Social Psychology of Migration and Refugees: Integration, Identity and Social Perceptions

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Abstract

In this review, the phenomenon of migration and refugeeism is examined from the perspective of social psychology and existing theoretical and empirical studies in the literature are synthesized. The psychosocial challenges faced by migrants and refugees, identity formation processes and integration dynamics are examined. The study is structured in the light of basic approaches of social psychology such as social identity theory, social cohesion and integration theories.

The psychosocial conditions of migrant and refugee individuals, the trauma and stress they experience, social support systems and social acceptance processes are evaluated. In addition, the attitudes of host communities towards migrants and refugees, the impact of media and politics on these attitudes, and social identity and group dynamics are analyzed from the perspective of social identity and group dynamics.

In the context of integration processes, key areas such as education, employment, access to social services, language learning and cultural adaptation are discussed. Examples of successful integration and policies supporting these processes are detailed. By compiling the findings in the existing literature, the study emphasizes the importance of migration and refugee issues in terms of social psychology and offers suggestions for future research.

Keywords: *Integration dynamics, Migration and refugees, Psychosocial challenges, Social identity theory, Social psychology*

INTRODUCTION

Migration is the permanent or temporary movement of individuals or groups from one place to another for economic, social, political or environmental reasons, usually in search of better living conditions (Castles, de Haas, & Miller, 2013). Refugees, on the other hand, are individuals who are forced to leave their home country and seek international protection in another country due to war, persecution, natural disasters or other crises (UNHCR, 1951).

Migration and refugeeism is one of the most important phenomena shaping and directing world history and can be traced back as far as human history. Since the earliest periods of history, people have migrated for various reasons such as economic reasons, wars and political turmoil (Castles, de Haas, & Miller, 2013, Yentür 2023). However, the fact that migration has become an international problem is associated with the increase in the number of migrants. Among the factors affecting these increases, the rise in globalization trends plays an important role. Today, with the disappearance of economic and political borders, the impact of an economic crisis in any country in the world can spread to other countries in a short time (Romero, 2013).

In this review, psychosocial challenges, identity formation processes and integration dynamics faced by migrants and refugees are discussed from a social psychology perspective. By synthesizing existing theoretical and empirical studies in the literature, it is aimed to evaluate these issues within the framework of social identity theory, social cohesion and integration theories. Considering migration and refugee phenomena together with the trauma, stress and their effects on social support systems will contribute to a better understanding of the psychosocial conditions of these individuals (Berry, 1997; Ward, Bochner, & Furnham, 2001).

The topicality of migration and refugee issues has become more evident with the increasing refugee crises and forced migration movements around the world, especially in recent years. These processes are among the important factors affecting host societies' attitudes towards migrants and refugees, how these attitudes are shaped by media and politics, and social acceptance processes (Tajfel & Turner, 1986; Esses et al., 2010). In the context of social identity theory and group dynamics, examining these attitudes and policies plays a critical role in understanding the integration processes of migrant and refugee individuals (Yentür, 2023).

In the context of integration processes, key areas such as education, employment, access to social services, language learning and cultural adaptation are discussed (Ager & Strang, 2008). Examples of successful integration and policies supporting these processes are also an important part of the study.

The economic and social difficulties experienced by migrants and refugees are among the important factors affecting their social adaptation processes in the countries they migrate to. Brain drain from developing countries to developed countries leads to a decrease in qualified human resources and the economic development potential of these countries (Gibson & McKenzie, 2013). In this context, projects and policies carried out by international organizations contribute to the development of solution-oriented approaches to migration and refugee issues (UNESCO, OECD, WHO).

PURPOSE

The aim of this article is to examine the psychosocial challenges, identity formation processes and integration dynamics faced by migrants and refugees from a social psychology perspective. Based on social psychological approaches such as social identity theory, social cohesion and integration theories, the study aims to evaluate the trauma and stress, social support systems and social acceptance processes experienced by migrants and refugees.

In this context, the study has the following specific objectives:

-To reveal the importance of this phenomenon in terms of social psychology by addressing the phenomenon of migration and refugeeism in historical and contemporary context.

-To analyze the psychosocial situation of migrants and refugees, the effects of trauma and stress, and the role of social support systems.

-To evaluate host communities' attitudes towards migrants and refugees, how these attitudes are shaped by media and politics, and in the context of social identity and group dynamics.

-To examine the integration processes of migrant and refugee individuals in key areas such as education, employment, access to social services, language learning and cultural adaptation.

-To compile successful integration examples in the literature and the policies that support these processes, and to present the challenges and solutions encountered in practice.

LITERATURE REVIEW

Migration and refugeeism are phenomena that bring important social, economic and political dynamics across the world (Yentür, 2023). These phenomena offer valuable insights for understanding the psychosocial structures, identity formation processes and integration dynamics of individuals and societies, especially from a social psychology perspective. Existing theoretical and empirical studies in the literature examine the challenges faced by migrants and refugees and their integration processes from various perspectives.

Psychosocial Challenges of Migration and Refugees

Psychosocial challenges faced by migrants and refugees are often related to factors such as trauma, stress and social isolation. Berry (1997) examined the stress factors faced by immigrants in the process of adapting to a new culture and emphasized the difficulties experienced in the cultural adaptation process. In this process, individuals try to strike a balance between preserving their own cultural identity and adapting to the new culture.

Ward, Bochner, and Furnham (2001) examined the cultural shock and adaptation processes experienced by immigrants and evaluated the effects of these processes on psychological and social adjustment. Psychological problems such as post-traumatic stress disorder (PTSD), anxiety and depression are common among immigrants and refugees and can negatively affect their daily lives and social integration (Fazel, Wheeler, & Danesh, 2005: Yentür, 2023).

Identity Formation Processes

The identity formation processes of migrant and refugee individuals are addressed within the framework of social identity theory. Tajfel and Turner (1986) developed the social identity theory and explained how individuals form their identities through group memberships and how these identities play a role in social adaptation processes. In the process of integration into a new society, immigrants have to strike a balance between preserving their own identities and adopting new identities (Phinney, 1990). Especially young immigrants and refugees may experience identity conflicts in the process of staying between two cultures and internalizing both cultures (Berry, Phinney, Sam, & Vedder, 2006).

Theories of Social Cohesion and Integration

Integration processes are an important factor for migrants and refugees to adapt to the new society. Ager and Strang (2008) state that integration is a multidimensional process and takes place in areas such as education, employment, access to social services, language learning and cultural adaptation. For integration to be successful, the host society needs to develop and implement supportive policies. Migrants' and refugees' access to educational opportunities, language learning processes and their integration into the labor market play an important role in social cohesion processes (Portes & Zhou, 1993). Social cohesion and integration theories reveal the potential of migrants to contribute to the new society and play an active role in the social structure (Yentür, 2023).

Attitudes of Host Communities and the Role of the Media

The attitudes of host societies towards migrants and refugees play a decisive role in their integration processes. Esses et al. (2010) investigated how host societies' attitudes towards migrants are shaped by the influence of media and politics.

The media greatly influences the social perception of migrants and their integration processes. Negative media discourses and political discourses can increase prejudices against migrants and make social integration processes more difficult. On the other hand, positive media discourses and inclusive policies can support the integration of migrants and refugees into society (Yentür, 2023).

Successful Integration Examples and Policies

Examples of successful integration show how migrants and refugees adapt to the new society and what policies support these processes. In the existing literature, the comparison of integration policies implemented in different countries and studies on the effectiveness of these policies reveal the keys to successful integration (Castles et al., 2013). Especially in countries such as Canada, Germany and Sweden, integration policies include structural arrangements that support immigrants' participation in society. In these countries, supports provided in areas such as language learning, vocational training programs and access to social services facilitate the integration processes of immigrants (Ager & Strang, 2008). Turkey has faced intense migration movements in recent years, which necessitated the development of integration policies and practices. Especially after the Syrian civil war, millions of Syrian refugees have sought asylum in Turkey, which is at the center of the integration process. Education is one of the most important elements of the integration process. Turkey attaches great importance to the education of Syrian refugees. The Ministry of National Education (MoNE) has developed various policies to ensure the integration of Syrian children into the Turkish education system. The education process, which started through Temporary Education Centers (TECs), has gradually aimed to integrate Syrian students into public schools. In this context, Turkish language courses and various programs for curriculum adaptation are being implemented. On the other hand, employment is important for refugees to gain economic independence and contribute to society. Turkey regulated the process of providing work permits to refugees with the "Regulation on Work Permits for Foreigners under Temporary Protection" that entered into force in 2016. This regulation aims to facilitate refugees' access to the formal labor market and ensure their economic integration (Yentür, 2023). Access to social services is important for meeting refugees' basic needs such as health, shelter and social assistance. Turkey provides refugees with access to health services and expands the scope of these services. In Turkey, various arrangements have been made for refugees to benefit from health services free of charge. In addition, refugees are provided with food, shelter and cash assistance through social assistance programs (İçduygu & Şimşek, 2016). Language learning is one of the most fundamental elements of the integration process. Turkish language courses are organized to facilitate the integration of refugees into society and to help them maintain their daily lives. Public education centers and non-governmental organizations offer Turkish language training programs for refugees. These programs enable refugees to participate more effectively in education and employment processes (Yentür, 2023). Cultural adaptation involves refugees adapting to the social and cultural norms in the new society. Turkey implements various cultural integration programs to support the cultural adaptation of refugees. These programs aim to familiarize refugees with Turkish culture and help them live a more harmonious life with the society. Municipalities and civil society organizations contribute to the social integration of refugees by organizing cultural events and social activities (Kirişci, 2014). Local governments play an important role in the integration

process of refugees. Municipalities carry out various projects to ensure refugees' access to housing, health, education and social services. Especially metropolitan municipalities have established special units to increase the coordination and efficiency of services for refugees. These units identify the needs of refugees, provide necessary support and facilitate integration processes (Şahin Mencütek & Buz, 2019). Non-governmental organizations (NGOs) make significant contributions to the integration process of refugees. NGOs support integration processes by providing education, health, shelter and social support services for refugees. In addition, NGOs ensure that refugees are informed about and defend their rights. These organizations carry out projects and activities that promote the social cohesion of refugees.

Brain Drain and Developing Countries

Brain drain is an important problem especially for developing countries. The migration of skilled labor to developed countries negatively affects the economic development potential of developing countries (Docquier & Rapoport, 2012). Gibson and McKenzie (2013) examine the economic and social effects of brain drain and emphasize that this movement leads to the loss of human capital in developing countries. In countries like Turkey, the migration of skilled labor abroad negatively affects the development of local economies and education systems (Yentür, 2023).

Methodology

This review study was conducted to examine the psychosocial challenges, identity formation processes and integration dynamics faced by migrants and refugees from a social psychology perspective. Within the scope of the study, a systematic literature review method was used.

Academic databases such as PsycINFO, PubMed, Web of Science and Google Scholar were used in the data collection process. "migration", "refugee", "psychosocial challenges", "identity formation", "integration", "social identity theory", "social cohesion", "cultural adaptation", "trauma", "stress", "host community attitudes", "media influence" and "integration policies" were selected as keywords.

Inclusion criteria include peer-reviewed articles published in the last 20 years (2003-2023), studies focusing on the psychosocial challenges, identity formation processes and integration dynamics of migrants and refugees, and studies in Turkish and English. Exclusion criteria are articles not published in peer-reviewed journals, studies not directly related to migration and refugee issues, and studies focusing only on legal or political perspectives.

The collected data were analyzed by content analysis method. Content analysis involves the process of coding the texts in a systematic way and determining themes and categories. In this method, the main themes and findings in the literature were identified and the data were classified in line with these themes. The thematic analysis focused on main topics such as psychosocial challenges, identity formation processes and integration dynamics of migrant and refugee individuals.

Social Identity and Migration: Basic Concepts

Social identity theory suggests that individuals define themselves through their belonging to social groups and that these identities guide their behavior (Tajfel & Turner, 1979). In the process of integration into a new society, immigrants have to strike a balance between preserving their own identity and adopting new identities (Berry, 2005).

Cultural Adaptation and Stress

Cultural adjustment is the process by which immigrants adapt to a new society and culture. This process involves various challenges such as language barriers, social norms and values, and often creates psychosocial stress (Ward, Bochner, & Furnham, 2001). Cultural shock describes the emotional and psychological difficulties experienced by immigrants in the process of acculturation to a new culture (Oberg, 1960).

Social Support and Integration

Social support plays a vital role in migrants' adaptation. Social support networks such as family, friends and communities help these individuals cope with the challenges they face (Cohen & Wills, 1985). Integration refers to the successful adaptation of migrants to the new society (Ager & Strang, 2008).

Social Attitudes and Prejudices

Attitudes of host communities towards migrants play a critical role in their integration process.
Media and political discourses can influence general public attitudes and increase prejudices (Esses et al., 2013).

Education and Employment

Education and employment are key elements in the integration of migrants into society.
Education enables language learning and the development of vocational skills (Portes & Rumbaut, 2001). Employment, on the other hand, is critical for economic independence and contribution to society.

Cultural Adaptation

Cultural adaptation involves migrants' efforts to adapt to new cultural norms and preserve their own cultural identity (Berry, 1997). This process allows individuals to redefine their social identity and sense of belonging.

Identity Theory: The Formation of Migrant and Refugee Identities

Migration and refugee processes profoundly affect individuals' social identities and sense of belonging. Social identity theory provides a framework for understanding how these identities form and change. The formation of migrant and refugee identities is shaped by individuals' efforts to both preserve their own cultural background and adapt to the new society (Yentür, 2023).

Social Identity Theory

Social identity theory suggests that individuals define themselves through social groups and their belonging to these groups determines their identities (Tajfel & Turner, 1979). According to this theory, people make sense of the social world by feeling that they belong to certain groups and assign value to themselves through these belongings. In the process of integration into a new society, migrants and refugees try to adopt both the cultural identity of their country of origin and the identity of the new society.

Identity Conflict and Cohesion

Migrant and refugee individuals may experience a situation of being caught between two different cultures. This process can lead to identity conflict and cause individuals to question to which group they feel they belong (Berry, 1997). Identity conflict is especially prevalent among young immigrants and this can negatively affect their psychological adjustment (Phinney, 1990).

Integration and Assimilation

Berry's (1997) model of cultural adaptation strategies suggests that immigrants adopt different strategies such as integration, assimilation, separation and marginalization. Integration is a strategy in which individuals both preserve their own cultural identity and adapt to the new society. Assimilation occurs when individuals abandon their own cultural identity and fully adopt the cultural norms of the new society. The disengagement strategy refers to a situation in which individuals avoid adapting to the new society while maintaining an effort to preserve their own cultural identity. Marginalization is a strategy in which individuals reject both their own cultural identity and the cultural norms of the new society.

Social Identity and Belonging

Migrant and refugee individuals rebuild their sense of belonging while integrating into a new society. Belonging is important for individuals to feel safe and socially accepted. Immigrants strengthen their sense of belonging in the process of being accepted and finding social support in the new society (Tajfel, 1981).

Identity and Psychological Health

Identity formation has a significant impact on individuals' psychological health. Identity conflicts and difficulties in the integration process can lead to psychological problems such as stress, anxiety, and depression in migrant and refugee individuals (Ward, Bochner, & Furnham, 2001). Social support and positive social relationships can improve their psychological adjustment and overall health.

Theories of Social Cohesion and Integration

Social cohesion explains how migrants and refugees adapt to new social and cultural environments, while integration explains how these individuals integrate and contribute to society. This chapter discusses the theories of social cohesion and integration.

Social Cohesion

Social adaptation refers to the process by which migrants and refugees adapt to a new society and culture. This process involves individuals' ability to establish social relationships and adapt to new social norms and values (Ward, Bochner, & Furnham, 2001).

Cultural shock and adaptation processes are fundamental components of social adjustment. Cultural shock describes the emotional and psychological difficulties that individuals experience in the process of getting used to a new culture (Oberg, 1960).

Berry's (1997) four-stage model of cultural adaptation provides an important framework for understanding the process of social adaptation. In this model, individuals adopt strategies such as integration, assimilation, separation and marginalization:

1. Integration: Immigrants adapt to the new society while preserving their own cultural identity.

2. Assimilation: Immigrants abandon their own cultural identity and completely adopt the new culture.

3. Disengagement: Immigrants are reluctant to preserve their cultural identity and adapt to the new society.

4. Marginalization: Immigrants reject both their own cultural identity and the new culture.

Integration Theories

Integration refers to the processes of inclusion of migrants and refugees into the new society and their interactions in this process. Integration takes place in areas such as education, employment, access to social services, language learning and cultural adaptation. Integration theories explain how these processes work and which factors influence integration.

Ager and Strang (2008) state that integration is a multidimensional process and identify eight key components of integration:

1. Housing and Shelter: Providing safe and stable housing conditions.

2. Employment: Participation of migrants and refugees in the labor market and their economic independence.

3. Health: Migrants and refugees have access to health services and healthy living conditions.

4. Education Provision of language learning and training opportunities.

5. Social Participation: Participation of migrants in social and cultural activities.

6. Social Relations: Building strong social relations with the host community.

7. Citizenship and Rights: Recognition of legal status and citizenship rights.

8. Safety and Stability: Ensuring a safe living environment.

Social Capital and Integration

Social capital theory emphasizes the role of social networks and communities in the integration processes of migrants. Social capital is defined as individuals' social networks and the resources they acquire through these networks (Putnam, 2000).

Migrants can facilitate their integration process by accessing information, support and resources through their social networks. Social capital plays an important role in migrants' processes of finding a job, learning a language and gaining social acceptance (Portes, 1998).

Social Attitudes and Integration

The attitudes of host societies towards migrants are a determining factor in integration processes. Media and political discourses shape society's attitudes towards migrants. Negative attitudes and prejudices can complicate the integration processes of migrants, while positive and inclusive attitudes can support integration (Esses et al., 2010). Social identity theory is used to understand how these attitudes and prejudices form and change (Tajfel & Turner, 1979).

Psychosocial Situations of Migrants and Refugees

Migrants and refugees face various psychosocial challenges during their integration into a new society. These challenges range from psychological effects such as trauma and stress to inadequate social support systems. In addition, living conditions in refugee camps can significantly affect the psychological state of these individuals.

Psychological Effects: Trauma, Stress and Coping Mechanisms

Migrants and refugees may be exposed to various traumatic events before, during and after the migration process. These events may include war, persecution, physical and psychological violence, separation and loss (Fazel, Wheeler, & Danesh, 2005). Psychological problems such as posttraumatic stress disorder (PTSD), depression and anxiety are common among migrants and refugees. These problems can negatively affect their daily lives and social integration.

Coping mechanisms include individuals' strategies to cope with trauma and stress. Social support, religious beliefs, cultural rituals and personal resilience are important components of these mechanisms. For example, social support networks can help migrants cope with traumatic experiences and maintain their psychological well-being (Cohen & Wills, 1985). Furthermore, religious beliefs and cultural rituals can play an important role in helping individuals cope with adversity (Ai et al., 2003).

Social Support Systems and Social Acceptance

Social support is a critical factor in the adaptation process of migrants and refugees. Social support networks such as family, friends and communities help these individuals cope with the challenges they face and contribute to maintaining their psychological health (Schwartz et al., 2010). Social support not only provides emotional support, but also information, guidance and material assistance.

Social acceptance refers to the process by which migrants are accepted and integrated into their new society. The attitudes and behaviors of the host society determine the social acceptance of migrants. Negative attitudes and prejudices can complicate the social adaptation processes of migrants, while positive and inclusive attitudes can support integration (Esses et al., 2010). Social acceptance is important for individuals to feel safe and contribute to society.

Living Conditions and Psychological Consequences in Refugee Camps

Life in refugee camps can involve many challenges and uncertainties for migrants and refugees. In these camps, basic needs such as shelter, food, health care and education are often inadequately met. This can negatively affect individuals' physical and psychological health (UNHCR, 2015).

Adverse living conditions in refugee camps can increase individuals' stress levels and reinforce their traumatic experiences. Constant uncertainty, worries about the future and the impact of past traumas can aggravate the psychological state of refugees. Under these circumstances, psychological support and rehabilitation services are vital. Psychosocial support programs play a critical role in improving the mental health of individuals in refugee camps and supporting their integration into society (Silove, 2013).

Social Perceptions and Prejudices

Social perceptions and prejudices towards migrants and refugees play an important role in integration processes. The host society's attitudes towards these individuals can be shaped by the influence of the media and politics.

Host Community Attitudes towards Migrants and Refugees

The host society's attitudes towards migrants and refugees directly affect their integration processes. While positive attitudes facilitate the integration of migrants into society, negative attitudes and prejudices can lead to social exclusion and discrimination (Esses et al., 2010).

The Role of Media and Politics

Media and politics are powerful tools in shaping public perceptions of migrants and refugees. Depending on how it presents news about migrants, the media can increase or decrease social prejudices. Negative media discourses can reinforce fear and prejudice by portraying migrants as a threat (Van Dijk, 2000). In contrast, positive media discourses can support

integration by highlighting migrants' contributions and success stories (Bleich, Bloemraad, & de Graauw, 2015).

Politicians and policymakers also influence societal attitudes through their discourses on migrants. While anti-immigrant discourses can fuel prejudice and discrimination, inclusive and supportive policies can promote the integration of migrants into society (Esses et al., 2010).

Social Identity and Group Dynamics

Social identity theory suggests that individuals make sense of the social world by feeling that they belong to certain groups and define their identities through these belongings (Tajfel & Turner, 1979). Migrants and refugees are often seen as "them" in the host society's distinction between "us" and "them". This distinction forms the basis of prejudices and discrimination (Yentür, 2023).

Group dynamics affect individuals' attitudes towards in-group and out-group members. Ingroup members (in-group) are generally associated with positive characteristics, while outgroup members (out-group) may be associated with negative characteristics (Brewer, 1999). These dynamics contribute to the perpetuation of prejudice and discrimination against migrants and refugees.

Integration Processes

Integration refers to the processes by which migrants and refugees integrate into and contribute to the new society. These processes include various components such as education, employment, access to social services, language learning and cultural adaptation.

Access to Education, Employment and Social Services

Education Education plays a fundamental role in the integration of migrants and refugees. Education promotes language learning, the development of vocational skills and social cohesion. Education is an important part of the integration process, especially for children and youth. Access to the education system increases the social and academic achievement of migrant children and ensures their contribution to society in the long term (Portes & Rumbaut, 2001).

Employment: Employment is critical for migrants to gain economic independence and actively participate in society. Access to employment opportunities helps migrants to provide better living conditions for themselves and their families. In addition, labor force participation enables migrants to contribute to society and expand their social networks (Ager & Strang, 2008).

Access to Social Services: Access to social services enables migrants to benefit from health, housing, social assistance and other basic services. These services improve the living conditions of migrants and refugees and support their integration into society. Social services are particularly vital for vulnerable groups and enhance social cohesion (UNHCR, 2015).

Language Learning and Cultural Adaptation

Language Learning: Language plays a central role in the integration of migrants into society. Learning a new language increases migrants' chances of finding a job, getting an education and building social networks. Language courses and training programs help migrants improve their language proficiency and become more independent in everyday life (Berry, 1997).

Cultural Adaptation: Cultural adaptation is the process by which migrants adjust to new social and cultural norms. This process involves individuals both maintaining their own cultural identity and adopting new cultural norms. Cultural events, social activities and community programs support cultural adaptation and promote social cohesion (Berry, 1997).

Successful Integration Examples and Policies

Successful examples of integration and policies are practices that support migrants and refugees to integrate into society. These policies include language training programs, employment support, access to social services and initiatives that promote social inclusion.

Canada Canada is a country that offers successful examples of immigrant integration. Canada's multiculturalism policy promotes the integration of immigrants into society while preserving their cultural identity. Language training programs, vocational training opportunities and access to social services are important components that support the integration of immigrants (Reitz, 2009).

Germany: Germany has developed various policies that support the integration of migrants into the labor force. Vocational training and language courses enable migrants to find jobs and become economically independent. In addition, access to social services and community participation programs promote the integration of migrants (Kogan, 2007).

Sweden: Sweden has comprehensive policies to support the integration of migrants. Sweden's integration policies range from language training to employment support, from access to social services to cultural adaptation programs. These policies enable migrants to contribute to society and feel safe (Bevelander & Pendakur, 2014).

France: France has various policies and programs in place to promote the integration of migrants and refugees. In France, there are courses organized by "OFII" for language learning and the integration contract "CIR". There are also special support programs for the education system and access to social services. Local governments, such as the Municipality of Paris, offer various services to support the integration of refugees (OECD, 2018).

Conclusion

The integration processes of migrants and refugees involve important social and political dynamics at the global level. From a social psychology perspective, examining these

processes provides a critical framework for understanding the identity formation processes, psychosocial conditions and integration of migrants and refugees. In this study, key factors affecting the integration of migrants and refugees and successful integration policies are discussed.

Social identity theory is an important tool in explaining how migrants and refugees form their identities in the process of integration into the new society and the identity conflicts they face in this process. Migrants' identity formation processes involve the redefinition of their social identity and sense of belonging. In this process, immigrants have to both preserve their own cultural identity and adapt to new social norms. The effort to strike this balance has a significant impact on individuals' psychosocial health.

Migrants and refugees have to cope with psychological effects such as trauma and stress. Traumatic experiences before, during and after the migration process can lead to psychological problems such as post-traumatic stress disorder, depression and anxiety. These individuals' access to social support systems is critical in protecting their psychosocial health. Social support networks help individuals cope with the challenges they face and facilitate their integration process.

The host society's attitudes towards migrants and refugees play a decisive role in their integration process. Positive attitudes and inclusive policies promote social acceptance and integration of migrants, while negative attitudes and prejudices can lead to social exclusion and discrimination. Media and politics have a significant impact on shaping these attitudes. Negative media discourses and anti-migrant policies can increase social prejudices, while positive discourses and inclusive policies can promote integration.

Integration processes include various components such as education, employment, access to social services, language learning and cultural adaptation. Education enables migrant children and youth to learn languages and develop vocational skills. Employment is critical for migrants to gain economic independence and contribute to society. Access to social services enables migrants to benefit from health, housing and social assistance, and these services enhance social cohesion. Language learning plays a central role in the integration of migrants into society. Cultural adaptation involves migrants' adjustment to new social and cultural norms and their efforts to preserve their own cultural identity.

Successful integration examples and policies encourage migrants and refugees to integrate and contribute to society. Countries such as Canada, Germany, Sweden and France have implemented successful policies in their integration processes. These policies include language training programs, employment support, access to social services and initiatives that promote social inclusion. For example, in France there are courses organized by "OFII" for language learning and the integration contract "CIR". Specific support programs for the education system and access to social services are offered.

In this context, the integration processes of migrants and refugees have profound effects on their psychosocial health, social identity and social acceptance. Social identity theory, social

support systems, social attitudes and successful integration policies offer important conceptual tools for understanding these processes.

RESTRICTION

Limitations of this study include the review of existing literature without collecting original data and the focus on integration processes in Western countries. Demographic variables affecting integration were not examined in detail and findings may be outdated due to changing conditions over time. Furthermore, the diversity of migrant and refugee experiences is not fully reflected, which may affect the interpretation of the results.

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