

A Study on the problems of migrants

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Abstract:

Migration is a process of movement of people from one place to another place which has multiple reasons. The people who moved are called migrants. During this migration process, they faced many problems which can impact both personal and social life. So, it is important to study. The study revealed multiple problems such as health problems, psychological disorders, language barriers, cultural barriers, the crisis of identity, isolation, etc. Valuable suggestions are given for reducing these problems. The study is purely based on secondary sources and adopts qualitative method.

Key Words: *Migrants, Problems, and, Movement.*

Introduction:

Migration is a natural process. In this process, people move from one place to another place. It happens due to various reasons such as natural calamities, war, economic needs, business purposes, educational purposes, searching for new jobs, urbanization, population pressure, fragmentation of land, etc. In the study of migration, it can't be denied the effect of the **Push factor** and **Pull factor**. Push factors are those that force a person to leave his original place and to move to some other place such as unemployment, poverty, ethnic crisis, violence, lack of proper workplace, natural disaster, etc. The pull factor is a motivating factor that motivates or attracts a person to migrate to his destination area. The pull factors are searching for better working conditions, high wages, better environment, high living standards, safety, freedom, etc.

The process of migration is not an easy task. All migrants (the people who move from one place to another place) have faced many problems during and after migration. The common problem faced by a migrant is health problems, language barriers, psychological disorders, cultural barriers, the crisis of identity, isolation, etc. In addition to this, they have unemployment, poverty, poor socioeconomic condition, communication problems, insecurity, gender violence, women trafficking, and domination of local people over migrants.

Objectives: This study is consist of two objectives:-

- a) To know the various problems faced by the migrants.
- b) To suggest some measures for reducing the problems.

Survey of Literature:

The literature survey is a source of knowledge. It makes the base of a study. The survey of literature may include books, journal articles, thesis reviews, etc. So, this part is important for a study.

In the article "**Migration and Health: Key Issues**" the World Health Organization has discussed some common health problems faced by migrants. The article mainly focused on communicable diseases, non-communicable diseases, waterborne diseases, the vaccination

process for new refugees, prevention of diseases, etc. Although communicable diseases are similar to the rest of the common people migrants are more vulnerable. Migrants are mostly affected by Tuberculosis, HIV infection, viral hepatitis, influenza, MERS-Cov, and Vector-borne diseases. Cholera is the most common waterborne disease among migrants. WHO provides support for preventing diseases of migrants.

Rowan L.F. ten Kate et al. (2020) in their research article **“A Closer Look at Loneliness: Why Do First-Generation Migrants Feel More Lonely than Their native Dutch Counterparts?”** revealed that migrants are both socially and emotionally lonely as compared to the native people. Migrants are less satisfied with their social relationships which lead to isolation, alienation, and a high rate of loneliness. So, specific attention should be given to newly migrated people. In addition, encouragement should be there in creating a social network.

Hoang Ha (2008) in his article **“Language and Cultural Barriers of Asian migrants in Accessing Maternal care in Australia”** revealed that migrants faced language and cultural barriers during the time of accessing health care. This study has recommended making some policies to overcome these barriers.

Methodology:

This study is a descriptive study and the data were collected from secondary sources like books, journal articles, web portals, etc. The qualitative methods were used for this study.

Analysis:

Human beings are not free from problems and challenges. At every step of life, we face problems. Migrants are also human beings. So, it is common for all migrant people. Only problems are different such as health problems, language barriers, cultural barriers, identity crisis, psychological issues, isolation, etc.

Migration and health:-

The study of migrants' health conditions is an important matter. Although the health problem of the migrant is similar to the rest of the population the most recurring problem of migrants include infectious diseases such as Pneumonia, Malaria, Common cold, Chickenpox, STD, Tuberculosis, Covid-19, and mental health issues such as hypertension, insomnia, anxiety, and depression, etc. Other health problems are flatulence, burns, diabetes, cancer, cardiovascular disease, high blood pressure, accidental injuries, etc. Women migrants faced additional health problems, particularly menstrual diseases, maternity problems, pregnancy issues, urinary tract infections, breast cancer, and HIV/AIDS. The factor that affects their poor health condition-

- a) Inadequate sanitation facility
- b) Unable to access health care
- c) Poor economic condition
- d) Lack of safe drinking water
- e) Poor housing condition
- f) Climate change
- g) Air pollution

Language barriers:

Language is a medium of communication. It helps people to communicate with each other. Each nation has its official and native languages. At the regional level, people use to talk with each other in their native language. People are more comfortable with their native language. But, when they move or migrate to another place various problems have been raised. They are not able to adjust to the languages of the new place. They faced problems in the day to day communication like-

- a) The problem of buying goods in the market: They need to know the native language to buy items from the native sellers.
- b) Unable to communicate with the neighbours: It is difficult for a migrant to adopt or learn a new language within a small period. So, they feel lonely in the place.
- c) Unable to share their basic problems: One of the reasons behind this problem is unable to understand the native language of the newly shifted place.
- d) Lack of emotional attachment: They feel a lack of emotional attachment with the indigenous people.
- e) Unable to talk with doctor: When migrants become ill or sick they refuse to go to the doctor's place. It happens because of language barriers.
- f) Lack of confidence to start a new business: Their confidence level is become low to start a new source of income.

Cultural barriers:

Culture is the identity of a society. People are always aware of the existence of their cultural norms and values. When migrants moved to a new place they need to adjust to the new culture. Sometimes, they face problems adopting other cultures. It creates a threat to their culture. They get less chance to place their cultural festivals in the newly migrated place. They have experienced differences not only in culture but in language, religion, traditions, customs, norms, food habits and lifestyle also. Even, migrants are forced by the indigenous people to change their religion.

Identity crisis:

The identity reflects the existence of a person or a community. Unfortunately, migrants always carry a fear of losing this identity. They have fear of losing personal identity, communal identity, ethnic identity, cultural identity, historical identity, geographical identity, etc. The migrants who had left their place due to the natural calamities lost physical connectivity with their birthplace.

Psychological issues:

It is a common problem faced by the maximum migrants. Psychological issues included post-traumatic disorder (PTSD), depression, anxiety disorders, adjustment disorder, insomnia, paranoia, schizophrenia, instant mood swings, rude behaviour, OCD, etc. The causes behind this psychological issue are-

- a) Unemployment
- b) Poor socio-economic condition

- c) Poverty
- d) Lack of social integration
- e) Familial isolation
- f) Social discrimination
- g) Exploitation
- h) Homelessness

Children have high depression due to frequent school changes, deprivation of familial support, and separation from friends. Women migrants are also at higher risk of depression. The factors include domestic violence, gender violence, domination, lack of social security, deprivation of rights and freedom, etc.

Isolation:

Migrants feel isolated due to the death of family members, death of partners, friends, relatives, isolation from the community, and isolation from their place. They have less satisfaction in social relationships with neighbours. Generally, they get less chance to interact with them. In addition, their participation in various social activities is less compared to the native people. It happens because of low confidence, shyness, domination of native people, lack of communication skills, lack of knowledge, lack of social support, etc.

Conclusion and suggestions:

The migrant problem is not a new phenomenon in this world. From the very early period, they have been suffering many problems and challenges. It makes their life very challenging. One problem creates another problem. For example, because of unemployment and poor socioeconomic condition maximum migrants have depression and anxiety problems. Hence, it needs some suggestions for reducing the problems of migrants. The following measures can be taken on-

- i. Provide clear information on health care services and how to access information. The information can be provided through social media, medical service providers, schools and colleges, etc.
- ii. The government should take responsibility for providing health care at low expenses. So that, common people can afford these health facilities.
- iii. Non-discriminatory social services should be given regardless of caste, class, ethnicity, gender and social status of migrant people.
- iv. Making special attention to female migrant and their children.
- v. Treat everyone with full dignity and respect.
- vi. Try to understand their problems and solve them.

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