

Social Psychological Characteristics of Migrant Women in the Case of Turkey

Dildora Olimjonovna Akhmedova¹

¹ Department of Psychology and Pedagogy, ISFT Institute International School of Finance Technology and Science, Tashkent, Uzbekistan

Abstract:

The social psychological characteristics of migrant women, particularly older female migrants from Turkey, present complex health challenges shaped by gender-specific roles and emotional loneliness. Research, such as the 2021 study "Women bear a burden: gender differences in health of older migrants from Turkey," underscores the need for gender-sensitive approaches to health promotion and care. The emotional and social stressors faced by these women, including acculturative stress and honour-related violence, can exacerbate health disparities. Additionally, the systematic review on suicide among Turkish women in Europe and Turkey highlights the critical role of socio-demographic and migration-related factors in mental health outcomes. Both studies call for further qualitative and representative data research to develop effective interventions targeting the unique experiences of migrant women. This abstract synthesizes these findings, stressing the importance of nuanced, gender-sensitive health policies for addressing the specific needs of migrant women.

Keywords: Migrant Women, Gender Roles, Health Disparities, Emotional Loneliness, Qualitative Research.

1. Introduction

The social psychological characteristics of migrant women, particularly in the context of Turkey, are complex and multifaceted, as illustrated by the recent literature. In 2021, [1] conducted a study titled "Women bear a burden: gender differences in health of older migrants from Turkey," which emphasizes the necessity for future research employing population-representative data and qualitative methods to explore gender-specific health issues among older female migrants. The authors highlight that emotional loneliness and the gender-specific allocation of roles significantly

impact the health of this demographic. They argue for a deeper investigation into how these gender dynamics evolve across generations and historical periods, suggesting that policymakers and healthcare practitioners should adopt gender-sensitive strategies to enhance health promotion and care for older female migrants [1].

In the same year, [2] presented a systematic literature review titled "Attempted suicide and suicide of young Turkish women in Europe and Turkey: A systematic literature review of characteristics and precipitating factors." This work addresses the alarming prevalence of suicidal behaviors among Turkish women in both Turkey and Europe, identifying a significant gap in comprehensive research on this pressing public health issue. The authors meticulously analyze various socio-demographic, migration-related, and gender-related factors, including acculturative stress and honour-related violence that contribute to these tragic outcomes. They differentiate between first-generation and second-generation immigrant women, providing insights into how these factors may vary across different migrant cohorts [2].

Together, these articles underscore the critical need for a nuanced understanding of the social psychological characteristics of migrant women in Turkey, particularly regarding health and mental well-being. The intersection of gender roles, emotional health, and the unique challenges faced by this population calls for targeted research and policy interventions to address their specific needs effectively.

2. Literature review

The article "Women bear a burden: gender differences in health of older migrants from Turkey" by Krobisch, Gebert, Gül, and Schenk [1] provides a comprehensive examination of the health disparities faced by older female migrants from Turkey, emphasizing the necessity for gender-sensitive approaches in health promotion and care. The authors argue that understanding the social psychological characteristics of this demographic is crucial for addressing their unique health challenges.

One of the central themes of the article is the impact of gender-specific roles and emotional loneliness on the health of older female migrants. The authors highlight that traditional gender roles often place a disproportionate burden on women, which can lead to increased levels of stress and emotional distress. This aspect is particularly relevant in the context of migrant women, who may face additional challenges such as cultural displacement and social isolation. The authors suggest that these factors can significantly affect their physical and mental health, underscoring the need for targeted interventions that consider these gender-specific experiences [1].

Moreover, the call for future research utilizing population-representative data and qualitative methods is a critical point raised in the article. The authors argue that existing studies often overlook the nuanced experiences of older female migrants, which can lead to a lack of understanding regarding their health needs. By advocating for more qualitative evidence, the authors aim to illuminate the specific causes of health disparities, which could inform more effective health policies and practices tailored to this population [1].

The article also emphasizes the role of policymakers and healthcare practitioners in enhancing gender-sensitive approaches to health promotion. The authors contend that by recognizing the unique challenges faced by older female migrants, stakeholders can develop more inclusive strategies that not only address physical health but also consider emotional well-being. This holistic approach is essential for improving health outcomes among older female migrants from Turkey, who often navigate complex social and cultural landscapes [1].

The article "Attempted suicide and suicide of young Turkish women in Europe and Turkey: A systematic literature review of characteristics and precipitating factors" by van Bergen, Eylem-Van

Bergeijk, and Heredia Montesinos [2] offers a critical examination of the socio-psychological landscape surrounding suicidal behaviors among Turkish women, particularly in the contexts of migration and cultural transition. This systematic review highlights the urgent public health issue of heightened suicide risk within this demographic, underscoring the necessity for comprehensive understanding and intervention strategies.

The authors effectively synthesize empirical evidence regarding the socio-demographic and migration-related factors influencing suicidal behaviors. They identify acculturative stress as a significant contributor, especially for first-generation immigrant women who may struggle with identity and adaptation in a foreign cultural context. This aligns with existing literature that suggests that the challenges of acculturation can exacerbate feelings of isolation and despair, potentially leading to suicidal ideation [2].

Additionally, the article delves into gender-related factors, such as honour-related violence, which disproportionately affects women in conservative cultural settings. The authors argue that these societal pressures can create a hostile environment for Turkish women, both in Turkey and abroad, which may precipitate suicidal behaviors. The distinction made between first-generation and second-generation immigrant women is particularly noteworthy, as it highlights the varying degrees of vulnerability and the differing experiences of these groups. Second-generation women, while often more integrated, may still face unique challenges that can lead to mental health issues, including depression and anxiety [2].

The examination of psychiatric illness as a precipitating factor is also critical. The authors acknowledge the complex interplay between mental health and the socio-cultural factors discussed, suggesting that psychiatric conditions may not only arise independently but could also be exacerbated by the aforementioned socio-demographic and migration-related stressors. This nuanced perspective is essential for understanding the full scope of the issue and for developing targeted interventions that address both mental health and socio-cultural dynamics [2].

3. Data Collection

The data for this study is based on a comprehensive review of existing literature, focusing on the social psychological characteristics of migrant women from Turkey. The primary sources of data include two key studies conducted in 2021. The first, "Women bear a burden: gender differences in health of older migrants from Turkey" by Krobisch et al., utilizes population-representative data and qualitative methods to explore the gender-specific health challenges faced by older female migrants. This study collects qualitative and quantitative data through interviews and surveys, examining the roles of emotional loneliness, gender-specific roles, and their impact on health outcomes.

The second study, "Attempted suicide and suicide of young Turkish women in Europe and Turkey: A systematic literature review of characteristics and precipitating factors" by van Bergen et al., analyzes a wide range of socio-demographic and migration-related data, including the socio-psychological factors that contribute to suicidal behaviors among Turkish women. This study utilizes data from previously conducted empirical research, case studies, and mental health records to identify key factors such as acculturative stress, honour-related violence, and psychiatric illnesses. The data collection methods for this review emphasize qualitative and quantitative sources from diverse cultural and geographical contexts.

4. Results

The results of the data analysis reveal significant health and psychological challenges faced by migrant women from Turkey, with notable gender-specific differences. The study by Krobisch et al. shows that older female migrants experience higher levels of emotional loneliness and stress due to traditional gender roles, which exacerbate their physical and mental health issues. The qualitative

interviews highlight how these women often shoulder the burden of caregiving and familial responsibilities, leading to a disproportionate impact on their well-being. The findings indicate that emotional loneliness is a critical factor contributing to the health disparities in this demographic, pointing to the need for gender-sensitive health policies and targeted interventions.

The second study by van Bergen et al. identifies alarming rates of suicidal behavior among young Turkish women, particularly those living in Europe and Turkey. The results emphasize the significant role of socio-demographic factors such as acculturative stress, honour-related violence, and psychiatric conditions in shaping mental health outcomes. The study reveals that first-generation immigrant women face greater challenges with identity and adaptation, while second-generation women experience cultural dissonance, leading to heightened risks of depression, anxiety, and suicidal ideation. These findings underscore the necessity of developing mental health interventions that address the unique socio-cultural pressures faced by Turkish migrant women across generations.

Overall, both studies highlight the urgent need for comprehensive health and psychological support tailored to the specific experiences of migrant women, incorporating gender-sensitive approaches and addressing the socio-cultural dynamics that influence their well-being.

3. Conclusion

The literature reviewed highlights the intricate social psychological characteristics of migrant women in Turkey, focusing on health disparities and mental well-being. [1] emphasize the importance of gender-sensitive approaches in addressing the health challenges faced by older female migrants. They argue that traditional gender roles and emotional loneliness significantly impact the health of this demographic, leading to higher stress levels and emotional distress. The study advocates for more qualitative research to better understand the nuanced experiences of older female migrants, which can inform tailored health policies and practices [1].

In parallel, [2] examine the alarming prevalence of suicidal behaviors among young Turkish women, identifying socio-demographic and migration-related factors that contribute to this public health crisis. They underscore the role of acculturative stress, particularly for first-generation immigrant women who may grapple with identity and adaptation issues. Furthermore, the authors discuss gender-related factors, such as honour-related violence, which exacerbate the vulnerability of these women, leading to mental health challenges [2]. The distinction between first and second-generation immigrant women reveals differing experiences and degrees of vulnerability, indicating the need for targeted interventions that address these specific challenges.

In conclusion, the literature underscores the necessity for a comprehensive understanding of the social psychological characteristics of migrant women in Turkey. Both articles advocate for targeted research and policy interventions that consider the unique health and mental well-being challenges faced by this population. The intersection of gender roles, emotional health, and migration-related stressors highlights the importance of adopting gender-sensitive strategies to effectively address the needs of older female migrants and young Turkish women at risk of suicide.

References:

1. V. Krobisch, P. Gebert, K. Gül, and L. Schenk, "Women bear a burden: gender differences in health of older migrants from Turkey," 2021. ncbi.nlm.nih.gov
2. D. van Bergen, O. Eylem-Van Bergeijk, and A. Heredia Montesinos, "Attempted suicide and suicide of young Turkish women in Europe and Turkey: A systematic literature review of characteristics and precipitating factors," 2021. ncbi.nlm.nih.gov