutch culture is totally different from Syrian culture. For that, all the things are new to them. It is very difficult for them to cope up with everything but they are trying very hard to integrate with everything, mostly with their culture.

Among all the indicators for measuring the mental health of refugees, they all have a sleep problem without Interviewee E. I can say that maybe he is here only for five and a half months. For that, he does not start realising everything. Interviewee A cannot sleep properly at night. He always goes to the station and plays music. Interview B and C has a nightmare problem. They always have bad dreams because of the war, they experienced in their home country. They all have some good and bad memories while staying in the camp. All the time, they were hoping to go out of the camp and get a normal life like other people in the society. Their bad moments or bad experiences are more than their good moments while staying in the camp. They become frustrated while staying in the camp for a long time. They always got stressed about thinking of their uncertain future. They all have someone whom they can talk on a daily basis. Interviewee B tried a lot to convince his family to come here, but they don't want to leave their country. He is always tense about his family. All the interviewees, they don't like the food here in the Netherlands, they always make Syrian food for themselves.

To integrate with the Dutch society, they all are planning to study. Interviewee B has already started his high school. Interviewee A, C and D will start very soon. Interviewee E has planned to start studying after getting a permanent place. They all are very motivated to integrate with the Dutch society, but they find it difficult because of the behaviour of Dutch people. They barely took any training program because the numbers of training programs are very less in the camps. Eight months later, after getting a permanent place, they can start better training programs. A 30 year old guy has to start his highschool because his previous education has value here. After that, if he wants to build a career, he has to do a bachelor as well. But it is taking him 7-8 years back. It's not easy for anyone

to start high school at the age of 30. The situation makes them more frustrated and de-motivated to integrate with the Dutch society.

From the whole analysis, we can see, the acculturation issue creates a negative impact on their mental health. They cannot sleep properly because of the nightmares and they were always stressed in the camp because of their uncertain future. They are also tensed because of their family who are staying in Syria. They mostly cannot integrate with the society because of the behaviour of Dutch people. They also find it difficult because of the education system and not accepting degrees outside the Netherlands. They had to work below their standard, which hampers their mental condition. Visa restriction, the language barrier and acculturation issue are the indicators of post-migration stressors. Sleep, bad and good experiences and family and friends are the indicators to measure mental health condition. Work, study and societal integration are the indicators of socioeconomic integration. Lastly, we can say, post-migration stressors have an impact on the mental health of refugees and mental health influences the socioeconomic integration in the Dutch society.

5.1.6 Observation

According to my observation, all the five interviewees are very motivated to improve themselves for a better future. They had to go through a very tough situation but they all took it as a challenge and quite hopeful for a better future. They are very polite and decent by nature. They are very grateful to the Dutch government for helping them a lot. They want to contribute to the Dutch society as they are very respectful and grateful to them. They all are involved with training or studying to involve in the Dutch society in a proper way.

5.2 Reflection report

As a pre-Master's student of the Department of Human Geography, I must have to submit a thesis to gain a proper knowledge about research. My allocated thesis topic is " Post- migration effect: The relationship between mental health and the socioeconomic condition of Refugees (Syrians) in Nijmegen, Netherlands." To complete my research, I had to take some interviews as I was doing a qualitative research. I tried to contact the Syrian people, but they are, the less accessible group among refugees. I went to the refugee camp, but the authority doesn't allow me to take interviews as the Syrian people went through a very bad condition. Their issues are also very sensitive. After that, I tried to reach them through personal contact. One of my friends, she was connected to a Syrian refugee group and I took the opportunity to contact one Syrian boy. With the help of him, I got three people in Wijchen including him and one in Nijmegen. The last interviewee I got with the help of the interviewee A from Nijmegen. He helped me to convince the guard in AZC camp in Nijmegen station and also he knew him. Lastly, the guard found one guy who was willing to give an interview. For my research, I needed to observed few things directly. For that, I took all face-to-face interviews.

Thus, I decided to take a face-to-face interview. I contacted them via phone and social media. They were very humble and polite. They always responded. I had to fix the time very quickly as we got a very short time for this thesis. All the Syrian people are Muslim and from June 17 to July 14 is the time for Ramadan. All of them are fast and very busy with their religious thing. They cooperate a lot and even they come by themselves to give the interview after the after at 10:30 p.m.

I asked for their permission, if it is okay to record the audio of the interviews as it would help me to analyse and interpret the interview, and they said yes willingly. I was the interviewer, to break the ice, I always introduce myself first and also gave a brief introduction to what kind of interview I am going to take and why. Mostly, they don't want to talk about themselves because they are still very scared of the situation they went through. I told them to be comfortable and relaxed. This made them be more like themselves and thus, they felt comfortable talking to me and continuing the interview. I asked their permission to start the interview. I was recording this interview on my smartphone, and also tell them to record if they want. I also made sure we sit in a quiet place without any disturbances during those interviews.

I coded my interviewees using A, B, C, D and E. Interviewees were not that comfortable in talking in English as they are Arabic speaker natively. But four of them gave their interviews in English. It was difficult for them to communicate and express themselves properly to me, but none the less they still answered all the questions. Sometimes, there was an understanding problem, but I tried my best to repeat them in an easier way to make my question understandable for them. Towards the end of my interview guide, they all seemed more confident and enjoying the interview. One of them cannot speak English. For that, I requested my interviewee C to translate from English to Arabic and From Arabic to English as well for the interview. He agreed to do that because he was the person whom I get first among all the interviewees and we share a good bonding now. Also, interviewee D was a friend of him and he introduced him to me. For that, it was also very flexible for him to translate. In the transcripts, you will find a lot of grammatical mistakes, but the concepts are quite understandable to interpret.

They all seemed to be very motivated individuals who are taking the challenges for their professional and personal growth. They are focused and independent of what they are doing. They ready to face the challenges and achieve their goals. They seemed ambitious and hard working. After coming to the Netherlands, they were staying in the camps about 6-8 months and at that time they all were trying to learn the Dutch language to make their case stronger. They all find the visa process a little bit lengthy compared to the other countries in Europe. While staying in the camp, they felt frustrated about their future, but after getting a permanent place they started to be normal and hopeful. They all have a sleep problem. Some always have nightmares and some cannot sleep because of the change of their schedule. Without the interviewee E, everyone is staying in the Netherlands for more than two and a half years. They know more or less about the Dutch culture and society. They find it totally different from their culture. They all respect the Dutch culture and very grateful to the Dutch government for supporting them. Mostly, they find themselves separate because of the behaviour of the Dutch people. However, they think that the Dutch people always keep a distance from them and somehow afraid of them because of the news they heard from the media. Dutch people are very strange and curious about their point of view. They sometimes ask them silly questions, but the Syrians, they got hurt because those silly questions are very sensitive to them. To integrate with the society, they had to start their high-school education after the age of 25. They don't have any other option. That's why they are doing that, but they really become frustrated. What I observed is that they can contribute to the labour market, but after a long time. They had to start from the beginning to integrate with the Dutch society.

After I finished those interviews, it took a while to transcribe this word to word as it was difficult for me to figure out certain words and sentences as they could not communicate and

express herself fluently in English. Nevertheless, I managed to transcribe those interviews and understood all the aspects that they had spoken and covered in the interview. The lacking I think in my interviews is that I cannot take any formal interviews. Mostly, women, they don't want to talk and meet with people. They are very conservative minded and also very upset about their recent condition. They also cannot communicate in English. I tried to reach them but their family did not allow them to give interviews. Lastly, all the Syrians are also very negative about giving interviews because after coming here they gave a lot of interviews with kind of the same questions. And the other aspects were transcribing the data from word to word was difficult, especially when the interviewees find it hard to talk in the same language as I do as an interviewer. The language barrier can be an issue and a challenge while interpretation.

I used some indicators for these three concepts to be more focused and clear. I also made my interview guide regarding those indicators which helped me to be more productive during the interviews. After taking the first interview, I analysed that and also refined some questions to get more informative answers. My first interview was quite lengthy. After that interview, I got an idea about the environment and the difficulties as well. My other four interviews were not that long and the questions were more precised and organized.

Overall, I had a good experience and learnt a lot in terms of searching for Syrian refugees, taking good face-to-face interviews, create ice-breaking questions, formulating an interview guide from before so that in a semi-structured interview based on the guide I can ask probe questions when necessary depending on the interviewee's answers, transcribing the interview, recording it to analyse it later, writing memos during and after the interview which will later help in interpreting it and analysing it.

Chapter 6: Conclusion

The increase in the number of refugees and asylum seekers is now a burning issue for Europe. The Netherlands is one of the countries which accept the highest number of refugee applications. The produce in the Netherlands is quite lengthy, but they deal with the refugees in a most authentic way. It took time, but they give all the facilities to the refugees. Being a small country, the Netherlands also had to adjust so many things and also faced a lot of challenges. They keep the refugees in a prison also. It creates negative impacts on refugees, but they also didn't have a place to keep them. For my thesis, I am mainly focusing on Nijmegen city and the Syrian refugee group. Syrian refugees are now the highest number of refugees in the Netherlands but they are the riskiest group to reach. Their migration history is quite sensitive and they are really unsafe in their country.

The main purpose of this thesis is to assess the effect of post-migration stress on the mental health of refugees and how the mental health influences their socioeconomic integration in the society. To answer the main question I proposed three sub-questions. They were 'what is the current situation regarding the socioeconomic integration of Syrian refugees in the Netherlands?', 'what is the current mental health condition of these refugees?', 'what are post-migration stressors and how can they affect the mental health of refugees?' They helped me to reach the final goal of my research. I drew a conceptual model which also will give a total idea of this research.

From the interpretation of the interviews, we got the clear view of the main three concepts. The post-migration stressors which are the language barrier, visa restriction, housing insecurity, acculturation issues and unemployment play an important role to measure the effect on mental health. For these issues, the Syrian people feel separate from the Dutch society which hampers their mental health. While staying in the camps they mostly got negative experiences which make them more frustrated. They think Dutch people always keep a distance from them because they are afraid of the news heard from the media. In the camp, Syrians always being frustrated thinking about their uncertain future. As they got the feeling that they are not welcome in the Dutch society, they mostly talk to the Syrian people.

The training programs they get in the camp are too basic. They had to start from the beginning of everything. They had to start their high school after 30 years. They don't have any other option. If they want to integrate with the labour market, they must have to go through the Dutch system. The people I interviewed, they all have a sleep problem. Their experiences are not good while staying in the camps. They mostly talk to the people from their family.

Between many different interpretations, the interviewees expressed the idea that respecting, understanding and knowing the society's norms and values and speak in the Dutch language can create a social network. The refugees find it really difficult to create a bridge between them and the host country. Because of the cultural difference, discrimination and lack of language skill make them frustrated, which hamper their mental health and also create negative impact to integrate with the society.

The post-migration stressors like Visa restriction, language barrier and acculturation issue create a negative impact on the mental health of Syrian refugees. Sleep, bad experiences and the importance of family and friends affect the mental health condition of the refugees. Through the work, study

and societal integration, we can see how mental health influences the socioeconomic integration in the society. Lastly, we can say that post-migration stressors affect the mental health of refugees and mental health also influence the socioeconomic integration of Syrian refugees.

According to Hobfoll's (2011) theory of conservation of resources which I used as my base theory, because of the personal and environmental constraints, the refugees became disappointed which creates their mental health problems. These mental health problems affect their socioeconomic integration in the society. Because of getting only five participants (Syrian refugees) for taking the interviews, the interpretation is not sufficient to draw a conclusion. I create my interview guide based on some indicators of three main concepts. The post-migration indicators are the language barrier, visa restriction, housing insecurity, physical obstacles, unemployment and acculturation issues. The mental health indicators are day-time activities, night-time activities, stamina, sleep, medicine, relaxation, eat, sports and hobbies. The socioeconomic integration indicators are societal integration, study, training program, voluntary activities, work and changes. Among all the indicators of post-migration stressors, language barriers and visa restriction have some negative impacts, but these are not that strong to hamper the mental health of the refugees according to the analysis. The language barrier and visa restriction are the part of personal constraints. According to the theory, personal constraints make the refugees frustrated, which hamper their mental health. In my analysis, I did not find that the personal constraints hamper the mental health of refugees. Post-migration stressors like language barriers, unemployment and acculturation hamper the mental health condition of Syrian refugees (Bahloul et al., 2016). All the refugees struggle for the acculturation issues because the Dutch people always keep a distance from them. They don't feel welcome in the Dutch society. In my analysis acculturation creates a negative impact on the refugees. This is the most prior post-migration stressor of refugees among all the stressors according to my analysis. I find all the participants are very calm and quiet. They want to make their life better. They are very motivated to work on their recent condition because they want to make their future better. They are very grateful to the Dutch government because they get nearly all the facilities like a Dutch citizen. According to my analysis, I did not find any mental health problem among them. They all have a sleep problem because of their past situation in Syria, not for their current situation in the Netherlands. According to WHO (2014), mental well-being is the potential of individuals to cope up with the challenges in life and also contribute to the society as well as being productive and fruitful. All the five refugees I get to my interview they all are trying to cope up with the challenges in the society and trying to be productive to contribute to the society. According to Bohelmeijer et al., 2013, wellbeing is the experience of happiness, development of human's potential and involvement in social activities. They are mainly trying to improve their skills to participate in the labour market in the Dutch society as their previous study and experience are not accepted here. The refugees are trying to develop their potential through training or studying. After that, they want to involve with the social activities to be a part of the society. But about the happiness, it's very difficult for them to be happy without family and close-one. They all are trying to bring their family here to give them a secure life. The most exceptional thing I noticed during my research is that they feel frustrated because the people in the Dutch society don't accept them in a proper way which hampers their socioeconomic integration in the society. They feel strange that the Dutch government is helping them and the Dutch society is not accepting them as a part of their society. They feel ignorant and that hampers their mental health condition.

According to my point of view, these five interviewees are quite flexible by nature. Interviewee A and B is trying to search for their partners to set themselves properly in the society. Interviewee C and D has been already involved with someone and spending a lot of time to talk to them. Interviewee E is married and he is trying to bring his family from Syria. They don't have any mental problem and they are quite focused on their doings. After conducting this research, I am really curious to work on the acculturation issues. I have the motivation to work on the reasons for the gap between Dutch people and refugees. I have the desire to find some ways to reduce this gap between them. As this research conducted in a very small scale, we cannot get a proper idea of this issue, but if this research can be conducted is a large scale, I am quite hopeful to get some more productive insights. All of my interviewees were male. However, the perception of female refugees is missing here. For the further research, we can include both genders to get more authentic information. As this research is not clearly showing the relationship between these three concepts, in the next step we can conduct the research on a large scale to get more information for analysis.

Critical reflection

This is the first scientific work I have done in my life. I learn a lot about scientific research from this thesis. As it is a bachelor thesis, the time was very limited and also the refugees are the very difficult group to reach. They mostly don't want to talk to people. It was the biggest challenge for me to reach them and conduct the interviews. I could not conduct enough number of interviews because of the limited time frame and less accessibility, but I learnt a lot from this experience. This thesis work made me curious to work in the refugee field in my Master's also. I am not totally satisfied with the work I did for this research. My knowledge was very limited and it took a lot of time for me to conclude this research. As it is the first step to my research work, I am very motivated to work better in the future.

The result of this research is not satisfactory because it does not sit properly with the conceptual framework and the theory which I used as a base. It will not be authentic if I draw a conclusion based on five interviews. In this thesis, we have got a clear idea about three main concepts, but when it comes to the analysis based on the interviews, the relation between them is not clear enough. The analysis did not give us any insights about the mental health of Syrian refugees. The language barrier, visa restriction and acculturation issues create a negative impact on them, which hampers their socioeconomic integration in the society but there is nothing related to mental health.

Recommendation for further research

This research is very relevant for the Dutch society and also for other societies. In this thesis, there were five interviews. If we can conduct the research on a large scale it will add value to the society. As I mentioned before that the research was only on males and if we can add female's perception then it will be more authentic and scientific. The research is on Syrian refugees. We can make a comparative study with any other human group based on these concepts. As we can see in the research that the acculturation issue plays a vital role for the refugees to integrate with the society. We can only focus on this issue and conduct a research on it. There are a lot of post-migration stressors. We can conduct further research on each of the stress and how it affects the integration of the refugees in the society.

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