

The Relationship between Expatriation and Psychological Harmony among Arab expatriates in the UAE

Hussein Salem Al-Srehan^{a*}, Mohammad Salman Alkhazaleh^b, ^{a,b}Al-Ain University, Abu Dhabi, UAE, Email: ^{a*}hussein.alsrehan@aau.ac.ae

This study aimed at identifying the relationship of expatriation to psychological harmony among a sample of Arab expatriates in the UAE. The researchers used a measure of expatriation and psychological harmony after verification its psychometric properties. Furthermore, Pearson correlation and analysis of variance were used to analyse the data of the study. Results revealed that there is an inverse, statistically significant relationship between expatriation and psychological harmony, in which the Pearson correlation coefficient is 71%, that is, the greater the feelings of expatriation of the individual, the less psychological harmony and vice versa. The results also showed statistically significant differences due to social situation variable in favour of married persons, and the presence of statistically significant differences in the number of expatriation year variable in favour of persons who spent 1-5 years in expatriation. Further, the results showed the presence of the interaction between the social situation and the number of years of expatriation in the interaction was in favour of married people who spent more than 5 years and single individuals who spent from 1-5 years in expatriation.

Key words: *Expatriation, UAE, psychological harmony, Arab communities' expatriates.*

Introduction

Expatriation is one of the common features of this time in modern societies. According to Emile Durkheim, modern societies suffered from the course of their rapid development from the absence of standards and lost their life, which was characterised by a certain system of integration and social solidarity. This led to the prevalence of some manifestations of

alienation as despair and unity and fear of depression and anxiety, in addition to the emergence of individualism, which intensified in this era, which contributed to the creation of democracy and secularism (Sorati, 2003).

The phenomenon of expatriation has been increasing among individuals in general and young people in particular. Therefore, this phenomenon should be studied as interacting with psychological, social, political and economic factors. Hanoura and Al-Sahl (2001) define expatriation as a psychological state that includes feelings, some of which are positive, such as a sense of individuality, most of which are negative, such as alienation, isolation and siege from visible and some unknown forces, withdrawal from reality and adopting behavioural and paradoxical reference frameworks. Expatriation is a state of mind in which a person feels isolated from his or her own society, or is an individual's sense of relative separation from himself, his community, or both (Ashul et al., 1985). Mukhtar al-Sahah of Imam al-Imam (Al-Razi, 1992) states that the most important aspects of expatriation can be summarised as follows:

1. Social isolation means the i) physical or material in society to exist, ii) spiritual and psychological separation, and iii) lack of participation in social activities and dissatisfaction with society.
2. Disability (Powerlessness) means a feeling of i) not being able to influence private and public affairs, and the inability to self-determine or even participate in their manufacture; ii) the sense of a state of surrender and submission to the state of oppression, expatriation; and, iii) lack of ability to choose.
3. The absence of a sense of meaning (Meaninglessness) means i) any loss of life meaning and significance; and ii) the individual's sense that their life is free from the goals that they deserve to live or sacrifice
4. The absence of standards (Normlessness) means i) a lack of fixed values in society; ii) a sense of the individual to live in a perception of understanding; iii) acceptance of values and norms prevailing in society and the inability to integrate them as a result of lack of confidence in society and its different institutions (Al-Sorti, 2003).
5. Expatriation from self (Self Estrangement) means I) a sense of the individual and his sense of himself; and ii) represents the end result of this dimension and other dimensions (Kandari, 1998).

The literature and research revealed the relationship between expatriation and psychological harmony has emphasised that the concept of expatriation effectively affects psychological harmony. Thus, researchers have different perspectives towards the concept of compatibility. Some believe that the consensus process is a selfish process so that the individual compatibility is devoid of internal conflicts, both types of emotional and unconscious and is characterised by flexibility and responses to appropriate stimuli facing it and at the level of saturation different and compatible to its needs with growth demands through the different

ages, and it tends to the trend of psychoanalysis theorists where they see that the individual compatible is the one who owns (the ego effective) which balances both (have fun) and (superego). Some of them believe that the consensus process is to keep up with society, with its traditions, customs and standards and not to contradict or derogate from or collision, and behaviorists are the owners of this view because of the belief that consensus is (Rogers & Maslow, 1993).

Other researchers consider compatibility is a type of alignment between the individual and himself on the one hand, and between him and the environment on the other hand, so compatibility is the one who seeks to achieve its needs physical and psychological requirements within the cultural and social framework that live in it and enjoy a great deal of flexibility and social appeasement (Khalefeh, 2003). Based on the foregoing, it can be said that compatibility means to overcome the frustrations, achieve the goals and satisfy the motives and needs in a manner accepted by the self and other social values and to achieve harmony and balance between the motivations, needs and lack of psychological conflict on the other hand, the verification of this individual has become compatible with himself and his community, who live in it.

Hence, we can say that expatriation has become an expression of human misery and psychological pain, which gives him feelings of anxiety, frustration and lack of compatibility with self and with the ocean. The individual in this situation is broken from humanity, its content and inseparable from the goals of its existence form in which it is the pattern of social relations of the type that do not bring him happiness, prosperity and peace of mind because there are many varied and contradictory measures affecting the behavior of the individual negatively. These standards in the relationship are the source of frustration and misery and pave the way for the injury to the individual mental illness as a result of the inability for psychological adjustment, social adjustment and the feeling of Isolation, which pushes the individual to the contradictory and painful behavior may be, including suicide.

Problem statement and questions

The problem of the study is to investigate the relationship between expatriation and psychological harmony among a sample of Arab expatriates in the UAE by answering the following questions:

Question 1: Is there a relationship between expatriation and psychological harmony among Arab expatriates in the UAE?

Question 2: Are there statistically significant differences at the level of significance ($0.05 = \alpha$) in the expatriate sample of Arab expatriates in the UAE due to variables (social status, number of years of expatriation) from their point of view?

Objectives of the study

1. Measuring the relationship between expatriation and psychological harmony among Arab expatriates in the UAE?
2. Analysis of the relationship between expatriation and psychological harmony among Arab expatriates in the UAE on the one hand and the independent variables on the other hand.
3. Provide suggestions and recommendations for research and studies conducted in other settings.

Limitations

1. Spatial limitation: this study is applied in the state of the UAE.
2. Time limitation: This study is applied during the second semester of the academic year 2011.
3. Human limitation: The study population was limited and appointed by the Arab expatriates in the UAE.
4. Methodology limitation: the results of this study are determined by the accuracy of the responses of the sample to the criterion of alienation and psychological harmony, which will be determined to serve the purposes of the study.

Literature review

The study of Al-Qureaiti (2016) described the phenomenon of expatriation in a sample of Saudi university students and their relation to some other variables (age, academic specialization, academic level and academic achievement). The random sample of the study consisted of 382 students from King Saud University. The findings showed that there was no relationship between expatriation, age, level of education, level of achievement or scientific specialisation.

Salah al-Din (2014), studied the relationship between psychological expatriation and psychosocial compatibility among Yemeni and Arab students in the Yemeni universities. Study samples consisted of 351 male and female students; 281 from Yemen and 70 non-Yemeni students, where the researcher designed the first two measures of psychological expatriation composed of 80 items distributed on 6 fields, and the second is for psychological harmony composed of 82 items distributed also in 6 fields. The study found the existence of inverse relationship statistically significant between psychological expatriation and the psychological harmony of all individuals and the absence of significant differences between Arab and Yemeni students in the psychological harmony.

Similarly, the study of Ahwani (2013) aimed at identifying some psychological aspects of expatriation among university youth and their relation to the quality of higher education. The researcher used a sample of 420 students from Ain Shams University and Al-Azhar

Universities. The results showed that the level and type of education had an impact on the different aspects of the feeling of alienation among the sample members. The students of the final years and the scientific colleges were more affected by these phenomena and the differences were in favor of Ain Shams University students compared to students.

Winefield (2013), conducted a study aimed at identifying the relationship between cigarette smoking and alcohol use in both expatriation and social harmony. The study sample consisted of 460 young Australian students. The study revealed a relationship between cigarette smoking and social expatriation. Moreover, Al-Moussawi (2011) conducted a study aimed at identifying the common manifestations of expatriation among Kuwaitis and studying the relationship between expatriation and sex and education, while determining the factors related to the phenomenon of expatriation in light of the study variables. The sample included 150 Kuwaitis, half of whom were outside Kuwait during the invasion and the other half lived during the invasion. The researcher used psychological expatriation scale designed by (Hamdi Yassin). Results showed that there is no relationship in the variance of psychological expatriation of the different type of residence during the invasion, while the diversity of psychological expatriation with gender disparities where the females were more affected by expatriation feelings more than males and the students who had less education had more expatriation feelings than those with more education.

Calabrese and Calabrese (2009) carried out a study aimed at identifying the relationship of social alienation to cheating in exams and the lack of academic honesty among private and public American students. The sample consisted of (1534) students in grades 9-12. The study found that the behavior of cheating in examinations was more in private schools and more in males and that it is directly proportional to students who have high feelings of alienation. Bonner's (2007) study examined the interactive mental model that expresses despair among a sample of 146 prisoners who were subject to the measure of social alienation and the measure of irrational beliefs and measures: problem solving, meaning of life, despair and depression. The results showed that despair as one of the most important dimensions of alienation is linked to irrational beliefs, prison anxiety, depression, lack of ability to solve problems and low standard of life.

Hamza (2006) examined the relationship of expatriation to religiosity and political trends. The study was conducted on a sample of 632 male and female students who were selected from among the students of Al-Mina University and Ain Shams University and used tools for measuring alienation, liberal political trends, religiosity, religious intolerance, indicators of religious and political practice and the measure of personal variables. The results showed that expatriation is negatively correlated with religiosity and political trends in the total sample, and religiosity was positively correlated with political trends.



Brown's study (2000) was conducted in USA and intended to know the relationship between levels of expatriation and the levels of the need to communicate with others. The sample consisted of 1739 students. Findings showed a positive relationship between expatriation and the need to communicate with others, the more the need to communicate with others increased the sense of alienation.

Shoho and Katims (1998) sought to study the perception of expatriation among special education and general education teachers, and to measure the level of alienation between special education teachers working in combined classes versus those working in separate classes. A sample of 575 teachers, 395 from general education and 180 from special education were enrolled in grades kindergarten to twelfth grade in Texas. The results indicated that the teachers of special education have a higher level of alienation than the general education teachers, and that there are no significant differences in the alienation between special education teachers working in integrated classes versus those working in separate classes. It was also found that the psychological and social characteristics of students with learning difficulties did not pass on to special education teachers.

Harry (1999) conducted a study to identify the relationship of alienation with some psychological variables in the state of Washington, USA. The aim was to identify some psychological variables such as the need for social support, the centre of control and the need for sensual excitement. The study examined the effectiveness of each of these variables on the predicted state of alienation and the causes of mental disability. The study sample consisted of 124 randomly selected individuals from Washington, DC. The results indicated that there is a high correlation between alienation and each of these variables on psychological conditions leading to the state of expatriation that cannot be returned to the factors of chance.

Thomas (1999), addressed the study of the relationship between expatriation and self-esteem in USA. The study sample consisted of two groups, the experimental group consisting of 30 neurotic (low self-esteem) members, and the control group of 30 (high self-esteem) members. The study found that members of the experimental group scored higher in the sense of alienation, while the control group recorded lower degrees in the sense of alienation. In a similar manner, Melchior (1995) studied the experiences of Indian students in North America at one of Canada's universities to determine the feelings of alienation and its impact on students' behavior. The study sample consisted of 600. A program was then developed to reduce feelings of alienation among students and defined three elements: isolation, dimension and degradation. The results showed the effectiveness of the program to reduce feelings of expatriation among students. Thus, the previous review of Arab and international studies related to the topic of this study shows that it focused mostly on students whether in schools or universities. There is a lack of study that examined the expatriation of Arab individuals in

the countries of the world, which gives this study importance and stresses the need to discuss this significant issue.

Method and procedures

The study methodology

The approach in this study is the descriptive survey.

The study community and samples

The study sample consisted of 340 members of Arab communities living in the UAE who were selected randomly according to the simple variables of marital status and the number of years of expatriation as shown in table 1.

Table 1: The study sample distribution of the following independent variables: marital status and the number of years of expatriation

Variable (number of years of expatriation) Variable levels From (1-5) (more than 5)		The number	Variable (marital status) Variable levels (single married)
95	105	200	Unmarried
80	60	140	Married
175	165	340	Total

The study tools

The researchers utilised (expatriation scale and the scale of psychological adjustment) designed by Muhammadawi (2006) which is divided into 60 items for expatriation scale and 60 items for psychological adjustment scale. The sample has five options for answers; strongly agree, agree, agree moderately, agree little and strongly disagree. These options were given respectively the following grades (1-2-3-4-5).

Validity

The researchers used the validity of the content for the two measures, and the extent of the representation of the test items for the content to be measured by linking the items to the overall score. For this purpose, the measures were presented to ten arbitrators of experts and specialists in educational sciences at UAE and Jordanian universities to give an opinion on the validity of each item, and the appropriateness of its formulation. The majority of referees have agreed on the validity of the items and their suitability to the overall score of the scale.

Reliability

The researchers extracted the coefficient of reliability of the study standards by the method of re-testing. The scale was applied to a group of 20 persons and a two-week time interval. The stability coefficients were then calculated between the scores of the first test subjects and their grades in the second test. (88%) The correlation coefficient between the scores of the psychological harmony scale (86%) was a high stability coefficient and a valid study.

Statistical treatment

The researchers used the Pearson correlation coefficient to find out the relationship between expatriation and psychological harmony as a test analysis of variance binary.

Results

The first question: is there a relationship between the expatriation and psychological harmony among Arab expatriates in the UAE? To answer this question, I have been using Pearson correlation to see the relationship between expatriation and psychological harmony as shown in table below.

Table 2: The relationship between relational expatriation and psychological harmony

N	Variables	Expatriation			Psychological harmony		
		Correlation coefficient	Sample size	Significance	Correlation coefficient	Sample size	Significance
1	Expatriation	1	340	0.000	0.71	340	0.000
2	Psychological harmony	0.71	340	0.000	1	340	0.000

Table (2) shows that there is a statistically significant inverse relationship between **expatriation** and psychological harmony. Pearson correlation coefficient (71%) means that the greater the feelings of alienation in the individual, the less the psychological harmony and vice versa.

Second question: is there statistically significant differences at the level of significance ($= 0.05\alpha$) in the expatriation among a sample of Arab expatriates in the UAE due to the variables (marital status, number of years of expatriation) from their point of view?

To answer this question, means and standard deviations were calculated according to marital status and the number of years of expatriation variables as shown in the following table:

Table 3: Means and standard deviations for the demographics of the sample.

Social status	Years of expatriation	SMA	standard deviation
Unmarried	1-5	3:24	0.554
	more than 5	3.66	0.615
Total		3:45	0.629
Married	1-5	3.50	0.655
	more than 5	3.67	0.557
Total		3.59	0.544
Overall	From 1-5	3:37	0.621
	more than 5	3.67	0.626

Table 3 shows that the highest mean was for married persons males whose number of years of expatriation was more than 5 years, with a standard deviation 0.557; while the lowest mean for single individuals whose years of expatriation were more than 5 years, with a standard deviation of 0.615.

To find out if there were statistically significant differences between the means of the study sample by variables of marital status and the number of years of expatriation, or interaction, the researcher used the analysis of binary variance, as shown in table 4.

Table 4: Analysis of the binary variance of the impact of the social situation and the number of years of expatriation and interaction between them on expatriation among a sample of Arab expatriates in the UAE

Source of variation	Sum of squares	DF	Average squares	F value	Significance
Marital status	6.794	1	6.794	18.753	0.000
Years of expatriation	8.338	1	8.338	23.017	0.000
Interaction between the social situation and the number of years of expatriation	41.911	1	41.911	115.691	0.000
Error	723.088	336	0.362		
Overall	790.449	336			

The results of table 4 indicate that there are statistically significant differences according to the variable of the marital status for the married people with an average of 3.59 and the existence of statistically significant differences in the variable number of years of expatriation. The results showed an interaction between the social situation and the number of years of expatriation in favour of married persons whose years of expatriation was more than

5 years, with an average of 3.67 and in single persons, 3.66.

Discussion of the results

The results in table 2 show that there is a statistically significant inverse relationship between expatriation and psychological harmony in which the Pearson correlation coefficient value reached 71%. That is, the higher the feelings of expatriation of the individual, the less he/she has psychological harmony. In light of this result, the researchers emphasise that the expatriation of the individual generates many feelings that lead to the poor psychological harmony represented by the individual's sense of inequality and lack of creative opportunities and a sense of belonging, boredom and personal rigidity. This will lead as well to the feeling of dissatisfaction in the social environment which increases rebellion, denial of self and society where all these feelings will lead to the result of poor psychological harmony. The expatriate suffers from the loneliness feelings which may confirm the negative relationship between expatriation and psychological harmony, and the lack of social interest and the sense of individual differentiation.

The results also showed that there are statistically significant differences among the sample of the study in the marital status variable in favour of married couples. This may be due to the fact that the married members of the Arab community may be more satisfying to their basic needs compared to the singles. This in return increases the psychological and mental health, thus reducing the feelings of alienation.

In addition, there is statistical significance difference in the variable number of years of expatriation for the favour of persons, whose years of expatriation are more than 5 years with an average of 3.67. The researchers attributed the reasons for this finding to the fact that individuals whose long years of expatriation have exceeded the feelings of alienation are more adapted than other newcomers to emigrate from their country of origin and may suffer from poor adaptation to the new environment, as well as feelings of anxiety and psychological and social instability.

Conclusion

In light of the findings, the researcher recommends the following:

1. The need to establish sections to guide the Arab communities in each state to solve their problems, guide them and hold a meeting from time to time for all Arab communities.
2. The need to establish a mental health counsellor position to provide mental health counselling services to the Arab community in UAE.
3. The need to conduct further studies and research in this field with other variables.

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