# Psychological Effects of Migration on Refugees: The Case of Turkey and Syria

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**Abstract:** Migration, driven by factors such as war, economic instability, and political tension, has profound socio-economic, psychological, and cultural impacts on both migrants and host societies. This study focuses on the psychological effects of Migration on Syrian refugees in Türkiye. Utilizing a systematic literature review, it explores the pre-migration, Migration, and post-migration stressors affecting refugees' mental health, including traumatic experiences, cultural adjustment, and social isolation. Findings indicate that Syrian refugees face significant psychological challenges, including PTSD, depression, and anxiety, exacerbated by uncertain futures, financial difficulties, and social discrimination. The research highlights the necessity for targeted mental health interventions, social support, and educational programs to facilitate the integration and well-being of refugees. This study aims to provide comprehensive data to inform policymakers, non-governmental organizations, and social service providers, emphasizing the need for culturally sensitive mental health services and inclusive policies.

## 1. Introduction

Data migration is the state of moving to a new country or region by leaving one's homeland or region as an individual, family, or society in cases such as war, illness, economic depression, political tension, or disruption of social order. Migration is a population movement that changes the structure of society with the economic, psychological, cultural, social and political aspects of the process of changing geographical location. Migration is, first and foremost, a change of place. According to Castles and Miller, Migration is a process that affects every dimension of social existence and develops its complex dynamics [12]. Migration is expressed as a mechanism that emerges to restore the disturbed balances of the social system, is accepted as a one-way adaptation movement that emerges in parallel with the transformations of the society during its evolution.

The person who carries out the migration event is called a "refugee". A refugee is defined as a person who is outside the country of his/her nationality and cannot benefit from the protection of that country because of a well-founded fear of being persecuted because of his/her race, religion, nationality, membership of a particular social group or political opinion. Asylum seekers and refugees are people who migrate forcibly.

The phenomenon of migration is a situation that can be seen all over the world. It has been going on since the earliest history of humanity and will continue in the future. Migration is globalizing, and this action is increasing day by day. According to the report of the United Nations High Commissioner for Refugees, it was shared that the number of immigrants reached 89.3 million by the end of 2021. The data shows that at least one in every hundred living people has been forced to leave their homes

because of persecution, violence, conflict, violation or events that seriously disrupt public order. After the Second World War, between 1944 and 1951, nearly 20 million people were forced to relocate [3].

Suppose ongoing conflicts remain unresolved, and the risks of new ones erupting are not reined in. In that case, one aspect that will define the twenty-first century will be the continuously growing numbers of people forced to flee and the increasingly dire options available to them. The crisis of Syrian refugees represents the biggest migration crisis since World War II. With 3.7 million Syrian refugees, Türkiye has become one of the countries most affected by the Syrian conflict beyond the Syrian borders. Türkiye hosts 3.7 million Syrian refugees, and more than one million of the Syrian refugee population are children. Thus, Türkiye has become the country hosting the highest number of refugees in the world.

Migration is growing in size day by day, usually due to war and the damage caused by war. Forced migration movements bring along socio-cultural problems and social cohesion problems. People are leaving their homeland unintentionally, fighting their wars to be a part of cultures they have never known and to avoid conflict. Adapting to the culture of the country they migrated to, learning its language, and trying to understand its people are some of the problems faced by every refugee. The culture of the new society in which the immigrants started to live and the process of adaptation to this culture, people from different cultures should live together, cope with the differences and overcome the difficulties they encounter.

When considered in the context of both the immigrants and the place of Migration, Migration is a process that deeply affects both sides. In order to understand this process, it is necessary to analyze the reasons for the Migration of immigrants, the migration process, the characteristics of the place of Migration and the new situation encountered in the place of Migration. Instead of the habit of seeing refugees as a problem, the difficulties experienced by refugees and the socio-economic change created by Migration should be examined. Refugees have been exposed to many risk factors that cause mental health deterioration as they experience stressful events during the migration process.

## 2. Importance of Research

This study has shown the importance of understanding the effects of migration more comprehensively, the factors that led to migration, and its subsequent effects on Syrian refugees, as well as the psychological effects of this situation. Among these, cultural adjustment, family and social support, resilience, and environmental contextual factors were identified. Attention was also drawn to the importance of understanding special needs and intervention models for the promotion of mental health. This study aims to investigate the qualitative consequences of psychological health in refugees. This study is important in terms of creating data on this subject.

### 2.1. Problem Statement of the Research

Migration leads to various problems for both sides, whether the host or the migrant. In this study, we are trying to find out what kind of psychological effect the Syrian migratiıon leaves on hosting Turkish people and Syrian migrants. The problem of this is based on the psychological effects on Syrian refugees who migrated to Türkiye. The problem questions of this paper is:

- What are the psychological effects of Migration on Syrian refugees?

### 2.2. Questions of the Research

It is possible to assume that immigration is increasing day by day, becoming widespread, becoming a problem in the world day by day and having serious effects on people. For this reason, in recent years, many researchers have studied the prevalence of Migration, its causes and its effects on immigrants. This study aims to compile the studies in question and create a report on the effects of migration on refugees and people in Türkiye and the findings on the causes of migration. The questions of our research can be listed as follows:

- What are the reasons for Migration?
- What kind of difficulties do the psychological effects of Migration on refugees bring to the lives of refugees?
- What are the psychological effects of Migration on refugees?
- What is the effect of society in the place of immigration on the immigrants?
- Qualitative research will be carried out in order to find an answer to these questions.

### 2.3. Hypothesis

The hypothesis we developed is as follows;

Hypothesis1: Migration based on war leads Syrian migrants to psychological trauma based on cultural differences.

## 2.4. Purpose of Research

The purpose of this academic research study is to examine the psychological effects of Migration on refugees and to establish the connection between the psychological difficulties that refugees experience after Migration and the treatment they are exposed to in this process.

## 2.5. Limitations of Research

In terms of research scope, It is limited to focusing on research on the psychological effects of Migration on individuals and the functions of the institutions organizing these researches on migrant individuals in the social work perspective.

## 3. Methodology

A systematic literature review method is used in this study, which aims to examine the psychological effects of Migration on Syrian refugees in Türkiye.

This study was designed in a qualitative research model, which is one of the methods of knowledge generation that aims to examine social systems in depth in the presence of the participants and allows the interpretation and interpretation of data obtained from natural environments. This method includes the systematic selection and evaluation of studies that have already been carried out on the subject, according to a certain logic.

## 3.1. Migration Theories

It is seen that research on the phenomenon of Migration started in the 20th century, and the first applications in this field were refugee studies [2]. Different theoretical models based on different causality processes have been put forward by sociologists regarding Migration, using different ideas, different concepts and different patterns. Sociologists have dealt with the phenomenon of Migration and tried to find solutions to migration policies.

## 3.2. Ravenstein's Laws of Migration

This work pioneers the theories and models of Migration, and this is the first known study on Migration. According to this theory, oppressive laws, heavy taxes, bad climatic conditions, etc. Coercive conditions such as these are shown among the reasons for Migration, but it is stated that the desire to improve the living conditions of individuals, especially in economic terms, stands out as the most important reason for Migration.

Ravenstein aimed to find the generally accepted laws of immigration and started this study. Ravenstein put forward 7 basic ideas about Migration.

- A significant number of immigrants migrate short distances. This Migration creates a shocking effect, displacing the local people and causing larger and mass migrations. These migration flows are generally towards industrial and commercial centres. In this context, the level of development of industrial and commercial centres determines the population density around them.
- In parallel with the development of industry and trade, cities are becoming a centre of attraction for people at the periphery and close range. People who migrate to the city from the surrounding area are replaced by other people close to the city. In this context, the Migration that starts at a close distance acts as a domino and causes the Migration to spread all over the world.
- The diffusion and absorption processes of Migration have similar characteristics. While people spread towards these centres to benefit from the cities where industry and trade develop, the need for labour, which occurs in parallel with the development of the industry, is met by absorbing immigrants from the environment. In other words, there is a supply-demand balance between the immigrant receiving centre and the immigrants.
- The start of a migration triggers the realization of another migration flow, creating a chain migration.
- Another type of Migration is direct Migration to long distances where industrial and commercial centres are located, instead of short distances.
- People living in rural areas tend to migrate more than people living in cities. In addition, while migrations from rural to rural trigger each other and lead to other migrations, this phenomenon is less in rural-to-urban migrations.
- While women tend to migrate more than men in internal migrations and short-distance migrations, the situation is the opposite in long-distance migrations.

## 3.3. Push-Pull Theory

This theory was first written by Lee [13] classified the factors that are effective in the occurrence of Migration under the title of push and pull. According to Lee [13], there are numerous push and pull factors related to the country of origin and destination

for a population movement to occur. In this context, according to him, the factors that affect the decision-making and migration process can be classified under four headings:

- Factors related to the country of origin
- Factors related to the destination country
- Intervening obstacles
- Individual factors [13]

## 3.4. Petersen's Theory of Five Types of Migration

Petersen [15] opposed the approach that all people are the same, and Migration is a normal thing and started his research by asking the question, "If every person is the same, why do some migrate and some do not?". In this theory, 5 types of Migration have been put forward by William Peterson. These are:

Primitive migrations: This type of Migration includes repulsive and attractive factors caused by natural events and geographical conditions.

Directed and Forced Migrations: Push and pull factors arising from social situations are effective in these migrations. Migration decisions are not at the initiative of immigrants. Governments or social events have a dominant role in this type of Migration.

Free Migration: Migration in which the individual is completely replaced by her own decision.

Mass migration: In this type of Migration, in which technological developments are generally effective and drag the masses, collective consciousness is dominant.

## 3.5. Intersecting Opportunities Theory

In this theory, the important points of the migration phenomenon are the distance and the possibilities at the destination.

## 3.6. Central Environmental Theory

It is a theory put forward by Wallerstein, Amin, Galtung, Castles, and Kosack. This theory sees migration movements as the reason why third-world countries stick to first-world countries.

## 3.7. Network Theory

The basis of this theory is the social relations established by immigrants between the destination country and the source country and the effect of this relationship on other immigrations [1]. In this theory while examining the phenomenon of Migration, it is said that Migration should be handled with all its dimensions and analyzed by comparing it with similar events.

## 3.8. Migration Systems Theory

This theory is a theoretical framework developed on an economic and political basis within the framework of international relations. According to this theory, two or more countries mutually form a migration system and a chain of relations through the exchange of immigrants. This relationship and the whole of relations can take place between two countries that are close, as well as between countries and regions that are quite distant from each other. According to migration systems theory, migration movement is based on a relationship that prioritizes Migration. In general, there is a relationship between the two sending and receiving countries before the migration relationship. The basis of this relationship can also be based on military occupation [6]. The basis of the immigration relationship of the United States with Mexico can be attributed to the need of American employers for cheap workers and the cultural interaction between the two countries.

On the other hand, the American military occupation underlies the immigration and immigrant relationship of the United States with Korea and Vietnam. One of the hypotheses of the theory is that the geographical proximity of the countries is important. The physical proximity of countries to each other affects the economic and political relations between countries positively or negatively [9].

## 4. Historical Background of Migration

In order to better understand Türkiye's migration history, it is necessary to first touch on the Ottoman Empire period. Due to its location, Türkiye is at the centre of many migration movements and is undoubtedly affected by this process. First of all, it is seen that the migrations made in the Ottoman Empire for social, political and economic reasons continue in today's Türkiye. It is seen that the migrations that started with the Ottoman Empire continued after the proclamation of the Republic, especially II.

The events in the international arena, such as World War II and the Cold War, had an impact on migration movements and, therefore, on Türkiye. It is stated that approximately 3 million of the 16 million people who lived in Türkiye at the time of World War I were non-Muslims. The principle of "treating all incoming immigrants with an understanding of tolerance, regardless of religion, language and race", adopted by the empire, has been effective in the experience of individual and collective movements.

In this context, it is seen that Türkiye is a country that hosts many immigrants due to its strategic location, encounters mass migration and is still a country that receives immigrants. As a result, after the 1960s, Türkiye was in the position of "migrating" country to European countries, but in recent years, it has been seen as a "migration-receiving" transit country rather than an emigration country. Based on what has been said, it can be said that Türkiye is not only a country of immigration or emigration but also a country of "immigration transit", which is among the important points [21].

In the Syrian crisis, which started on 15 March 2011, with the demonstrations known as the Arab Spring, the conflict environment that emerged as of April dragged the country towards a civil war. The Syrians, who could not afford it, found the solution to leave their country. The massive internal and external Migration as a result of the developments in Syria has created one of the biggest humanitarian crises in the world. With this crisis, the influx of refugees from Syria to Türkiye started in April, and on 29 April 2011, the first convoy entered the territory of Türkiye. According to the official figures of the UN, in the four years of the Syrian crisis, nearly six million Syrians left their homes and settled in safe areas within the country. Nearly four million people have had to immigrate outside the country.

According to the data of UNHCR, as of 15 June 2015, these are "1.772.535 Türkiye", "1.174690 Lebanon", "629.128 Jordan", "249.266 Iraq", and "134,329 Egypt". concentrated in five neighbouring countries. Türkiye, which has strong historical, cultural and neighbourly ties with Syria, has followed an "open door policy" for Syrian citizens affected by the crisis since the beginning of the mass migration movements, and with an acceptance rate of 44% within four years, it has welcomed the largest number of Syrian refugees among the countries neighbouring Syria. Became the host country.

Syrians who came to Türkiye initially resided only in border provinces and camps. With the prolongation of the civil war, the number of camps began to be insufficient, and independent of the camps, some Syrians began to prefer to live in border provinces or districts with their relatives or in rented houses instead of camps. This situation, along with the great increase in their numbers in the process, caused them to disperse almost all over the country. The prolongation of the civil war further increased the migration movements.

Over time, 85% of the Syrians started to live together with the local people in the provinces outside the camps. All these developments have made it a necessity to take many measures, especially social cohesion policies, both for the Turkish people and for the Syrians in the social dimension. In order to produce healthy and applicable policies, first of all, it is necessary to analyze the dynamics of immigrants and immigrants and to determine their behaviour, expectations, perceptions and concerns.

Türkiye, which hosts more than 3 million Syrian immigrants, has brought wide regulation in the field of Migration for the first time by enacting the Law on Foreigners and International Protection No. 6458.

## 4.1. Türkiye's Migration Policy

Türkiye's Migration Policy shows that Türkiye's studies in the legal field related to immigration started when it became a country of immigration. Considering Türkiye's migration policy, it is seen that it signed the convention according to the criteria and geographical area determinations in the 1951 United Nations Geneva Convention. Türkiye, with its "geographical reservation", only accepted immigrants from European states and defined them as "refugees", and included people coming from outside Europe under temporary asylum status [4].

In the accepted convention, the return of refugees and protection against refoulement are expressed in article 33 (1) as follows; "No State Party shall expel or return a refugee in any manner whatsoever to the frontiers of territories where his life or freedom would be threatened on account of his race, religion, nationality, membership of a particular social group or political opinion". With the Asylum Regulation put into effect on 30 November 1994, Türkiye got rid of the obligations in the Geneva Convention and created a free movement area. Afterwards, he carried out studies on immigration by making use of many agreements and conventions on refugees and asylum, including the European Court of Human Rights, the European Convention on Human Rights and the EU acquis [22]. Migrations to Türkiye (up to Syrian immigrants) until 2010 can be grouped into 5 categories over the years. These are [17]:

- Migration of the Muslim population from the Ottoman Empire to Türkiye in 1910,
- Forced migrations of Turkish-origin citizens in Cyprus and Bulgaria to Türkiye after 1960,
- Forced migrations due to internal turmoil in Türkiye's neighbouring countries after 1970,
- Forced Migration to Türkiye of citizens residing abroad with their families after 1980,
- The migration of foreign citizens to Türkiye began after 1990.

Migration management in Türkiye can be examined in two stages before and after 2013. It is stated that migration management could not be operated healthily due to the lack of an adequate institutional structure before 2013. In this process, it is seen that the entry of foreigners and immigrants into the country and the necessary procedures are left to the jurisdiction of the governorships together with the Foreigners Branch of the General Directorate of Security under the Ministry of Interior [7]. In addition, the responsibility of carrying out studies related to immigrants was given to the Disaster and Emergency Management Presidency under the Prime Ministry.

After 2013, the Law on Foreigners and International Protection entered into force on 11 April 2014, and the first step of institutional structuring in the field of migration management was taken. With the establishment of the General Directorate of Migration Management, a new structure affiliated with the center was established in Türkiye [17]. In addition to these, institutions such as Kızılay, AFAD, TOKİ also contribute to migration management.

As a result of migrations, social research centers were established in various associations, societies and universities. It is known that Hacettepe University Institute of Population Studies, which was first established in 1968, carries out some studies on population and Migration. Afterwards, the Migration Research and Application Center, which was established at Bilgi University in 2005, carried out studies in the field of Migration. In recent years, the Population and Migration Research and Application Center (NU-GAM) at Celal Bayar University [5], the Migration Research and Application Center (MİREG) at Gediz University, and the Politics and Migration Research Center (HÜGO) at Hacettepe University have been working [17].

## 5. Findings Related to Problem

Most refugees are exposed to multiple traumas before Migration (such as traumatic experiences and past losses) and after Migration (such as the difficulties they face in the country of origin) that will adversely affect their mental health. As the pre-migration risk factors, the negative economic, educational and occupational situation in their own countries, political situations, social support, roles, and deterioration of the social network can be listed [11]. Accordingly, many refugees experience or witness traumatic events such as rape, torture, war, imprisonment, murder, physical injury, and genocide before leaving their country [14].

The risk factors during Migration are the route travelled, duration, exposure to difficult living conditions (for example, refugee camps), exposure to violence, disruption of family and social relations, uncertainty about the outcome of Migration, and traumatic experiences during their arrival to the country of asylum and their escape. After Migration, uncertainty about Migration or refugee status, unemployment and inability to be employed, loss of social status, family and social support, worry about family members left behind, as well as anxiety about reunion, language learning, cultural adaptation, and adaptation difficulties (For example, changes in gender roles) are other risk factors that negatively affect mental health [11].

### 5.1. Stress Factors Affecting Mental Health Negatively

**Pre-migration Stressors**

- Traumatic experiences
- Loss in family
- Being exposed to or witnessing violence

**Stress Factors During Migration**

- traumatic experiences
- Physical/psychological violence/harassment
- Difficult living conditions

**Post-migration Stressors**

- Uncertainty about the future (positive-negative results of the asylum request)
- Fear of social life (shelter, nutrition, not being able to make friends, etc.)
- Financial difficulties, unemployment
- Social loneliness
- Nostalgia
- Police discrimination against homosexuals by local people
- Challenging camp life
- Cultural barriers
- Language problem

- New roles and responsibilities

**Protective/Improving Factors for Mental Health**

- Approval of the asylum request
- Providing work/time
- Social support
- About their home, hometown and final return
- selective memories, dreams
- Prolongation of stay in the country (average 3 years)
- Education in their language
- Sense of security
- Living in the same environment as the people with whom they migrated
- Involving the family in treatment
- Psycho-education
- Therapy

In the study conducted by Buz [3] with the refugees from the Middle East who came to Türkiye in the last 20 years, it was determined that 99% of the refugees had problems in adapting to Türkiye and establishing social relations: Missing their old friendship relations the most (69.9%) , missing their home and neighborhood (66.9%), having difficulty in adapting because their financial situation in their country deteriorated (64.3%), having difficulty in adapting because countries are different (63.9%), not thinking that they can have a good life in the future (% 63.1), feeling powerless in solving their problems (61.9%), having difficulty in establishing new relationships with people (58.5%), talking only about asylum with their family (59.7%), fearing that their asylum request will not be accepted ( 58.1%, missing his country and situation there (57.9%), experiencing cultural difference (57.3%), feeling lonely (56.9%), not enjoying anything he does (56.3%), and It is stated that he has difficulty in understanding people (55.3%) because he does not speak Turkish and therefore has difficulty in expressing himself (57.5%). According to the results of the study conducted with asylum seekers, it is reported that individuals yearn for their mothers and seek their mothers' affection. They complain that the good days are over, the previous life, the life left behind, the longing for the past and regular life, the friends left behind, the free decision-making is a thing of the past, there is no one to lean on.

Anxiety, depression, psychosomatic symptoms, sleep disorders, attention deficit, suicide, agoraphobia and post-traumatic stress disorder (PTSD) are seen as mental disorders in asylum seekers/refugees [3];[13]. In post-traumatic stress disorder, insomnia, nightmares, frequent recollection of memories of the event, constant fear of repetition of the event and therefore feeling on the edge, easy startle, quick anger, inability to plan for the future, alienation (feeling that others do not understand me or what I am going through). There are signs of being restless and avoiding situations that remind of the event. These symptoms are seen in most people in the days following the trauma and usually resolve spontaneously within a few weeks, but they can last for months or even years as stress factors continue in asylum seekers. When their initial hopes and expectations are not realized, and asylum seekers lose their rights, depression, disappointment, and demoralization develop.

The most common symptoms of depression are reluctance, weakness, helplessness, low mood, sleep and appetite disorders, and not being able to enjoy life. Depression can occur for the first time after a psychological trauma, or it can be seen as a recurrence of depression in people who have had depression before [20].

According to Teodorescu [20], social cohesion and, poor social network, high unemployment cause psychiatric symptoms to increase and comorbidities to increase. The country where the refugees come from is unfamiliar for the first year or two, but after the second year, it becomes more familiar. As the length of stay in the country increases, there is an increase in adaptation. Despite the increase in language skills during this period, feelings of helplessness are still experienced, learning ability and mental health worsen [13];  PTSD, depression, anxiety symptoms, and general psychological problems are increasing. High-stress factors change after 3 years of living in the destination [20].

In this direction, it can be said that asylum seekers must spend at least 3 years in the country they go to in order to adapt. According to Stein [19], the "time-dimensional adaptation" of refugees to the country they migrated to may differ in "the first few months", "the first one or two years", "after four or five years", and "after 10 years". According to this, Refugees who face what they lost in the first few months make an effort to regain what they lost in a year or two. During this period, most of the refugees change their jobs and start to move from the districts where they originally resided to the districts where the refugees live intensely. After 4-5 years, refugees complete the adaptation process to a large extent.

Risk factors for mental health problems do not differ between men and women, but there are differences in coping with the problems and problems experienced. Studies have shown that women report more physical symptoms and psychological distress than men and more separation anxiety in men.

Gender difference is seen especially in somatic symptoms. Somatic symptoms in women include back, heart pain, dry mouth and throat, lack of energy, chest pain, choking sensation, pain in the whole body, heart palpitations, chills, frequent toileting, feeling of heaviness in the head, pain in the legs, stomach pain, feeling of weakness in the heart, It manifests itself as coldness in the hands and feet. It is also stated that women show more emotional outbursts, loss of sexual interest, crying, fainting, and easily frightened compared to men [16]. In the acute period after sexual violence and assault, victims are often in a state of shock. Feelings of guilt and having lost control of his life prevail. Difficulty in performing daily activities, feeling unsafe, depression, PTSD and suicide attempts are seen [3].

## 5.2. Differences in the Problems of Refugees by Gender

Let's look at the study of Merve İnaç named "Investigation of Conditions Affecting Mental Health of Asylum Seeker Women". We can find data on the living conditions of Syrian women refugees here. It has been seen that the reasons such as different clothing styles, different cultural behaviours and stances, as well as the fact that they came with a mass migration flow, caused the Syrian women to hesitate, thinking that the local people were uncomfortable with this Migration (Table 1).

**Table 1:** To look systematically, we can differentiate refugee problems based on gender

| Female Refugees | Male Refugees |
|---|---|
| Not feeling safe | Humiliation |
| Intensity and frequency of psychological distress | Economic difficulties |
| Violence, sexual abuse | Unable to share their problems |
| Get scared easily | Loss of social status |
| Emotional attacks | Long duration of treatment |
| Difficulties performing daily activities | Decision-making processes |
| More physical symptoms | Working under difficult conditions |

Syrian women stated that they were afraid of people's reactions, especially when they first came to Türkiye, and they did not want to leave the house, and they did not take their children outside. They stated that this situation took some time, and then they got used to the environment and that some of their neighbours helped them in the adaptation process. They said that they were affected spiritually; the uncertainties about where and how they would continue their lives caused mental distress and stress, "We don't know what we will be?" "Will we return?" "Will we stay here? We do not know".

They stated that the financial difficulties and other negative living conditions they experienced during their stay in Türkiye were the situations that most negatively affected them psychologically. Syrian women said that, apart from themselves, their children were also affected psychologically by the Migration. They shared that they were affected by situations such as the change in their children's lives, their uncertain future, their lack of education in their language, and the inability to meet their physical needs. Refugee women, especially talking about the fears their children experienced during the migration process, talked about their children's hypersensitivity to loud noises and aeroplane noises and said that even after they came to Türkiye, their children hide when they hear loud noises. They mentioned that the traumatic effects of the war on their children were also a situation that upset them.

Another group of our research is children. Since 44% of the refugees in the world are children under the age of 18, it is seen that the proportion of children among the refugees is high [10]. Children and adolescents are exposed to many environmental stressors and are more likely to be affected by stress than adults. The fact that children exposed to trauma in war are faced with uncertain life situations poses a high risk to their mental health. These risks are reported as losing their homes and dormitories while migrating, being separated from their parents, peers, extended family or caregivers, having their education interrupted, and witnessing the torture and death of family members. Risks during Migration are reported as separation from caregivers, exposure to violence, exposure to harsh living conditions (such as refugee camps), malnutrition, and uncertainty about the future [11]; [8].

Post-migration risks include difficulties with family adjustment, education in a new language, cultural adjustment (for example, ethnic and religious identity, gender role conflicts, intergenerational conflict, discrimination, and social exclusion at school or among friends) [11]; [8]. In a study examining 197 Syrian refugees between the ages of 9-12 and 116 (living in camps in Türkiye for more than 6 months) in Türkiye, 58% reported that they had experienced any stressful event that made them think their lives were in danger, and 61% were stressed. It is reported that he witnessed an event.

In a study examining Syrian refugees living in camps in Türkiye, it is stated that 4.4% of the youth need to go to a doctor because of their psychological problems after they come to Türkiye, and 2.6% of the children are given a psychiatric diagnosis by a doctor. Due to the frequent occurrence of domestic violence, conflict and marital conflict, children in refugee families

experience more physical and psychological problems than normal families. The family mentioned that problems can lead to a decrease in the self-esteem of adolescents and depression [13].

According to the results of Mustafa Köse's interviews with Syrian origin who participated in the forced Migration in Afyonkarahisar city and living as refugees, it was observed that those living within the provincial borders within the scope of temporary asylum were deeply affected by the war that started in their country both psychologically and financially. According to the results of the interviews with Syrian refugees, the problems of shelter, education, health, employment and adaptation are among the main problems.

When they first came to Türkiye, they could not find a job for a long time and had to migrate to different cities. In addition, some of the family members either did not participate in the Migration, some of them continued their lives in the Syrian lands where the war environment continues, or they had to immigrate to different countries, causing the families to be divided. Families directly feel the negative effects of war, both psychologically and economically. Many refugees interviewed state that the war environment causes families to be divided and children to stay away from education programs. In general, refugees stated that they had to work in different jobs outside of their profession in order to survive economically.

Many refugees have been and continue to be exposed to multiple traumas that will negatively affect their mental health. When the results obtained from the study "Percentages for the number of adults in need of psychosocial support among the adults in the Syrian guests' households" conducted by Afad in 2013 are examined, in general, 41.50 percent of the Syrian households have 2, 28.80 percent, and 9.40 percent. Three adults, 2,30 percent 4 and 2,30 percent 5 adults need psychosocial support.

The data in the dimension of the behaviour patterns of the receiving societies are as follows: the result of Migration mainly manifests itself as multidimensional social change and economic restructuring; people whose living conditions are changing often perceive newcomers as a reason for distrust; the widespread perception of society is that these people are taking their jobs, driving up house prices and placing an excessive burden on social services; that they are seen by society as the cause of unemployment, sickness and crime; It shows that the fear of losing his job and/or income level is one of the issues that make the society uneasy and lead to xenophobia.

According to Stanley [18], the success or failure of refugees in settling and adapting to the receiving country is affected by the attitudes of governments and societies in that country, immigration policies, settlement and support programs for immigrant refugees, and finally, the physical and mental health of immigrant-refugees depends on their facilitators for their health. As a result, it is important to evaluate, plan and treat refugees. Trauma victims should be sent to clinics, and holistic treatment, including their physical health, should be performed [20].

## 6. Conclusion, Discussion and Recommendations

Building trust in the approaches and treatment of refugees is one of the most important issues. In order for the refugee's treatment to progress healthily, attention should be paid to the situations that affect his behaviour and discourse. An intercultural basis is necessary for patient-doctor communication. Culture influences all manifestations of the disease and compliance, including the interpretation of behaviour and symptoms. Therefore, more than one source should be studied, and traditional doctors should evaluate refugees. The importance of social support should not be underestimated, and social support should be provided with various resources.

Education in their language and services from doctors from their own culture will allow early recognition and intervention of mental health problems. Since living in difficult conditions in camps and limiting their freedom of movement cause socio-cultural loneliness in adults and children and harm their psychological health, appropriate and adequate social support should be provided through various sources (such as non-governmental organizations and universities) in a way that does not harm their security needs. Various teams should be established to serve in the field of mental health; they should be trained to recognize mental health and trauma problems, and attention should be paid to the emotional exhaustion that will occur in these people.

We must take into account the sensitivities of the society in order for the society to accept refugees and for this to be permanent and not turn into hatred and hostility. In this context, we need to produce solutions that will ensure the integration of Syrian refugees. We must take into account the expectations of both communities.

At the beginning of these solutions, it is seen that the issue of education comes first. Considering education as the priority in terms of social cohesion is seen as a viable policy due to both meeting the demands of the Syrians and the high acceptance rate of Turkish society. In addition to the education of children and youth, education is an important issue that will facilitate social cohesion among Syrians, give importance and priority to Turkish language education, contribute to social cohesion, eliminate social exclusion, and eliminate the language barrier in working life. Adults need to know Turkish in order to stand on their own feet and find a job. The individual needs to gain language proficiency in order to express himself effectively and to express his problems easily.

With the removal of the language problem, problems such as the inability to express oneself, social exclusion, not being able to make friends, not being able to find a job and work, and not being able to continue their lives will disappear, and many factors will change in this way.

Some of the work that can be done is to take necessary precautions and follow-ups on sexual abuse and gender-based violence, to provide and disseminate the necessary psychiatric help, to increase rehabilitation centres for all asylum seekers who have experienced psychological trauma, to start an education campaign for school life and peace against the effects of war, to respond to educational needs. To determine the needs in the education process, to try to meet the needs of educational institutions, and to prepare special programs for children in conflict.

Taking necessary precautions and follow-ups in terms of sexual abuse and gender-related violence, providing and expanding the necessary psychiatric help, increasing rehabilitation centres for all refugees experiencing psychological trauma, initiating an education campaign for school life and peace for the effects of war on the minds, identifying the needs in the education process in order to respond to educational needs, trying to meet their needs by educational institutions, and preparing special programs for children in conflict situations are some of the studies that can be done.

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