

**PSYCHOSOCIAL PROBLEMS AMONG RETURNEE MIGRANTS  
IN THE CASE OF SHINSHICHO TWON .**

By: Mekonnen Samuel



**JIMMA UNIVERSITY  
COLLEGE OF EDUCATION AND BEHAVIORAL SCIENCES  
DEPARTMENT OF PSYCHOLOGY**

Advisors:

Main Advisor: Getachew Abeshu (Ph.D.)

Co-Advisor: Ermiyas (MA)

AUGUST, 2021

JIMMA, ETHIOPIA

JIMMA UNIVERSITY COLLEGE OF EDUCATION AND BEHAVIOURAL  
SCIENCES

DEPARTMENT OF PSYCHOLOGY

A THESIS SUBMITTED TO THE DEPARTMENT OF PSYCHOLOGY SCHOOL OF  
POSTGRADUATE PROGRAM JIMMA UNIVERSITY IN PARTIAL FULFILLMENT  
OF THE REQUIREMENTS FOR THE DEGREE OF MASTER OF ARTS IN  
COUNSELING PSYCHOLOGY

**Advisor approval sheet**

The thesis entitled “**psychosocial problems among returnee migrants in the case of Shinshicho Town.**” is original work done by student Mekonnen Samuel under our full guidance and advice. The interpretations put forth are based on his reading and understanding of the original work and it is not published anywhere in the form of books or articles.

_____	_____	_____
Main- advisor	Date	Signature
_____	_____	_____
Co-advisor	Date	signature

JIMMA UNIVERSITY COLLEGE OF EDUCATION AND BEHAVIOURAL  
SCIENCES

Approved by board of examiners

_____	_____	_____
Advisor	Date	Signature
_____	_____	_____
Examiner	Date	Signature
_____	_____	_____
Chair person	Date	Signature

# Table of content

Table of Contents ..... **Error! Bookmark not defined.**

Declaration.....iv

Acknowledgement..... iv

Acronyms..... x

Abstract ..... iv

CHAPTER ONE..... 1

1. INTRODUCTION ..... 1

    1.1. Background of the study ..... 1

    1.2 Statement of the Problem ..... 5

    1.3. Research Questions ..... 6

    1.4. Objectives of the Study..... 6

        1.4.1. General Objective ..... 6

        1.4.2 Specific Objectives ..... 6

    1.5. Delimitation of the study..... 7

    1.6. Significance of the study..... 7

    1.7. Operational definitions of terms ..... 7

    1.8. Limitation of the Study ..... 8

    1.9. Organization of the paper ..... 8

CHAPTER TWO..... 9

2. REVIEW OF RELATED LITERATURES ..... 9

    2. 1. Migration in East Africa ..... **Error! Bookmark not defined.**

    2.2. Return migration ..... 9

2.3. Psychosocial problems of migrant returnees and sending Families of Migrants.....	10
2.4. Psychological problems of returnee migrants.....	12
2.5. Psychosocial problems of returnee migrants.....	13
2.6. Strategies used to handle psychosocial problems of returnee migrants.....	13
2.7. Theorizing Returnee Migration .....	14
2.7.1. Neoclassical economics .....	15
2.7.2. New Economics of Labor Migration (NELM): .....	15
2.7.3. Structural theory: .....	16
2.7.4. Transnationalism theory:.....	16
2.8. Summery of the literatures .....	17
CHAPTER THREE.....	18
3. RESEARCH METHODOLOGY .....	18
3.1. Research Design .....	18
3.2 The Study Area .....	18
3.3. Population of the study .....	20
3.4. Sources of data .....	20
3.4.1. Primary data .....	20
3.4.2. Secondary source .....	21
3.5. Sampling techniques and Sample size.....	<b>Error! Bookmark not defined.</b>
3.6. Data collection tools.....	21
3.6.1. Questionnaire .....	21
3.6.2. Interview.....	21
3.6.3. Focus Group Discussions (FGDs).....	22
3.7. Validity and reliability .....	22
3.7.1. Validity .....	22

3.7.2. Reliability .....	22
3.7.3. Pilot Study.....	23
3.7. Data Collection Procedures .....	23
3.8. Method of Data Analysis and Interpretation .....	23
3.9. Ethical consideration .....	23
CHAPTER FOUR.....	25
4. DATA ANALYSIS ,AND PRESENTATION.....	25
4.1. Socio background of study participants .....	25
4.2. Major psychosocial problems of returnee’s migrant experience .....	25
4.3.Psychosocial impact on migrant returnees and family .....	27
4.4 . Alternative measures to be taken to improve the situation and tackle the problem.....	31
4.5. Discussion .....	33
CHAPTER FIVE .....	35
5. SUMMARY, CONCLUSION, AND RECOMMENDATION.....	35
5.1. Summary.....	35
5.2. Conclusion .....	37
5.3. Recommendation .....	38
References .....	39
Appendix I.....	43
Appendix II.....	45
Appendix III.....	47
Appendix III.....	52
Appendix IV.....	54
Appendix V.....	55



## **Declaration**

I, Mekonnen Samuel , here by declare that this MA thesis entitled “**Psychosocial problems of returnee migrants in the case of Shinshicho Town Administration**.” is my original work and was carried out by me for the degree of Master of art in counseling psychology under the guidance and advisory of Dr.Getachew Abeshu and Ermiyas college of education and behavioral science Jimma University, Ethiopia. The interpretations put forth are based on my reading and understanding of the original work and they are not published anywhere in the form of books, or articles. Other books, articles and websites, which I have used, are accordingly acknowledged at the respective place in the text. For this thesis, no degree, diploma, or distinction has been conferred on me before, either in Jimma Universit or in any other University.

Name \_\_\_\_\_

Signature \_\_\_\_\_



## **Acknowledgement**

First of all, I would like to express my deepest gratitude and appreciation to my main advisor Getachew Abeshu (Ph.D.) and my co-advisor Ermiyas(MA) for their supportive comments, ideas, and their unreserved willingness to help me during the course of this study. Samples who participated in this study deserve appreciation for their volunteer participation, for their patience to complete the questionnaires, interview and for their contribution in this study generally. I would also like to express my gratitude to friends for their ideas, comments and interest to help me as well as for their practical support through the study. Lastly, my family and best friends those who were with me in this time really deserve my recognition.

## **Acronyms**

APA: American Psychological Association.

HIV /AIDS : Human imuino Virus / Acquired Imino difficiancy syndrome .

ICMPD : International Convention on the protection of the Migrants Right .

ILO: International Labor Organization.

IOM : International Organization for Migration.

KSA: Knowelage Skill Abilities.

NGO : Non Govermental Organzationtion.

RSA: Republic of South Africa.

SNNPR : South Nation Nation Peoples Region. .

TIP : Trafficking in Person Report .

TVET : Technical Vocational Eductional Traning .

UNHCR : United Nation Higher Commissioner for Refugees.

## **Abstract**

*The main purpose of the research was to assess the psychosocial problems of returnee migrants in Shinshicho Town Administration, South Nation and Nationalities of people Regional State. This study employed a mixed research approach using descriptive survey design. The data were collected through in-depth interviews, document review, and Focus Group Discussions that analyzed using a thematic and independent t-test analysis techniques. The participants of the study were selected simple random sampling with purposive sampling techniques. The results of this study reveal that most of the returnee migrants faced psychosocial problems such as depression, stress, discrimination and social stigma. In addition, insufficient finance to start their own business, misuse of the money they brought from abroad, and lack of proper support from the community, government and other stakeholders. As a result, the majority of the returnee migrants are found in feeling hopelessness as well as in unsecured life style because of poor acceptance from their family and their community as well. Moreover, the finding of the study indicated most of the returnee migrants found in the feeling loneliness, feeling of guilt and the feeling of being rejected by the around community. Conclusively, Most of the reintegration and support programs lack well-designed strategy/plan, and budget, Finally, local NGOs and counselors found in Shinshicho should plan reintegrational counseling for the returnee to promote the healthy life style among the returnees.*

**Key words:** *Shinshicho Town; returnee migrants ; psychosocial problems*

# CHAPTER ONE

## 1. INTRODUCTION

### *1.1. Background of the study*

Migration is defined as the temporary or permanent move of individuals or groups of people from one geographic location to another for various reasons ranging from better employment possibilities to persecution (Hagen –Zanker, 2008). It usually takes place at a variety of scales: intercontinental (between continents), intracontinental (between countries of a given continent), interregional (within countries). Concern over human migration grows from time to time as a result of the completion of human existence and rapidly changing socio-economic situations. Ethiopia is one of the African countries whose spatial movement, whether voluntarily or coerced, has had a significant impact. Social, political, and economic considerations all contribute to migration (Birhan, 2011).

Some classic literature suggested that migrants were pushed by poor income in their home countries or regions and drawn by better opportunities in more prosperous ones (Lee 1968; Harris and Todaro, 1970).

The Horn of Africa accounted for 3.02 percent of the global total. Ethiopians made up the majority of the estimated 17,000-20,000 people who enter South Africa each year. Their migration is complicated for a variety of reasons. For example, acute poverty, land scarcity, a lack of job prospects for young people, big family sizes, parent deaths, and domestic violence.

Despite the enormous benefits, Ethiopian migrant workers encounter several difficulties throughout their travel, in their destination countries, and upon their return, particularly when moving irregularly and being trafficked or smuggled (ILO, 2017). In Ethiopia, approximately 4,077 migrants died or went missing in 2014, with this number rising to 7,763 deaths in 2016. (2017).

According to Regional Mixed Migration Secretariat Report in 2011, at least 75,000 Ethiopians traveled irregularly and in 2012 an estimated 84,446 Ethiopians made their way to Yemen. Criminal gangs along the Red Sea coast of Yemen continue to hold migrants

hostage for payoff. There are also continued reports of a female being subjected to rap during the sea journey. The 2013 report of RMMS revealed that approximately 3,000 women held by smugglers in Haradh over the past year were raped, many of them repeatedly.

The number of international migrants globally in 2019:272 million (3.5% of the world's population). From those migrants 52 percent were male and 48 percent were female and also 74 percent were of working age (20-64), ("IOME REPORT," 2020, P.3)

Huge number of men and women from all parts of the country are trafficked and smuggled to South Africa, Western Europe and Saudi Arabia through various transit points for low skilled and unskilled labor. There are quite large number of people smuggled and trafficked to Israel via Sudan and Egypt crossing the barren desert of Sinai.(Rijken, Meron & Reisen, 2012).

Sub-Sahara Africa has led to increasing migration movements from countries in the region in recent decades towards other countries and region in search of better opportunities. Since 2010, eight of the top ten countries of the world with the fastest – growing international migration rate were in sub-Saharan Africa (Truong et al 2014). As well a large number of migrants from East Africa were transported by illegal broker's ties along the vast border shared by many countries and it has a significant share of male migrant workers(48.6percent male,51.4percent female),(WMR 2017).

Ethiopia is challenged by different migration patterns and dynamics, which have significant political and socio-economic remfiction for the country(IOM, 2008). Several things have been said about the migration of Ethipian female to the Middle East countries (Abdu, 2009; Girum, 2010). A study conducted by the ILO(2016)show that despite the substantial benefits, Ethiopian migrants face several challenge during their journey, in the destination country, and upon their retrun especially when migrating irregularly or being smuggled or trafficked. Most of the young adult who migrate to RSA are economically active and are heading in pursuit of the dream of capturing the green pasture there.

In Ethiopia , the problem is widely observed in two Zones of the southern parts namely in Hadiya and Kambata –Tembaro Zone (Messay,2005, Sinedu,2009). Most of the young adult who move irregularly to RSA had suffered several problems among them are being smuggled , physical abuse, human right violation(in some cases even death) as well as robbery(Messay,,2005)—though returnees are better off.

As a result , many people end up experiencing torture, rape , kidnapping , death ,removal of their organs, and other dehumanizing effects in their life (US State Department TIP Report,2012). Those who survive these problems end up with severe mental health problems which complicate their entire life after return to home(Meskerem, 2011)

Migrant returnees in Ethiopia have not organized themselves because of weak civil society in the Country and lack of networks with returnees from various countries( Emebet, 2002). The return and reintegration of migrant domestic worker have to encompass wide ranging support that includes: legal, social, financial, and skill-related support.

The provision of services should aim at enabling the returnees to have access to the labor market(ILO,2003). According to the findings of various studies and assessment report including the ILO need Assessment of KSA returnees (2014), the majority of the returnees return empty-handed because of the usage of their salary for consumption and remittances.

Many returnees also experience severe hardships during their stay in transit countries and during return , which caused medical and psychological problems. The complications the returnees undergo may become severe in circumstances where there is a lack of treatment, families and the local communities fail to understand their experiences( Kleist & Bob-Milliar,2013).

Psychosocial well being accentuate how deeply the instrumental (economically) driven emotional dimension of migrants life to intersect and complement each other (Beccoagin and Baladasar, 2015). One's inability to provide financially for one's family to

frustrate or distress over declining family care peer pressure and family or community misconception can lead to social isolation and thus an inability to take up employment, forming a problematic cycle of aggravation. Stigma and accusation of blame from families because of unfulfilled expectations may lead to failure of support and reassurances (Atinafu and Adamek, 2016).

. According to the findings of various studies and assessment reports including the ILO Need Assessment of KSA returnees (2014), the sudden and unprepared nature of forced repatriation, and with little or no reserve position, the seamless reintegration of these returnees has been painfully slow and largely unaddressed. According, returnees face severe difficulties, particularly in terms of decent livelihood opportunities and reintegration into the Ethiopian labor market

Almost all (95%) of the Kambata-Tembaro and Hadiya Zone migrants are traveling to the Republic of South Africa and the Middle East through illegal means (ILOM 2011) as cited in Assefa Mekebo, 2017). Most of them returned migrants empty-handed and have faced different economic and psychological challenges (IOM Special Liaison Office in Addis Ababa, 2013). Therefore, this study explored the psychosocial problems of returnee migrants who returned from different counties to SNNP, Kambata Tembaro Zone Shinshicho Town administrative.

In Senegal, return migration has also been the focus of policy interest, with authorities advocating the repatriation of financial resources, emphasizing the potential of migrant investment to promote economic growth. Many people from Eastern Africa are leaving their homes for multiple reasons. The Horn of Africa has unique migration challenges. Every month thousands of irregular migrants and asylum seekers attempt to cross borders to escape conflict, drought, and economic difficulties. In the process, many regularly perish or disappear. The situation is becoming worse for Ethiopia (IOM, 2008). Ethiopia centrally located in the Horn of Africa, Ethiopia has developed into a major transit point or “migration hub” along the Eastern African migration routes both for transit migration and irregular migration movements. Addis Ababa is said to be a hub on two land routes of which one leads from the Horn of Africa via Sudan, Chad, and Libya to the Mediterranean Sea and the other through Somalia to Yemen across the Gulf of Aden.

Ethiopia's Bole International Airport is also reported to be a hub of transit and irregular migration on the air route leading to Europe, including irregular migration flows from Asia transiting through Africa (ICMPD, 2008).

## ***1.2 Statement of the Problem***

Many Ethiopian migrants who live unofficially in South Africa have had their businesses looted, robbed, victimized, and forced to close. Furthermore, a migrant may face limited job opportunities and low pay. As a result, migrant families who pay a high price for illegal drug dealers have faced numerous social and economic challenges (Balayneh and Sagar; Spel, 2017).

After overcoming these challenges, returnees from various countries, particularly those in the Middle East, return home with a variety of physical, psychosocial, and health issues. Furthermore, migrants return home with unpleasant memories and anger after being subjected to inhumane treatment, violations of their fundamental human rights, and being psychologically unhappy.

In the worst-case scenario, the migrant is deported back to his or her home country without earning money for his or her family, or dies in transit (Jureidin,2010 & IOM,2010). Those who have been traumatized require specific assistance, yet there are just a few organizations that provide counseling and rehabilitation for victims. Existing research in Ethiopia has looked at mechanisms of trafficking, migratory worker profiles, and the consequences.

Different academics did several investigations on the subject of illegal migration in the kambata Tembero and around the country. For example, Teshoma Desta (2010) did a study on the causes and repercussions of young adult illegal migration from Southern Ethiopia to the Republic of South Africa in the Kambata and Hadiya Zone.

. Many studies, including the one stated above, have used a qualitative approach to investigate the psychological difficulties of migrant returnees; however, this study used a mixed-method approach to bridge a methodological gap by attempting to investigate the psychosocial problems of migrant returnees.



Also, previous studies focused solely on male or female migrants who migrated to RSA and the Middle East, whereas my study includes both male and female returnees from other countries in ShinshichoTown Administrative District. Furthermore, several studies failed to address the psychosocial problems of migrant returnees. This demonstrates that there is an empirical void in migration research. These were the motivating factors for me to perform this research. The study looked at the psychosocial problems of migrant returnees that had not been studied by previous researchers. Based on this reality this study tried to answer the following research questions.

### ***1.3. Research Questions***

1. What are the major psychosocial problems of the returnee's migrant experience?
2. To what extent psychosocial problems affect returnee migrants and their family's life?
3. Is there a statistically significant difference in experiencing psychological problems among gender?
4. What alternative measurement can be taken to improve the situation and tackle the problem?

### ***1.4. Objectives of the Study***

#### ***1.4.1. General Objective***

The general objective of this study was to explore the psycho-social problem of returnee migrants in Shinshicho Town Administration Kambata Tembaro Zone, SNNPR, Ethiopia.

#### ***1.4.2 Specific Objectives***

**The specific objectives of the study were to:**

1. Assess the major psychological problems of returnee migrants
2. Examine the extent of psycho-social problems that affects return migrants' and their families' life
3. Check whether there is a statistically significant difference in experiencing psychosocial problems among gender

4. Suggest alternatives intervention taken to mitigate the psychosocial problem of migrant returnees

### ***1.5. Delimitation of the study***

The study was delimited geographically and conceptually. Conceptually, the study was delimited to explore the psychosocial problems of returnee migrants. Moreover, conceptually the study aimed to assess the psychosocial problems that affect returnee migrants over the course of their life. Geographically, the study was delimited to Shinshicho Town Administration which is found in South Nation, Nationalities and peoples of Ethiopia.

### ***1.6. Significance of the study***

This study is significant to the return migrants, counselors, and researchers. The direct beneficiary of the study is Shinshacho returnee migrants because the study address about the impact of psychosocial problem on the life of returnee migrants to the concerned body who are responsible in giving solution for stated psychosocial problems by the study. Also, Counselors may get some hints on how to deal with the problems that aggravate psychosocial problems in the life of returnee migrants. Finally, this study can show the way and put some material for other researchers who are interested in similar research.

### ***1.7. Operational definitions of terms***

- **Psychological problems:** A psychological problems that faced returnee migrants such as depression and post-traumatic stress disorder
- **Social problems:** refers to social-related problems that hinder the life of returnee migrants
- **Returnee migrants:** refers to those individuals who return to their hometown after migration
- **Psychosocial problem:** the integration of psychological and social problems that returnee migrants faced in their life time.

### ***1.8. Limitation of the Study***

There were some limitations in this research. It was very difficult to get returnee migrants' consent they need only financial support and they were asking what kind of benefits they obtain before giving their consent. It was also very difficult to get consent from the labor and social affairs office because they link the problems of returnees with political issues and they were not interested to give genuine information except NGOs to get financial and materials support from them.

Also, respondent's willingness was little to sit together and make a discussion in FGD and interviews because of fear of Corona Virus ( COVID 19) transmission. To overcome this, the researcher creates awareness for the study participants and facilitating the way of getting data from the participants without violating the WHO principles to control the spread of the disease.

### ***1.9. Organization of the paper***

The study is divided into five chapters. Chapter one of the study discusses the background of the study, statement of the problem, objectives of the study, significance of the study, delimitation of the study, limitation of the study, operational definition of terms, and. Chapter 2 reviews the international and national kinds of literature on psychosocial problems of returnee migrants. Chapter three of this study describes the research design, study area, population of the study, sampling system and sample size, instruments of data collection, validity and reliability of the study, procedure of data collection, and method of data analysis. The analyses and discussion of two sets of data (quantitative data and qualitative data) that were generated by the study were presented in chapter four. Finally, Chapter 5 presents a summary, conclusion, and recommendation of study result

## **CHAPTER TWO**

### **2. REVIEW OF RELATED LITERATURE**

Now a days, migration is becoming volatile and complex as a result of globalization that is happening globally. As a result, there are various patterns of migration in which migrants pass through where rural to urban migration and labor migration are the most significant migration patterns (Danziger, 2009). This chapter overview a review of the literature on psychosocial problems of returnee migrants, and some of the strategies that are being used to mitigate this problem. The word migration is a holistic term that has different definitions. Different scholars and institutions forward different definitions for it. For example, IOM (2011, p. 62), defines the term migration as “a process of moving either across an international border or within the state” which includes any kind of movement of people whatever its length, composition, and its causes. Returning migrant workers often return home after having faced severe abuses, traumatic situations, or other serious events. Human migration is an old development that dates back to the earliest times of human history. In recent times, emigration and immigration continue to provide countries, societies, and migrants with many blessings.

#### ***2.1. Return migration***

At first glance return migration appears to be a simple phenomenon of migrants returning to their country of origin. However, further investigation reveals the complexities of return migration in terms of definition, categorization, reintegration, and the ability of migrant returnees to impact development in the country of return (IS Academy, 2012).

Migrants who either used legal or illegal means to get to the Kingdom of Saudi Arabia have usually been at risk of abusive treatment; the Kafala (sponsorship) system of the country gives all power to employers (Human Rights Watch, 2015).

### ***2.3. Psychosocial problems of migrant returnees***

The migration flow in Ethiopia is both in regular and irregular patterns. Irregular and regular labor migrants from Ethiopia travel towards a wide range of destinations. Ethiopia centrally located in the Horn of Africa, Ethiopia has developed into a major transit point or “migration hub” along the Eastern African migration routes both for transit migration and irregular (ICMPD, 2008). The journey in significant numbers to South Africa through Moyale and Kenya. (ILO, 2011 as cited in Woldamlak, 2014).

There are more than 80 ethnic groups in Ethiopia but the irregular migration to South Africa is dominated by Kembata and Hadiya ethnic groups from the southern part of the country. Once upon a time, a person from Ethiopia was an Ethiopian ambassador to South Africa. Whose birthplace is from Kembata-Tembaro zone, created job opportunities for some youth from his birthplace when he was serving in his offices in the Ethiopian Embassy in South Africa.

Migrants often move on to secondary and third locations in what is often a long migration process, largely conducted irregularly and with the help of migrant smugglers. UNHCR (RMMS, 2013 as cited in Woldamlak, 2014). Due to their irregular migration, many returnee migrants face several problems during migration and after return back home from the unsuccessful journey of the Republic of South Africa. Among the problems reported by returnees are psychological trauma (6.7 percent), physical disability (3 percent), and other chronic health problems (4 percent) (ILO, 2014, p. 27).

The return often comes with considerable loss of face because of the failure. (Kunuroglu, F., van de Vijver, F., & Yagmur, K. (2016). Returnees often face high levels of stigma upon their return to their countries of origin. Although not always the case (McMillan, 2011), they are sometimes seen by communities of origin or their own families as failures and as criminals, despite any evidence to this effect (Barrios & Brotherton, 2011). They typically face employment difficulties and feel demoralized (Barrios & Brotherton, 2011). This demoralization seriously affects the psychological and social state of returnees. As a result of the employment challenges and inability to fulfill the provider role, as well as the stigma, shame, and depressive symptoms, were many

returned migrants' problems (Dreby, 2012). Deportation increases the risk for physical and sexual assaults, and increased prostitution in the context of financial insecurity and ineffective law enforcement (Robertson, et al., 2012).

Chronic poverty is what propelled many to migrate or send their children to find work abroad, the mass migration has left families, and in turn, their communities spiraling deeper into poverty. Families had to sell off their cattle and other means of lito send their young off with a broker. As a result, these families go without any means of generating income. Instead, they wait until their child migrant sends money home. In worst cases, the migrant is immediately deported back without making money for the family or has died along the way (Jureidini, 2010 & IOM, 2010). This deportation back to home and financial lose have a series of psychological and social impacts on migrants' returnees' and their family life. As a result of this migrant returnees' may have feeling hopelessness, low self-esteem, preferring being alone, and sometimes suicidal thought the develop and family conflict or divorces. Families of migrants are negatively affected by migration in many ways. For one thing, the high number of trafficking victims has resulted in a continuous stream of dead bodies being returned home to be buried by family (Emebet, 2002).

The migrant-sending families expect sending their children to foreign countries as a means of generating income. But some captured by police put in jail in way of the journey then the several inhuman treatment because of illegal migration. Due to this life miserable event returnees release out from prison and returned back to home then they developed a psychological problems like refusing social communication with anybody and back pain.

Return migrants face the challenge of adapting to original societies and identity is the center of this adaption process. Unsuccessful migration experiences impacts in three aspects of a person's 1) how individuals perceived by others; 2) interiorized societal factors such as role and social expectations 3) how the person ultimately views him or herself in terms of individuality.

Migrants returnees experience these challenge to their identity not only during transit and upon arrival at their destination, but also during the process of returning and readapting to their communities of origin. Returnees often experience exclusion in multiple places. In Europe they are often defined as ‘African’ and ‘immigrant’ outsiders, while people in their country of origin may criticise them for having lost their culture and their understanding of local realities. Also, people who return after having escaped conflicts or deep economic insecurity are often condemned by those who have stayed behind – named as disloyal opportunists who escaped the hardships only to take advantage of the new opportunities when they arise (Grabska 2014; Stefansson 2004). Return, returnees and stayers dominant conceptualisations of ‘return’ and ‘returnees’ tend to reinforce sedentary and essentialised understandings of migration, identity and belonging. Moreover, they also reflect a mismatch between policy makers’ objectives and the realities of ongoing transnational movements of people.

#### ***2.4. Psychological problems of returnee migrants***

Another scholar Piracha (2015) stressed that many returnees are astonished by the paperwork and the bureaucracy that accompanied the setting of obtaining permits for a task or simply an appointment with the relevant city officials; they were also discouraged by the red tape, bribery, and corruption that characterized the public service. In contexts with high expectations regarding the economic outcomes of migration, the shame of returning emptyhanded can be almost unbearable. Therefore some involuntary returnees choose to isolate themselves or ‘hide’ in larger cities to avoid gossip and social degradation. Furthermore many deportees and emergency returnees suffer from health problems, post-traumatic stress, depression or other (mental) health issues which may deteriorate further in circumstances of a lack of treatment, social stigma or isolation, or if their families and local community do not understand or believe their experiences. Peer groups within which returnees can share their experiences and possibly convey them to the rest of the community as well as wider communication of returnees’ situations can be useful. Likewise access to psychosocial counseling, health care, and mental health treatment is important.

## ***2.5. Psychosocial problems of returnee migrants***

Returnee migrants face several challenges/problems after they return to their country emanated from their family, marriage partners, and the community as well as government officials. These include bad governance in government offices, social exclusion, and stigma in the society, economic and infrastructural problems. For further elaboration, the researcher classified those problems into governance-related problems, socio-cultural, and economic-related problems. According to Kuschminder (2013), returnees are shamed by residents due to their incompatibility with the home culture, the way they act, and their fashion choice. Also, they are not afraid of anything and they are far from the local community's expectations. As a result of this, as expressed by Kuschminder the returnees face social exclusion and stigma. Also, other scholars Åkesson and Eriksson, (2015) also argued that the sociocultural capital of returnees developed when they were abroad was mostly seen as threatening to society at home. Due to this, the societies do not accept the new culture that is adapted by returnees rather they stigmatize them. Social isolation and marginalization are frequently other difficulties for involuntary returnees. Return migrants who have lived for many years abroad, especially, those who have maintained little contact with their families and friends in their countries of origin, may find themselves with limited social networks and without up-to-date knowledge of how 'things are done' locally.

## ***2.6. Strategies used to handle psychosocial problems of returnee migrants***

Coping skills were also in evidence, however, including spiritual sources of coping, maintenance of friendships with other Ethiopian women, and reassertion of one's cultural identity. Spiritual sources of coping were found to be an important coping mechanism among East African migrants in Australia IOM (2014).

Ethiopian migrants were detained and repatriated by Middle East countries because numerous restrictions have been imposed in their legislation of new labor law to maintain the highly privileged position of their nation. Though it is so difficult to determine the reliable data about the static number of migrant returnees, 181,218 migrant returnees from Middle East countries were deported through Bole International Airport as



of January 18/2014 among whom 49,418 migrant returnees were from the Amhara region (Beck AT (1997)). And it was believed that the majority were likely trafficking victims. Many deportees reported that they returned empty-handed and not having repaid debts to those who smuggled them, many, particularly female trafficking victims, were referred to care and rehabilitation centers due to severe traumatization and physical abuses Beck AT (1997).

## ***2.7. Theorizing Returnee Migration***

Within the Asian region there is a major focus in policy debates and analyses on the economic dimensions and outcomes of migration. Pull factors in Southeast Asia included the growing economic opportunities in the region, the opening up of hinterlands, and the expansion of mineral and agricultural export production. Unrestricted migration policies; the absence of border controls; improvements in transportation technology and falling transport costs facilitated this migration. The bulk of the migrants were in no position to meet their travel and related costs, which were either met by labour recruiters or future employers.

Prior to the sixteenth century, migratory movements within the Southeast Asian region were relatively small scale in nature and limited in geographic scope. There was significant mercantile or religious travel involving Chinese and Indians in the region, which predated the arrival of European commercial interests. Chinese and Indian traders were also prominent in Southeast Asia's leading regional entrepôts and, although trade was small in volume, it was a source for the transmission of ideas, new products and technologies, and migrants. Migration within Southeast Asia was basically of four kinds: migration into empty land; migration from rural areas to town and industry; migration to government-sponsored agricultural settlement projects outside densely populated areas; and migration from the poorer, and overpopulated regions to 'richer' countries.

In the seventeenth and eighteenth centuries, as Southeast Asia's trade continued to grow, Chinese had begun to settle in Southeast Asia in sizeable numbers, especially in places where there were favourable economic opportunities. For example, Chinese were active in tin mining in Banka and Belitung during the seventeenth and eighteenth

centuries, and in gold mining in Kalimantan in the eighteenth century. This focus reflects the developmental status of the region where countries are striving to catch up with the more developed, western industrialised countries. In the case of those Southeast countries such as Malaysia which have already begun to extensively restructure their economies, the need for additional labour to continue the process and achieve their economic objectives is a major priority, even if it at times comes into collision with other social and welfare objectives for the host country population. Even if returnee migration is the new and contested concept of migration different scholars try to theorize it but the most well-known scholar in this field is, Cassarino. The major theories of returnee migration as identified by Cassarino (2004) include:

### ***2.7.1. Neoclassical economics***

Returnee migration is viewed as the outcome of a failed migration experience which does not yield the expected benefits. Returnee migration exclusively involves labor migrants who miscalculated the costs of migration and who do not reap the benefits of higher earnings. Returnee migration occurs as a consequence of their failed experiences abroad or because their human capital was not rewarded as expected. According to this theory, migrants want to move to the country of immigration as long as there exists an international wage differential; hence, return migrants are considered a failure if they return to their place of origin. Within this framework, migrants return home if they fail to derive the expected benefit of higher earnings at the destination (Thomas, 2008).

### ***2.7.2. New Economics of Labor Migration (NELM):***

New economics of labor migration views returnee migration as the logical outcome of a “calculated strategy”, defined at the level of the migrant’s household, and resulting from the successful achievement of goals or target. It views return as the natural outcome of a successful experience abroad during which migrants met their goals. Consistent with the economic importance of migration there has been increasing attention given to the development of conscious policies to regulate population flows.

While temporary labour migration is the dominant form of migration in Asia, political unrest has also meant the growth of local and international refugee populations seeking entry and asylum. Asian nation-states have had to consider how to respond to these flows. Second, although poverty is not the principal determinant of migration, many migrants from Indonesia and the Philippines bound for Malaya and elsewhere come from very poor areas such as Lombok in Indonesia. But they are not from the ‘poorest’ category, as they have to put up substantial amounts of money to get to their destinations. The second factor is related to the maturing of the labour markets in Singapore and Malaysia, coinciding with relatively high labour force participation rates of women, and general labour shortages in these countries. This in turn has created an increased demand for domestic work and childcare services, which has been met by migrant women workers from the lower income Southeast Asian countries. Thus the specific labour needs in the receiving countries for domestic workers largely shaped and continue to shape women’s migration in Southeast Asia.

**2.7.3. Structural theory:** argues that return is not solely analyzed with reference to the individual experience of the migrant, but also with reference to social and institutional factors in countries of origin. The returnees’ success or failure is analyzed by correlating the “reality” of the home economy and society with the expectations of the returnee.

**2.7.4. Transnationalism theory:** argued that the migrants’ subjective perceptions of homeland and their self-identification have a bearing on their decision to return and the process of reintegration. It also contends that if readjustment does not take place, the returnee may contemplate re emigration. For further information, those theories of J. P. Cassarino are summarized as follows in the table below. Among these theories, in this thesis, the researcher gave a higher emphasis on the structuralism theory. This theory enables to understand the social, cultural and institutional factors which affect the economic security of returnees in combination with returnees experience abroad.

## ***2.8. Summery of the literatures***

This chapter contains introduction to migration, migration in East Africa, return migration, psychological problems of returnee migrants, social challenges of returnee migrants, strategies to handle psychosocial problems of returnee migrants and theories of migration.

## **CHAPTER THREE**

### **3. RESEARCH METHODOLOGY**

#### ***3.1. Research Design***

A research design is an inquiry plan, structure, and technique that is used to find solutions to research questions or problems. The researcher adopted a descriptive survey design mixed approach for this research because it is appropriate for the amount of time available to complete the investigation.

#### ***3.2 The Study Area***

The study was conducted in South Nation Nationalities and Peoples Regional (SNNPR) State which is found in Kembata Tembaro Zone and organized with eight Rural Weredas and three Town Administration. The Zone is bordered on the South by Gurage, on the east by the Alaba Zone, and on the southeast by an exclave of the Hadiya Zone. Kembata Tembaro zone has a total population of 1,080,837, of whom 536,676 are males and 544,161 are females with an area of 1,355.89 square kilometers. Durame is the zonal capital and is located 130 km away from Hawassa. The specific setting of this study were carried out in Shinshicho Town Administration in Kambata Tembaro Zone .

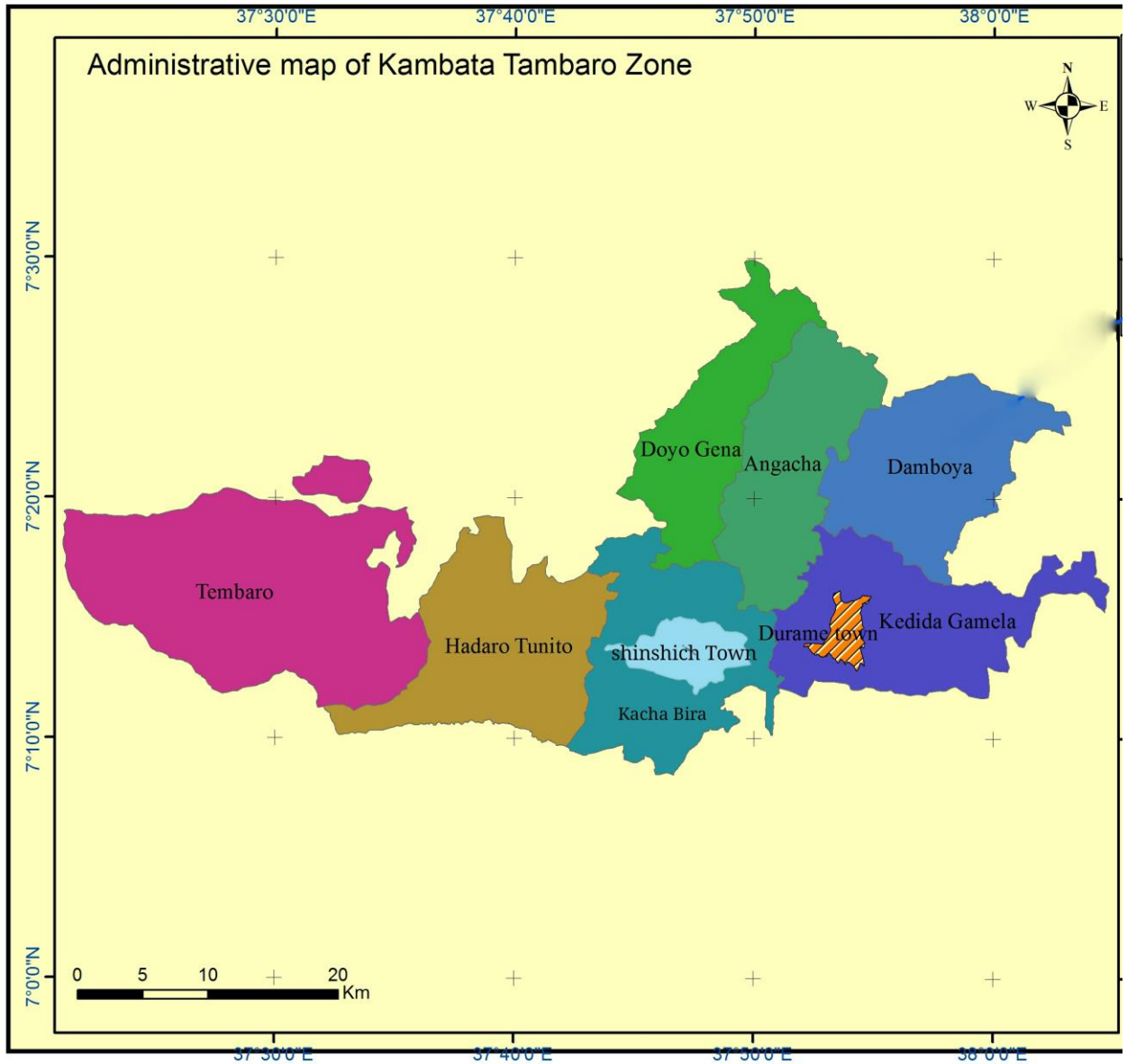


Figure 1.1 Study area maps

Source; Kambata Tembaro Zone Socio Economic and Geo Annual data of 2010 E.C

### ***3.3. Population of the study***

In this study, the total population of the study were 300 Kembata Tembaro Zone, Shinshicho Town Administration returns migrants. Out of which 180 were males and 120 were females returnee migrants.

### ***3.4. Sampling techniques and Sample size***

Furthermore, a sampling frame was created before the samples were selected using a basic random sampling procedure. The sample size was calculated from the study participants using Yamane's (1967) standardized formula for selecting additional people from the public. The formula is  $n = \frac{N}{1 + Ne^2}$ , where  $n$  is the sample size,  $N$  is the population, and  $e = 0.05$  is the degree of precision with a 95% confidence interval.

As a result, when employing this formula with a significance level of 0.05 and a population size of  $N=300$ , the result is  $300/1+300(0.05)^2= 171$ . However, the responded was 149.

### ***3.5. Sources of data***

In this study, primary and secondary data sources were used.

#### ***3.5.1. Primary data***

The primary data was collected from the participants through a questionnaire, interview, and focus group discussion. This thesis utilized both primary and secondary data sources to attain the desired information which answers the stated research questions and meets the objectives. Primary data was collected from returnee migrants, Non-governmental organizations that are currently working with migrants to get information from recorded documents, and selected offices of the Shinshicho Twon Administration. Primary data collection was achieved through in-depth interviews and focus group discussions (FGD) with returnee migrants, interviews with key informants who know the issue under consideration.

### ***3.5.2. Secondary source***

Concerning secondary data sources, different studies, documents, reports, publications, discussion papers, conducted by individual researchers, government organizations, and non-government organizations, books, documents from the internet were amply reviewed.

### ***3.6. Data collection tools***

Using multiple data collection strategies is more advantageous than a single data collection strategy in research work (Brihan, 2011). Accordingly, the researcher used data collection tools for this study were a questionnaire, interview guide, and focus group discussion.

#### ***3.6.1. Questionnaire***

In this study, a questionnaire was used as the main data collection tool. Both open and close-ended types were used. Moreover, to collect the data about the background of the respondents questionnaire was prepared in English and translated into the Amharic language by professionals to minimize vague terms and meaning differences in the instruments. Furthermore, the questionnaires was adapted to measure the psychosocial problem of returnee migrants the researcher employed.

#### ***3.6.2. Interview***

In this study, semi-structured interview was used to collect data from key informants to support the data collected through a questionnaire. to collect the data about alternatives mechanisms of handling psychosocial problems among returnee migrants. the resacher used the to collect. Besides, this interview guides the key informants such as Labor and social Affairs officials, Woreda, and Kebele administrative bodies in the study area. The key informant may be an expert or knowledgeable person with first-hand information about concerning issues (Melesse, 2014). The interview was carried out until the saturation point was reached.



### ***3.6.3. Focus Group Discussions (FGDs)***

Focus groups allow a deeper examination of complex issues than other forms of survey research because when people hear others talk; it often generates responses or ideas that did not think before (Bhattacharjee, 2012). Moreover, it is more appropriate when group interactions are capable of producing detailed data and new thoughts and illuminating conflicting views of respondents (Bloor, et al. 2002). Focus group discussion involves a small group of subjects (typically 6 to 10 people) at one location and having them discuss a phenomenon of interest for a period of 1:30 minutes to 2 hours (Bhattacharjee, 2012). Thus ,in this study the FGD was held with ten people among the study participants who were selected purposively.

## ***3.7. Validity and reliability***

### ***3.7.1. Validity***

Validity is the extent to which the results obtained from the analysis of the data represent the phenomenon under study. Content validity of the instruments was checked by colleagues and experts in research who were looking at the measuring technique and coverage of specific areas (objectives) covered by the study. The expert's advice and comments on the items were corrected. The corrections on the identified questions were incorporated in the instrument hence fine-tuning the items to increase their validity was ascertained by checking whether the questions are measuring what they are supposed to measure such as the; clarity of wording and whether the respondents are similarly interpreting all questions. Validity also established by the researcher through revealing areas causing confusion and ambiguity and this led to the reshaping of the questions to be more understandable by the respondents and to gather uniform responses across various respondents.

### ***3.7.2. Reliability***

The reliability of a measuring instrument is the degree of consistency with which it measures whatever it is meant for. These errors might arise from ambiguous instructions to the subjects, to minimize such errors; a pilot study was conducted on 30 returnee migrants of Hadiya Zone Hossana town to address the question of validity and reliability

of the instruments. Thus, after the pilot study was conducted on Hadiya town return migrants. The researcher and advisors of the study edified ambiguous and unclear terms.

### ***3.7.3. Pilot Study***

The researcher conducted a pilot study on 30 returnee migrants of Hadiya zone, Hossana town before directly going to the main research. Questionnaires were given to 30 individuals for determining the reliability of psychosocial problems of returnee migrants. Accordingly, after administering the instrument for the pilot samples, the responses were scored and assessed for their reliability by using Cronbach Alpha. The value of Cronbach Alpha after the pilot study was 0.8. under high degree of acceptance.

### ***3.7. Data Collection Procedures***

Before data collection, the approval letter was taken from Jimma University College of Education and Behavioral Science school of graduate studies, and the Department of Psychology to the study area to earmark the pertinent bodies about the aim and why of data collection. Finally, the letter of permission were taken from the Kembeta Zone to the study area in order to be allowed to collect the data from study participants.

### ***3.8. Method of Data Analysis and Interpretation***

In this study, data were analyzed quantitatively and qualitatively. The background of the study participants were analyzed through percentage and frequency. Moreover, the mean and standard deviation were used to analyze the psychosocial problems of returnee migrants. Besides, an independent t-test was used to analyze gender differences among returnee migrants facing psychosocial problems. Furthermore, a thematic analysis was used to analyze data collected through interviews and FGD.

### ***3.9. Ethical consideration***

For ensuring professional and ethical conduct, in this research, all activities throughout the study were governed by American Psychological Association (APA) principles and ethical standards. Hence, all other's work is duly acknowledged. The participants of the study was informed that the information they provide is used for study purposes only and is not result from any harm to them. Volunteerism and confidentiality

of the study was explained. Non-volunteered participants neither forced nor threatened to join in the study. Furthermore, participation at every stage were voluntary, and confidentiality and anonymity were assured wherever possible. Besides, the overall purpose of the study, duration, benefits, and risks of the study was stated. Likewise, All interviews began with an explanation of the purpose and objectives of the research, how the data would be used and reported, the estimated time the discussion or interview might take, and the right to withdraw from the study at any point.

## CHAPTER FOUR

### 4. DATA ANALYSIS AND PRESENTATION

In this chapter major experiences of returnee migrants including their profile, the extent of psychological problems while they were on deportation, abroad and at destination countries, experience,, and their overall conditions upon arrival at their home town were discussed.

#### *4.1. Socio background of study participants*

No	Level of education	Frequency
1	Primary	2
2	Secondary	15
3	Post secondary	3

The finding of this study disclosed that almost all of the interviewed participants were literate ranging from grade two to TVET level education. Of the total of 20 participants, 15 of them have secondary level education and three of them have post-secondary level education and two of them have a primary level educational background.

#### *4.2. Major psychosocial problems of returnee's migrant*

The first objective of the study was to identify major psychosocial problems of returnee's migrant experience. To achieve this objective data obtained from interview results were used. The main reasons for the migrant returnee's migration to the Middle East were to improve their living standard, support their families, and due to family break up.

Most victims interviewed for this study identified economic reasons, and peer pressure as their major push factors for their migration. The purpose of their migration, in most cases, is to earn better wages so they can send remittances home to their families in Ethiopia. One of the returnees named Meseret explained her process and the main reason for migration as follows

I am originally from Shinshicho town (SNNP). I am 24 years old and I had attended my education until grade ten. I migrated to Beirut Lebanon. I migrated because of

economic problems. I was not interested to leave home but I had no choice and forced to migrate. I spent three years in Beirut Lebanon. After I returned to my hometown people have no good attitude towards me; people think as if I live as I want in the country abroad even they considered me a prostitute( interview 1)

Also, another participant added an idea she lived for one year and she went there to get a better income and to support her family. On the issue, she said “I went to Saudi Arabia to support my mother.I was not interested to go there but I was forced because of family problems. I had no choice to support my mother. “Following this, I had ever faced so many challenges both psychologically and socially. For instance, psychologically, I felt no hope at all and depressed on daily basis, and socially, I was isolated from the community in which I was born previously because of a bad attitude reflected from society towards returnee migrants like me(interview 2).

Praise God, I didn't face other bad things... I really regret very much [going to the Arabian Gulf]. I faced all these agonies and troubles... I feel happy because I am alive. When I observe several disabled women returnees, I praise God for making me able. (Interview 3).

Even though I sacrificed a lot and passed through difficult paths, I changed a lot in my family life and I am glad I went... This house is rebuilt again and well-furnished compared to what it used to be. It was about to fall apart. My younger brother and sisters were able to go to a better school, were able to eat better, and were able to dress better. They were able to follow their education without the hassle of financially helping my mom. At least they did not pass through the difficult childhood I passed through. It was better for them. Of course, I did not achieve my ultimate goal, but it changed a lot of things for good in my family(Interview 4).

Another interviewed participants elaborated his idea as follow

To enhance once economy both male and female migrated to the country abroad. However, as compared to male migrants, female migrants face different psychosocial problems. While they are on the way to the country to which they migrated for. For instance, females are harassed by male counterparts then after they feel miserable because of being hassled innocently. Beyond this, when they returned to their home town they feel

quarantined even they are ignored by hometown males to the extent of naming them as adultery (interview 5).

I was born In Shinshicho Town. The fact that I was living in the Middle East affected me negatively. እዚያ ገንዘብ ለምደሽ ሀገርሽ ሊይ ሙጥተሽ ታብጃለሽ ፤ እንደ እብድ ነው የሚያደርገኝ፤ ኮረንቲ ብይዝ ፤ ብሞት ብዬ አስባለሁ፤ ጭንቅ ነው የሚሆኝ፤ በጣም እብድ ነው የሚያደርግሽ ፤ አረብ ሀገር ጥሩ አይደለም. Currently, I am not doing anything I am just sitting at home. When I am a little depressed I went to church, and cry a lot.

As for me, the major causes of migration are cajolers, family pressure, and peer pressures are the common factor for illegal migration. Beyond this, I feel depressed, even though I was isolated because of being an Ethiopian citizen while I was in the country abroad. For example, I was been in Tanzania, during my time, peoples who resident in Tanzania were insulted by saying you are from a country which is a very poor country even your country cannot afford basic needs to survive (interview 6).

### ***4.3.Psychosocial impact on migrant returnees and family***

The second objective of the study was to examine the extent of psycho-social problems that affect return migrants' and their families' life. Thematic analysis was used because the response of participants was gathered by self-developed open-ended question. “The master of my house wanted to enjoy sexual pleasures with me and because I resisted he took me away, even unknown to the lady of the house, and dumped me in the Embassy. I went through untold suffering for 2 months and 17 days” [result obtained from FGD 15/3/2020; 9:00 AM].

The results found from focus group discussion from study participants forwarded as follow

“we face several challenges/problems after we return to our countr such as bad governance in government offices, social exclusion, and stigma in the society, economic and infrastructural problems. In addition, the return process by itself involves a whole host of psychological and social adjustments during this time time woman has been a victim of trafficking and/or prostitution.”( interview 3, and 4).

“When I came to home town, I get challenged in so many cases. As an example, I feel isolated, discriminated even stereotyped by communities. What is more,, challenges with reference to social stigma and prejudice are foremost vital issue I actually have old in my temporary life since returning to my home town. Being starved, thirsty, sentenced, losing money, discouraged, and despairing about life are all frequent psychological experiences I had in overseas.”[interview 4].

Returnee migrants face so many psychological and social challenges in addition, one elaporeate as follow:

“When I returned to my home town, I felt isolated attributable to an absence of freedom, rape, discrimination, and even stereotypes, still as an absence of community acceptance. Furthermore, I was raped by male partners while on my route back to my homeland, and as a result, I go insane whenever I recall the difficulties I faced.” [Interview 5].

“Because I didn't want to wear the headscarf, I used to be chastised and treated cruelly. I used to experience headaches and a wheeze anytime I wore it, but if I didn't, they would punish me severely.” *[interview 6]*.

We, returnee migrants, are very large; we could not afford to meet our needs related to basic needs such as food, shelter, and other needed materials even we feel depressed psychologically and discriminated socially. As a result, most of us found the feeling of hopelessness [**result obtained from FGD 15/3/2020; 9:00 AM**].

Another participants also suggested as follow:

I had a lot of money and sent most of it to my mom to use a part of it and save the rest, but nothing was saved. I had a good feeling coming back home with the hope to start my own business with the money, but there was nothing saved. All my family had their income and they were not that much in need, so that was why I expected them to save some of the money. I was very disappointed, had a fight with my family about it, and left home (Interview 6).

Another group who were participated in the FGD narrated their story like this

“Separation is a difficult decision with significant emotional consequences for both those who relocate and those who remain behind; as a result, some of us felt helpless and began to believe that we would never see each other again with our parents in this world.” *[result obtained from FGD; 9:00 AM]*.

Besides other groups who were participated in the FGD suggested their experience as follow:

“We are sometimes not given to eat properly. Sometimes they give us a morning meal but no food at night and sometimes only the leftovers or old stale food. They don’t let us speak with other people outside of the home or go and meet anyone from our own home country. Sometimes we have to work for more than one family. There is so much work that it’s impossible to do it in 24 hours so we don’t get proper sleep. If we complain we get slapped or scolded.” In similar manner, People sometimes work in environments that are similar to jails. We have lived through those stages and we can now manage our lives but we feel sad when seeing so many young women “going astray” and getting their lives messed up (FGD; 4:00AM).

**4.3.1. Table 1: To check whether there is a statistically significant gender difference among returnee migrants in facing psychological problems**

**Group Statistics**

	Sex	N	Mean	Std. Deviation	Std. Error Mean
PTSD	Male	16	1.5385	.00000	.00000
	Female	14	1.4615	.00000	.00000

Concerning psychosocial problems of returnee migrants, the analysis was conducted by gender. As shown in table 1, the mean psychosocial problem for male returnee migrants was 1.5385 with a standard deviation of .000 whereas the mean psychosocial problem for female returnee migrants was 1.4615 with a standard deviation of .000. From this, it's



possible to say that there are no such strong statistically significant gender differences in experiencing psychosocial problems among returnee migrants.

**4.3.2. Table 2: the following shows the summary of gender differences**

T	Df	Sig. (2-tailed)	Mean Difference	Std. Error Difference
1.959	28	.000	.07692	.00000
2.053	21.101	.000	.07692	.00000

To check whether there is statistically significant difference between male and female returnee migrants on psychosocial problem independent samples t-test was conducted. As indicated in table 1, the independent samples t-test revealed that there is a statistically significant difference psychosocial problem between male and female returnee migrants by gender  $t(1.959)=28, p=.00$ .

According to official Ethiopian migration figures, the number of women and men migrating has been constantly increasing. Hadiya and Shinshicho, for example, are the two front-line towns in Ethiopia's South Nation and Nationalities.

Illegal migration is not an easy issue for me as a stakeholder and it requires a lot of attention from other stakeholders as well. People migrate for a variety of reasons, but the economic issue is the most significant when compared to other issues such as peer pressure and a lack of job opportunities (Labor and Social issues team leader in Shinshicho Town Administration).

Migrants, on the other hand, have sold a variety of assets, including their clothes, to fulfill their goal of migrating to the country of their choice. Nonetheless, due to a variety of causes, the majority of them fell short of their goals, As a result, they are obliged to return to their hometown in the meantime. When they returned to their hometown, they did not find a welcoming climate that allowed them to work as they desired. Following this, society develops a variety of negative opinions against the returnee's failed attempt at

reintegration. A returning woman, in particular, may find it difficult to reclaim her place within the community (*interview result obtained from Shinshicho Town Administration labor and social issues worker, age 29; BA in psychology*).

*The Shinshicho town administration labor and social issues team leader also added his idea as follow:*

Women migrant workers appear to be aware of the impact their departure will have on their children. The child's loneliness and love for his mother, who was far away, were well understood. Women were visibly moved even after they returned when they spoke about it. They didn't feel there would be any negative consequences, especially since she supplied money for their food and clothing(*interview 7*).

As of me, during the process of arranging illegal migration females are faced psychosocial problems than males, because of the gender differences, females may get the chance to be raped by male on the starting or destination point because of being female; following rape or sexual harassment they become downhearted, feel sad and deteriorated to the extent of blaming themselves; why God create me in this world? (*interview 8*).

Another study participant shared her story as follow:

My boss, for whom I work in a country abroad, is extremely abusive, and she beats and insults me. In a large household, I was responsible for cleaning and other heavy-duty tasks. I worked as a housemaid, which included cooking. I worked for five months and was hospitalized for three months after being thrown from the third floor. She seriously injured my body, breaking my leg, requiring surgery, and causing me to lose my upper front teeth(*interview 9*).

#### ***4.5. Alternative measures to be taken to improve the situation and tackle the problem***

What alternative measurements can be taken to improve the situation and to tackle the problem was the point of discussion.

To alleviate the psychosocial problems of returnee migrant's different alternative mechanisms used as a solution like that giving counseling services for returnee migrants' and people of Shinshicho town administration to change the people's bad

attitude towards the returnee migrants. Furthermore, survey participants recommended that creating awareness and improving people's knowledge regarding illegal migration are two potential mechanisms.

In present study, the most frequently used coping mechanism by respondents was problem-solving, seeking social support and avoidance coping mechanism respectively. Moreover, Spiritual sources of coping were found to be an important coping mechanism among East African migrants in Australia.

Reintegration programs that help to return migrants readjust and fit back into the labor market, community, and family are usually ad hoc and on such a small scale that they are unable to serve the vast majority of returning migrants. **(Interview 10)**.

‘We should educate people about the impact of illegal migration and show them best alternatives to give their due attention for their families.’’ ***FGD 17/3/2021; 4:00AM.***

#### **4.5. Discussion**

The purpose of this study was to assess psychosocial problems of returnee migrants Among shinshicho Town Administration. According to this study, The first and most serious challenge that returnee migrants experience is related to socio-cultural aspects. Moreover, Some of the returnees felt ashamed to return without having earned enough money to support themselves and their families. Others felt they became a burden to their families, which triggered psychological issues and depression. Similarly, According to Kuschminder (2013), returnees are shamed by residents due to their incompatibility with the home culture, the way they act, and their fashion choice. In addition, they are not afraid of anything and they are far from the local community's expectations. As a result of this, as expressed by Kuschminder the returnees face social exclusion and stigma.

Other researchers, such as Kesson and Eriksson(2015), have suggested that the sociocultural capital acquired by returnees while they were abroad was generally viewed as a threat to society at home.

The second challenge for the returnees is the overall functioning of the government. Lastly, other problems which face returnee migrants in their home country( Ethiopia) are related to economic situations. In this regard infrastructural problem is the one which faces returnee migrants.

Some committed and successful returnees have a desire to invest in their locality to increase their savings, but most of the time infrastructural problem hampers their desire. This also leads them to consider/think another illegal migration for their investment. Researchers like Bilgili, Kuschminder, & Siegel (2017), strongly believed that returnee migrants, especially deportees, are affected by economic problems after their return to. As of these researchers, it is difficult to find employment and finance for their livelihood. Another study conducted by IOM (2014) also indicated that the returnees will engage in different conflicts due to the loss of their money by their families and marriage partners. This further leads them to bloodshed and displace.

The overall unfavorable working condition, the expectation and demand of their families towards a changed life and together with the denial and less amount of wage contributes for a changed behavior or characteristics as a result of depression and stress. They all confirmed that there might be some unfavorable situation in the country of destination but they never come across that the situation would be this much harder. The overall situation became beyond their expectation. In addition to the above forms of unfavorable experiences, the finding of the study indicates that most of the returnee migrants faced physical and verbal assaults. Spiritual sources of coping were found to be an important coping mechanism among East African migrants in Australia.

Furthermore, in the current study there was significant statistical difference between male and female returnee migrants in experiencing psychosocial problems. As compared to male returnee migrants, female returnee migrants mostly suffered from psychosocial problems such as depression, loneliness, stigmatization and being rejected by male partner. In addition, according to this study, verbal assaults and emotional abuses are highly common among females returnee migrants because they are hyperactive to words and emotional abuses forwarded from the communities.

## CHAPTER FIVE

### 5. SUMMARY, CONCLUSION, AND RECOMMENDATION

#### *5.1. Summary*

**This study attempted to answers for the following research questions**

1. To assess the major psychosocial problems of returnee's migrant experience?
2. To identify to what extent psycho-social problems affect return migrants' and their families' live?
3. To check whether there is a statistically significant difference in expericeing psychosocial problems among gender
4. What alternative measurement can be taken to improve the situation and tackle the problem?

To attain the objectives of the study, a mixed approach with a descrpitive suvey design was used. Samples of the study were employing a random sampling technique via the lottery method. A total of one hundred forty-nine (149) samples were involved in the study. To collect data from participants, questionnaires and interviews were used as data collection tools. The demographic information, the psychosocial problems of returnee migrants, and intervention mechanisms to handle psychosocial problems of returnee migrants were obtained through self- prepared interview and structured questionnaire that was developed by scholars particularly on depression and posttraumatic stress disorder. The collected quantitative data was analyzed using descriptive and inferential statistics. Simple descriptive statistics such as mean, and standard deviation were used to identify, summarize and describe the demographic and other variables. Inferential statistics such as an independent t-test was used to identify the gender difference among study participants on the issue of psychosocial problems those returnee migrants faced. The qualitative data was analyzed via thematic analysis.

The main findings of the study were as follows:

The study finding shows that depression, stress, hopelessness, harassment, blaming oneself, loneliness, and discrimination, are the major psychosocial problems that returnee migrants faced upon their arrival to their home town. The main reason for illegal migration is in search of paid labor to alleviate chronic poverty, lack of economic opportunities, and means to generate money to support their family. Moreover, severe psychosocial problems was found among returnee migrants. Most of the study participants were raped by male counterparts, hated by the citizen of the country to which they migrated. The finding of this study revealed that providing counseling services by professionals , spiritual leaders (particularly by priests, sheik, pastors and bilbilcal leaders inline with the word of God/Allah as stated by participants. Therefore, counseling servive was emphasized as so important tool to relieve from any form of psychosocially emanated challenges.

## **5.2. Conclusion**

Because there are no options for protection provided by the Government of Ethiopia or Labour Brokers once people are migrated to the countries abroad. The vast majority of study participants migrate through a broker and have no idea who they will work for, implying that they are playing a game of chance in the hopes of finding a good employer. The extent of abuse usually forces victims to flee abusive employers or be deported, as they are treated as criminals in violation of immigration laws. According to the findings, all migrant returns are subjected to some form of maltreatment, which leaves scars on their lives. To improve knowledge and understanding of the vulnerabilities faced by migrant workers to discrimination, exploitation, and abuse, including trafficking, and the challenges confronting government, workers' and employers' organizations, NGOs, and other civil society actors should work in addressing these vulnerabilities, protecting human rights and promoting decent work for migrant workers, in particular for women migrant workers. Access to such information empowers women to increase their self-esteem and build confidence to defend their rights as women, as migrants, and as workers. The majority of domestic worker returnees do not achieve their goals in their migration to the Middle East. The poor working conditions and challenges they face do not enable the majority of them to achieve their financial goals and change their living situations in Ethiopia. Most women have a restricted amount of money that they can bring back with them when they return, These elements, combined with the trauma of their ordeal push them to be re-trafficked. Coupled with the trauma of their ordeal, these factors may push them to be re-trafficked. The discourses of these domestic worker migrants to foreign countries were dominated by allegations of cruel treatment, forced cultural isolation, erosion of cultural identity, and failed expectations.



### ***5.3. Recommendation***

- ✓ Because the problem of returnee migrants is not as simple as many people believe, the study proposed a variety of organizations and stakeholders.
- ✓ Shinshicho's administration, labor, and social affairs departments should develop awareness-raising programs for returnee migrants in order to improve their psychological well-being and reintegrate them into society.
- ✓ The government, in partnership with other NGOs, should try to rehabilitate returnee migrants and assist them in surviving economically as any other member of society.
- ✓ Shinshicho Town administration should create awareness for the society concerning the issue of migration, why and how of migration
- ✓ The government officials (Shinshicho Town Administration government officials) should work to improve their networking and collaboration between and amongst government and social actors, trade unions, NGOs, and employment agencies; for generating discussion and stimulating action amongst various stakeholders; and building alliances between various organizations and individual migrant women within and between countries of origin, transit, and destination.
- ✓ Furthermore, strong referral and linkage should be established so that victims can be supported in more organized ways. It will also minimize problem with screening of victims at Airport and other Government structures.

## References

- Abinet Ergando , (2011), the Role of Remittance and Return Migrant of Urban Growth  
And Rural Urban Linkage: The Case of Hossan Addis Ababa University.
- Assefa Mekebo , (2016), Patterns and Impact of Migration to the RSA on Social and  
Economic Aspects of Sources Community: The Case of Duna Woreda, Hadiya  
Zone , and Addis Ababa.
- Atinafu .A and Adamek .M (2016), The return Migration experiences of Ethiopian women  
trafficked to Bahrain for richer or poorer .let be in the hands of my people African  
and Black diasporas: An international journal 9.1.243 -256.
- Babbie, Earl R.(2007). The Basics of Social Research .Belmont, CA: Wadsworth  
publishing 4<sup>th</sup> edition .
- Balayneh , Genamo , and Y. sagar.2016.The Determinant Factors of Illegal Migration To  
South Africa and its Impacts on the Society in Case of Gombora District.
- Beck AT(1997) Cognitive therapy: reflections : In ; ZeigJK(Ed). The Evolution of  
Psychotherapy : The Third Conference .Brunner/Mazel, New York.
- Birhan Asmame (2011). Causes and Consequences of Rural-Urban migration : The case  
of Woldiya town , North Ethiopia. MA . Thesis in Geography, University of South  
Africa.
- Bhattacharjee, A(2012). " Social Science Research: principles, Methods, and Practices"  
Text book Collection Book3. [http://scholarcommons.usf.edu/oa\\_textbooks/](http://scholarcommons.usf.edu/oa_textbooks/).

Concepcion .J .2014 “ OFW reintegration : A critical analysis and recommendation ”,  
from OFW s Hong Kong website 15 Oct.

Emebat , k (2000). Ethiopian An assessment of the international labor migration situation :

The case of female labor migrants.

Gender Promotion Program International Labor Office ( GENPROM) working paper  
number 3, series on home migration ,Geneva.

Harris J and Todaro, M (1970) ‘ Migration , unemployment ,and development : a two –  
sector Analysis ; American Economic Review,60(1): 126--142.

ILO.(2003). Preventing Discrimination , Exploitation , and Abuse of Women Migrant  
Workers : An Information Guide Booklet Back Home : Return and Reintegration  
Gender

Promotion . Promotion , Program International Labor Office Geneva, published  
ILO (2010) , Exploring Child Migrant Vulnerable and those Left –Behind , IPE,Geneva.

IOM (2011), Humanitarian Response to the Libyan Crisis February –December 2011  
Report IOM ,Geneva.

ILO(2014) Situations and needs of Ethiopian returnees from the Kingdom of Saudi  
Arabia: Assessment report , submitted to International Labor Organization , Country  
Office Ethiopia and Somalia—Ministry of Labour and Social Affairs (MoLSA)  
forthcoming.

ILO.(2017) International Training Centre of the ILO, Turin –Italy ILO Publishing.

IOM (2017), Ethiopia: Saudi Arabia Returnees Snapshot .Addis Ababa , Ethiopia.

IOM (2017), World Migration Report : New York: The United Nations Publishing

IOM (2020) World Migration Report :Geneva : International Organization for Migration

Publishing.

International Center for Migration Policy Development(ICMPD).(2013). Trafficking in Human Being in Lebanon.Beirut.

Jureidini, R(2010), Mixed Migration Flows : Somali and Ethiopian Migration to Yemen and Turkey.

Lee,E .(1966) ‘ A theory of migration ; Demography,3(1): 47-57.

McDowell,c and DeHaan, A,(1997). Migration and Sustainable Livelihoods: A Critical Reviews of the Literature.IDS Working Paper 65.

Melese Semebo(2014).Challenges and Survival Strategies of Migrant from Hadiya Zone to Addis Ababa: The case of Shoe shining Children in Gulele Sub-city.MA.Thesis in Geography and Environmental Studies, Addis Ababa University.

Meskerem Mulatu(2011). “Psychosocial and economic experiences of Gulf States returnees , Ethiopian Women Domestic Workers ”, MA . Thesis School of Graduate Studies Institute of Gender Studies , Addis Ababa University.

Regional Mixed Migration Secretariat (RMMS\_.(2013), migrant Smuggling in Horn of Africa and Yemen : the social economy and protection : Kenya.

Sayad, A .(2000),Return migrant’s immigrant. Revista Travessia 13, 7-12.

Sanchez, G, (2014) Human smuggling and border crossings. Routledge USA Department of state

(2012). Trafficking in-person reports: Washington, D.C: Author.

Teshome Desta (2010), Causes and Consequences of Illegal Migration of Young Adults from Southern Ethiopia to Republic of South Africa. MSC.Thesis in Population Studies,

Addis Ababa University.

Working paper of Maastricht Graduate School of Governance/200/ WP002. Retrieved on December 11, 2014 (<http://mpra.ub.uni-muenchen.de/2819/>).

Working Paper of Maastricht Graduate School of Governance/2008/WP002.Retrieved on  
December 11, 2014 (<http://mpa.ub.uni-muenchen.de/28197/>)

**Jimma University**

**Colleges of Education and Behavioral Sciences Department of Psychology**

**Post Graduate Program in Psychology (Specialization in Counseling Psychology)**

**Appendix I**

Questionnaire to be filled by migrant returnees.

Dear study participants!

This questioner is designed to gather data “to measure post traumatic stress disorder (PTSD)”. Thus, I kindly request you to give the required information in the provided space .your contribution is highly important for the success of this study. The researcher would like to assure you that all the response you give will be kept confidential and used only for the researcher purpose. As a further assurance, you don’t have to write your name.

Thank you in advance for your valuable time and cooperation .

**General instruction: Please do not write your name on the questionnaire.**

**Please follow the directions given in each part.**

**Part one background Information Direction :** indicate your answer by marking (√) in the box that corresponde to your answer or to write the correct answer on blank space .

1. Sex : Male\_\_\_\_\_ Female\_\_\_\_\_
2. Age \_\_\_\_\_
3. Academic status\_\_\_\_\_
4. Marital status\_\_\_\_\_

/no	Items	Alternatives	
		Yes	No
1.	Have you been imprisoned?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
2.	Do your employer withhold of your wage?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
3.	Do your employer deny of access to food?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
4.	Has your employer threatened you to impose even worse working conditions?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
5.	Have you been exposed for excessive working hours (>8)?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
6.	Have you experienced any history of sexual harassment by employers and their sons?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
7.	Has your employer enforced you for cultural isolation?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
8.	Has your employer confiscated your documents?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
9.	Have you been bothered by limitations on freedom of movement?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
10.	Have you been exposed for life threatening trial?	<input type="checkbox"/>	<input type="checkbox"/> 2
11.	Has your employer abused you verbally?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
12.	Have your employer enforced you for commercial sex, drug and alcohol trafficking?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
13.	Have you ever exposed for robberies?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
14.	Have you ever exposed for bribe?	<input type="checkbox"/> 1	<input type="checkbox"/> 2

**Jimma University**

**Colleges of Education and Behavioral Sciences Department of Psychology**

**Post Graduate Program in Psychology (Specialization in Counseling Psychology)**

**Appendix II**

**Part two:** The purpose of this question is to obtain information to measure depression among migrant returnees. Here, the researcher is interested in investigating one part of psychosocial problem of depression. The information that you provides is helpful for the result of the study. Therefore, I trust that you will fill questionnaire honestly and truthfully. You do not need to write your name on the questionnaire.

**Direction Two :** Indicate your answer by marking (√) in the box from the given alternative numbers that corresponde to your answer .

1 = A little of the time 2 = Some of the time 3 = Good part of the time 4 = Most of the time

s/no	Items	A little of the time	Some of the time	A good part of the time	Most of the time
1	I feel down-hearted	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2	Morning is when I feel the best.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
3	I have crying spells or feel like it.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
4	I have trouble sleeping at night.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5	I eat as much as I used to.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6	I notice that I am losing weight.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
7	I have trouble with constipation.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
8	My heart beats faster than usual.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4



9	I get tired for no reason.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
10	My mind is as clear as it used to be.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
11	I find it easy to do the things I used to.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
12	I am restless and can't keep still.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
13	I feel hopeful about the future.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
14	I am more irritable than usual.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
15	I find it easy to make decisions.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
16	I feel that I am useful and needed.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
17	My life is pretty full.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
18	I feel that others would be better off if I were dead.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
19	I still enjoy the things I used to do.	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

Thank you very much!!!!

## Appendix III

### ጂማ ዩኒቨርሲቲ

#### የትምህርትና ስነ ባህር ኮሌጅ

#### የድህረ ምርቃ መራሀ ግብር (MA በካዲንስልግ ሳይኮሎጅ)

የዚህ መጠይቅ ዋና ዓለማ ስነልቦናዊ ና ማህበረዊ ችግር የገጣማቸው ከተለያዩ ስደት ሀገራት የተመለሱ ስደታኞች ስነልቦናዊ ና ማህበረዊ ዲክል( የገጣማቸው ችግር )ለመገምገም የተዛገጀ መጠይቅ ነው ።

የምስጢት መረጃ የጥናቱ አቅጣጫ የሚመራና ጥናቱን ለመጠናቀቅ የሚያግዚ ሰለሆና በጥናቱ ወሰጥ ትል ቅ ግብዓት ያለው መሆኑን በመገንዘብ በጥንቃቄና በተማኝነት አዲትሞሉ በትህትና እጠይቃለው።

የምስጢት መልስ ይዘት የአርስዎን ሚስጥራዊነት ለመጠበቅ ያስችል ዘንድ ስምዎን ና አድራሻዎን አይጥቀሱ።

የምትሰጡት መረጃ ለጥናቱ ዓለማ ብቻና ብቻ የሚወል መሆኑን ከወድዉ ልያረጋግጥላቸ አወዳለው።

ይህን መጠይቅ በመሙላት ለምትሰጡኝ መረጃና ለምታደርጉልኝ ትብብር በቅድሚያ አመመስግናለሁ።

#### ድብርትን (ድፕራሽን) በሚመለከት የተዘጋጀ መጠይቅ

የመለኪያሚዛን፡- 1. በትንሹ 2. አንዳንድ ጊዜ 3. ጥሩውን ጊዜ 4.አብዛኛውንጊዜ

መመሪያ አንድ፡-መልሶን ከተሰጡ አማራጮች ወሰጥ እርሶዎን ብቻ በምማለክቶ ለይ ቁጡሮቹ ጋ በለዉ ሳጥን ወሰጥ (✓) ምልክት በማድረግ መልሶን ያስቀምጡ።

ተ/	መጠይቅ	በትንሹ	አንዳንድ	ጥሩውን	አብዛኛው

ቁ				ጊዜ	3 ጊዜ
1	ተስፋ የምቆርጥበትና የማዘንበት ጊዜ አለ።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
2	ጧት-ጧት በጣምጥሩ ስሜት ይሰማኛል።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
3	የማላቅስበት ወይም አልቅስአልቅስ የሚል ስሜት የሚሰማብኝ ጊዜ አለ።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
4	ከትካዜዬ ብዛት ማታ ማታ እንቅልፍ የማጣበት ጊዜ አለ።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
5	ምግብ የመብላት ችግር የለብኝም፤ እንደቀድሞዬ እበላለሁ።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
6	ክብደት እንደቀነሰኩ ይታየኛል።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
7	ሽንት ቤት ስሄድ ሠገራ በቶሎ አይመጣልኝም።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
8	ልቤ ከወትሮ በበለጠ ፍጥነት ይመታል።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
9	ያላንዳች ምክንያት ድካምድካም ይሰማኛል።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
10	አዕምሮዬ እንደወትሮው በደና ያስባል።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
11	ድሮ የሠራውን ያህል ዛሬም ለመስራት አልቸገርም።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4

12	እረፍት የማጣበት-ናመረጋጋት የማልችልበት ጊዜ አለ።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
13	ነገን ተስፋ አደርጋለሁ።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
14	ከወትሮ ይልቅ የቁጣ ስሜት ይሰማኛል።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 2	<input type="checkbox"/> 4
15	የመወሰን ችግር የለብኝም	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
16	ጠቃሚናተፈላጊ ሰው እንደሆንኩ ይሰማኛል	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
17	ኑሮዬ ጤናማ ነው ማለት እችላለሁ።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
18	ሌሎች እኔ ብሞት ብጠፋ ደስ እንደሚላቸው ይሰማኛል።	<input type="checkbox"/> 1	<input type="checkbox"/> 2	<input type="checkbox"/> 3	<input type="checkbox"/> 4
19	ድሮ እንደማደርገው ዛሬም ለማድረግ ያስደስተኛል።	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Post traumatic stress disorder (PTSD) በሚመለከት የተዘጋጀ መጠይቅ

የመለኪያሚዛን:- 1. አዎን 2. አይደለም

መመሪያ ሁለት:-መልሱን ከተሰጡ አማራጮች ወሰጥ እርሶዎን ብቻ በምንመለከት ለይቁጠሮቹ ጋ በለዉ ሳጥን ወሰጥ (✓) ምልክት በማድረግ መልሱን ያስቀምጡ።

ተ/ቁ	መጠይቅ	አማራጭ	
		አዎን	አይደለም
1	ማረሚያ ቤት-ገብተህ/ሽ ወይም ታስረዉ/ታስረሽ ያውቃሉ?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
2	አሠሪህ/ሽ/ ደመወዝህን/ሽን ከልክሎ ወይም አዘግይቶ ያውቃል?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
3	አሠሪህ/ሽ/ ምግብ በመክልከል አሰቃይቶ/ሽ ያውቃል?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
4	አሠሪህ/ሽ/ በማስፈራራት ከባድ የሥራ ጫና ይፈጥርብሃል/ሻል?	<input type="checkbox"/> 1	<input type="checkbox"/> 2

5	አሠሪህ/ሽ/ ከተወሰነው የሥራ ሰዓት በላይ ያሠራሃል/ሻል?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
6	በአሠሪዎችህም/ሽም ሆነ በልጆቻቸው በኩል ጾታዊ ጥቃት ተፈጽሞብህ/ሽ ያውቃል?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
7	አሠሪህ/ሽ በማናቸውም ባህላዊ ልዩነት ምክንያት አድልዎ ወይም ማግለል ፈጽሞብሃል/ሻል?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
8	አሠሪህ/ሽ/ የትምህርት ማስረጃዎችን/ሽን ይዞ በመክልከል አሠቃይቶህ/ሽ ያውቃል?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
9	አሠሪዎችህ/ሽ/ በየትም ስፍራ ተንቀሳቅሶ የመሥራት ነጻነት በማሳጣት አስቸግረውህ/ሽ ያውቃሉ?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
10	ከአሠሪዎችህ/ሽ ለሕይወትህ/ሽ አስጊ የሆኑ ማስፈራራትናዛቻ አገጥመውህ/ሽ ያውቃል?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
11	አሠሪህ/ሽ/ በግልጽ ቃላት በመወረፊ መብትህን/ሽን የመንፈግ ሙከራ አድርጎ ያውቃል?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
12	አሠሪህ/ሽ/ በንግድ ወሲብ፣ በአደንዛዥዕዕና በአልኮል አዘዋዋሪነት አስገድዷህ/ሽ/ ያውቃል?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
13	ተዘርፍህ/ሽ/ታውቃለህ/ታውቂያለሽ?	<input type="checkbox"/> 1	<input type="checkbox"/> 2
14	ጉቦ እንድትሰጥ/እንዲትሰጩ/ ተጠይቀህ/ሽ ታውቃለህ/ታውቂያለሽ?	<input type="checkbox"/> 1	<input type="checkbox"/> 2

**Jimma University**

**Colleges of education and behavioral Sciences department of psychology**

**Post Graduate Program in psychology (Specialization in Counseling Psychology)**

**Appendix III**

In depth interview guide prepared for Return Migrants. The purpose of this interview is only academic and will not be used for any other purposes. Each respondent assured that any response provided will not be publicized in the future. All the information will be treated in secret or confidentially so that it cannot be traced back to the respondent. Feel free to provide any because the information you give is kept confidential. Therefore, I kindly request to give your genuine response in this regard.

**Part I. Background of study participants.**

1. Age\_\_\_\_\_
2. Academic status\_\_\_\_\_
3. Marital status\_\_\_\_\_

**Thanks in advance!**

**Semi structured Interview Questions and FGD Guide**

**A. Interview Questions for Return Migrants**

Date of interview\_\_\_\_\_

1. Which country did you migrate ?
2. When did you start journey?
3. What makes you migrate ?

4. Did you reach your destination? why
5. Who guides or leads you while you migrate?
6. What did you face on the way?
7. During your journey how to contact someone for help in case of trouble ?
8. Did you get captured by policemen and they put in prison in the transit ? if yes
9. In which transit country and how long you were stayed in prison ?
10. what were the main problem you faced when you has been there?
11. Do you have any physical pain or injury now that disturb your psychosocial well being ?
12. List the challenges you faced on the way to migrate
13. What did you face after the confront?
14. What are the effects on your family while you returned back to your country
15. What work do you do now?
16. What kind of support you want?
17. Will you migrate again? , why or why not?
18. Are you getting psychosocial services or support from government ( Keble )?



**Jimma University**

**Colleges of Education and Behavioral Sciences, Department of Psychology**

**Questionnaire to be answered by returnee migrants.**

**Appendix IV**

Key informant Interview guide prepared for experts. The purpose of this interview is only academic and will not used for any other purposes. Each respondent assured that any response provided not publicized in the future. All the information will treat in secret or confidentially so that it traced back to the respondent. Feel free to provide any information, because the information you give kept confidential. Therefore, I kindly requested to give your genuine response in this regard.

**Interview Questions for Government Officials (labor social affairs offices)**

**Date of interview**

Age \_\_\_\_\_

Sex \_\_\_\_\_

Educational status\_\_\_\_\_

Position \_\_\_\_\_

**Thanks in advance!**

**Part II. Psychosocial problems of migrant returnees during journey in different transit, in the destination countries and after return back to home country.**

1. List the factors that push migrants to migrate to foreign country?
2. List the challenges that migrants face during their migration process in your view point ?

3. What did migrants faced while they return back to their home town?
4. What mechanisms did you use to solve the psychosocial problems of returnee migrants face in the society?
5. If you used it, Is it sufficient or any opinion you want to add?
6. What are the psychological problems of migrant returnees faced after return back to home in your view point?
7. What are social problem returnees faced because of their return back from unsuccessful migration?
8. What services has your organization or offices provides for migrant returnees' (shelter, psycho- social counseling, reintegration etc. )
9. What are the problems in order to provide psychosocial support for returnee migrant
10. Do you have any service tailored for females? If not: What is gender-sensitive in your service/approach? Could you tell me how you address gender sensitive issues ?

## Appendix V

### **ጂማ ዩኒቨርሲቲ የትምህርትና ስነ ባህር ኮለጅ**

#### **የድህረ ምርቃ መራሀ ግብር (MA በካዉስልግ ሳይኮሎጅ)**

የዚህ ቃለ መጠይቅ ዋና ዓላማ ስነልቦናዊ ና ማህበረሰብ ችግር የገጣማቸው ከተለያዩ ስደት ሀገራት የተመለሱ ስደታኞች ስነልቦናዊ ና ማህበረሰብ ዲክል( የገጣማቸው ችግር ) ለመገምገም የተዛገጀ ቃለ መጠይቅ ነው ።

የሚሰጡት መረጃ የጥናቱ አቅጣጫ የሚመራና ጥናቱን ለመጠናቀቅ የሚያግዙ ሰለሆና በጥናቱ ውስጥ ትል ቅ ግብዓት ያለው መሆኑን በመገንዘብ በጥንቃቄና በተማኝነት አዲትሞሉ በትህትና እጠይቃለው።

የምስጢት መልስ ይዘት የአርስዎን ሚስጥራዊነት ለመጠበቅ ያስችል ዘንድ ስምዎን ና አድራሻዎን አይጥቀሱ።

የምትሰጡት መረጃ ለጥናቱ ዓለማ ብቻና ብቻ የሚወል መሆኑን ከወድወል ልያረጋግጥላቸው አወዳለወ።

ይህን መጠይቅ በመሙላት ለምትሰጡኝ መረጃና ለምታደርጉልኝ ትብብር በቅድሚያ አመመሰግናለሁ።

**ከፊልዩ ተዋቀረዩ ቃለመጠይቅ ጥያቄዎች እና የኤፍጂዲ መመሪያ**

ሀ / ለተመለሱ ስደተኞች የቃለ መጠይቅ ጥያቄዎች

የቃለመጠይቅ ቀን-----

ዕድሜ -----

ጾታ -----

የጋብቻ ሁኔታ-----

የትምህርት ሁኔታ-----

1 ወዴት ሀገር ነበር የፈለሱት/የሄዱት/;

2. ጉዞ የጀመሩት መቼነው?

3. ለስደት የነሳሰዎት ምክንያት ምንድነው; ምን መሰደድ ነው?

(ኢኮኖሚ፣ የአቻግፊት፣ ከቤተሰብ

ጋር አለመግባባት፣ የስራማጣት ወዘተ)

4. ለመሄድ ያሰቡትን ሀገር ደርሰዋል? አዎ ካሉ ካልደረሱ ለምን ይዘርዝሩ -----

-

5. በሚሰደዱበት መንገድ ላይ ምን አገጠመዎት?

6. በሚሰደዱበት ጊዜ ማን ይመራዎት ነበር? -----

7. በጉዞዎ ወቅት ችግር ካለ አንድን ሰው እንዴት ማነጋገር ይቻላል ?

8. በፖሊሶች ተይዘህ ትራንዚት ለይ እስር ቤት ውስጥ አስገቡህ? አዎን ከሆነ

9. በየተኛው ሀገር እና ምንያህል ጊዜ ቆዩ ?

10. እዚያ እስር ቤት ሲኖሩ የገጠሙዎት ዋና ችግር ምንነበር?

11. ደህንነትዎን የሚረብሽ ማንኛውም የአካል ህመም ወይም ጉዳት አለዎት?

12. በስደት ላይ ያጋጠሙዎትን ተግዳሮቶች ብዘርዝሩልኝ ?
13. ከተግዳሮቶች በኋላ ምን ገጠመዎት?
14. ወደሀገርዎ ሲመለሱ በቤተሰብዎ ላይ ምን አይነት ተጽዕኖዎች አሉት?
15. አሁን ምን ሥራ ይሰራሉ?
16. ምን ዓይነት ድጋፍ ይፈልጋሉ?
17. እንደገና ይሰደዳሉ? ፣ለምን ይሰደዳሉ ወይም ለምንአይሰደዱም?
18. የስነልቦና ማህበራዊ አገልግሎቶችን ወይም ከመንግስት (ቀበሌ) ድጋፍ እያገኙ ነው?
19. ሰዎች በተለየ ይረዱ ወይም ያስተነግዱህ ነበር በመማለስ? አወን ከሉ ፣ ማን ?  
በምን

መንገድ ይህ መሆኑ ምን ስሜት አድሳማ ያደርግሀል?

**የመንግሥት ባለሥልጣናት (የሠራተኛና ማኅበራዊ ጉዳዮች ጽ/ቤቶች) የቃለ መጠይቅ ጥያቄዎች**

የቃለመጠይቅ ቀን-----

ዕድሜ -----

የትምህርት ሁኔታ-----

1. ስደተኞች ወደ ወጭ ሀገር እንዲሰደዱ የሚገፋፋቸውን ምክንያቶች ዘርዝሩ?

-----

2. ስደተኞች በሚሰደዱበት ወቅት የሚገጥሟቸውን ተግዳሮቶች በእርሶ አመለካከት ምን ይመስላል ይዘርዝሩ?

-----

3. ስደተኞች ወደ ትውልድ አገራቸው ሲመለሱ ምን ገጥሟቸው ነበር?

4. ተመላላሽ ስደተኞች በህብረተሰቡ ውስጥ የሚያጋጥሟቸውን የስነ-ልቦና-ማህበራዊ ችግሮች

ለመፍታት ምን ስልቶችን ተጠቅመዋል?

5. ተጠቅመው ከሆነ በቂነው ወይም ማክል የሚፈልጉት አስተያየት አለ?

6 . በአመለካከትዎ ተመልሰው ወደ ቤት ከመጡ በኋላ የሚመለሱት ተመላሾች የስነልቦና

ችግሮች ምንድን ናቸው?

7. ካልተሳካ ፍልሰት በመመለሳቸው ምክንያት ተመላሾች ማህበራዊ ችግሮች ምን

ገጥሟቸዋል?

8.ለስደት ተመላሾች ድርጅትዎ ወይም መስሪያ ቤቶች ምን ዓይነት አገልግሎት ይሰጣቸዋል

(መጠለያ፣ ስነ ልቦናዊና ማህበራዊ ምክር ፣ መልሶማቋቋም ወዘተ)

9. ለተመለሰ ስደተኛ የስነ-ልቦና ድጋፍ ለመስጠት ምን ችግሮች አሉ?

10. ማናኛው አገልግሎት ወይም ድገፍ አለ ለሴቶች የምሰጥ ? ከሌለ ፣ አገልግሎቱ ምን

ያህል ስረታ የታን ያቶኮረ ነው ?