

## **Immigration and Students' Mental Health**

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<p>One of the main purposes of this study is to learn about immigration and students' mental health.</p> <p>For the results of the interviews, the author found out that the interviewees suffered from discrimination and racism in Finland from Finnish citizens and authorities. Cultural differences have a huge impact in a student's adaptation.</p> <p>Additional problems were also discovered by the author. There have been only a few research about this topic and those research are outdated. One out of five refugee students who later become immigrants potentially have more symptoms of depression and PTSD. Social awareness and mental health services are not properly marketed towards immigrants, so they tend to lean more to their families and friends.</p>	
<b>Keywords</b> Immigration, culture, mental health, depression, discrimination	

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# 1 Introduction

Moving or becoming an exchange student in a new country provides new opportunities for someone to have a better quality of life. According to a dataset presented by the United Nations, there were 244 million immigrants in 2015 worldwide, which was a 41% increase from the year 2000. The numbers show that international immigrants have grown faster than the world's population but there are however differences between large regions around the world. 10% of the population in Europe, North America and Oceania are immigrants but less than 2% are international immigrants in Africa, Asia, Latin America and the Caribbean. (United Nations, 2016.)

It is no secret that being an immigrant is challenging, especially at a difficult period such as adolescence. Language difficulties are an excellent example. If a person can communicate with other people, it affects every aspect of their life. From work to school to simply navigating a grocery store, there's a lot to learn. Learning at least one official language of the new nation into which you are relocating is a critical component of adjusting. In addition, cultural differences, career possibilities, and prejudice must all be overcome by an immigrant, but is that all there is to it? (Laczko, 2019.)

A research psychologist, Jean Twenge, together with her colleagues, analysed data from the National Survey on Drug Use, that showed them that there has been an increase of 71% in serious psychological distress among teenagers from 2008-2017 and a 52% increase among adolescents from ages 12-17. On the other hand, mood disorders and suicide related outcomes, show no trends among adults ages 26 and above. This suggests that, it was a generational shift to these disorders and not an overall increase among all ages. (Adams, 2019.)

The growth in smartphone ownership, according to Twenge and her colleagues, is one of two cultural factors that led to this evolution. Depending on their developmental stage, the first trend has a distinct influence on people. According to statistics, the amount of time teens spend with their peers face to face has decreased from 2008 to 2017, while their time online and their exposure to suicide-related information has increased. The lack of sleep is blamed for the second tendency. Sleep deprivation is a significant contributor to the start, recurrence, chronicity, and severity of mood disorders. Many schools have adjusted the starting time of schools, even though the data is not yet proven if it lowers the effect of mood disorders or improving student's school performances. Trying to limit smartphone usage is not an easy task for parents but it might improve their sleeping habits

and maybe even their mental health. However, it might be easier to monitor children's electronic use than to monitor their moods and inner lives. (Adams, 2019.)

## 1.1 Purpose of the Study

A lot of students immigrate to a new country annually without knowing the consequences of the immigration to their well-being. Understanding the effects of immigration in a student's mental health is one of the main purposes of this study. Another objective would be thinking of new ways on how to still develop the current programs for mental health, discovering hidden problems along the way, collecting new data and thinking about new or developing solutions to the questions surrounding this topic. Immigrant students, their families, friends, the Finnish government, schools and social workers are the main people who needs this study. The outcomes would help immigrant students who's well-being is at risk to depression, anxiety and other mental-health issues, which are issues that are often neglected even at a workplace environment. It also answers the questions, what effects would immigration do to a student's mental health and what other hidden problems are lingering under this topic.

There are a lot of research questions regarding this topic mainly because it is taboo in for example Asian countries to talk about mental health. Mostly people hide mental health issues because it is considered a weakness especially if it is from a male perspective, which results to a higher suicide rate for males. The author listed below the most important questions that needs answer to for this study:

-How is immigration affecting a student's mental health?

-What are the causes of mental-health issues for immigrant students?

-Does Finland uphold the implementation of anti-discrimination legislation and equal treatment for immigrant students?

-What mental-health programs does Finland have for immigrant students?

-Are there additional problems or deeper concerns surrounding this topic?

## 1.2 Structure of Report

The thesis' content would focus on theoretical, basic and qualitative research. The first part of the thesis would be the introduction, which includes some theories about the mental health, research questions and the methods that will be used. The second part would include interviewing a number of immigrant students, summarizing the interviews, analyzing the data collected, collecting old findings regarding this topic and what programs does the Finnish government, schools and social workers already have, that are designed to help a student's mental well-being. The last part would include the own learning outcome, the answers to the important questions from the first part and the conclusion. (Kananen, 2013. 26)

The research's objectives are divided into two categories: awareness and action. Understanding or "what is this all about" is the basis of all science. We cannot influence until we know what we are trying to influence. The same can be said for forecasting. A researcher's position can range from being an observer to making a shift in a phenomenon. Traditional study begins with the assumption that the phenomenon being studied, and the researcher must be held separate. Since it is desired to obtain accurate information from an authentic phenomenon, the researcher must not affect the research object. In concept and action analysis, the researcher plays a crucial role in the change process. (Kananen, 2013. 29)

The research is transformed into a problem. This may be because it offers a foundation for study and it is easier to perform research using problem-solving methods. The research problem is solved with the aid of research questions extracted from the problem. The issue is solved by presenting responses to the questions. There are two types of research questions: open and formal. Questions of a general nature are at one end of the open-ended question spectrum, from which we hope to gain a better understanding of a phenomenon. Theme interviews are questions of a general nature: what is this? what is this all about? Structured questions, on the other hand, are those in which we know precisely what we are asking and what the intended answers are. (Kananen, 2013. 29)

The study phenomenon, what we know about the phenomenon, and whether there are hypotheses available to explain the phenomenon are all considerations that go into the formulation of questions. Existing theories allow specific questions to be drawn from them since the theories clarify the phenomena under investigation. Theories answer the fundamental question: what or which? Questions generate information in the manner in which they are delivered. Open-ended questions resulted in the development of text, sentences,

and stories. Quantitative analysis data collection approaches such as structured questions offer a variety of choices for each question. (Kananen, 2013. 31)

## 2 Culture

Many students who move to a new country experiences the differences in culture and could have a huge impact on an immigrant student's mental health and well-being because of the stress that comes with adjusting and learning how to adapt in a new country and with new people.

### 2.1 Defining Culture

According to Professor Geert Hofstede, culture is the programming of the human mind by which one group of people distinguishes itself from another group. Culture is always a shared, collective phenomenon and it is learned from your environment. It is often compared to an onion because it contains various layers. The first outer layer consists of symbols, which includes items such as eating habits, foods, flags, logos, colors and monuments. Changing rituals have a long-lasting emotional impact. Symbols on the other hand, have emotions attached to them but the emotional impact when changing it is not long-lasting. (Hofstede Insights 2020)

The next layer includes heroes, who have shown behavior such as showcasing the national spirit or someone that shows behaviors that sets an example. This could include real life public figures, such as statesmen, athletes, business founders or even figures from popular culture. In some cultures, "anti-heroes" are also considered as heroes because they demonstrate examples of what not to do. On the next layer, that is closest to the core, are rituals, which are recurring events that forms the unconscious minds. It exists both in society and in organizations. Some examples of rituals are karaoke, sauna and meetings. (Hofstede Insights 2020)

The core of cultures are values, which are huge preferences for a certain state of affairs for example, preferring equality over hierarchy. People's values are transmitted by the environment where they grow up to, like parental behaviors, teachers showing children what is acceptable as well as what is not and are often shaped by the time children reach 10-12 years old. Cultural issues do not start to come out when everything is going well but it is when a person feels threatened or uncomfortable, that they tend to go back to the values that was distilled to them when they were young. (Hofstede Insights 2020)

In essence, we are witnessing variances in culture, which refers to a group's collection of values, beliefs, customs, and institutions. Culture is a multi-dimensional portrayal of a people. It covers everything from high tea in England to Barbados' tropical environment, Mardi



Gras in Brazil, and gender segregation in Saudi Arabian institutions. People actively involved in international business are increasingly benefiting from a certain level of cultural literacy as globalization proceeds. People's ability to manage personnel, advertise products, and negotiate in different nations increases with cultural literacy. Global brands like Procter & Gamble and Apple have a competitive edge since people are familiar with and appreciate these well-known names. However, cultural variations may need changes to a business's operations to accommodate local tastes and preferences. The culturally aware manager who accounts for local wants and aspirations brings his or her company closer to its consumers and increases its competitiveness. (Wild & Wild 2012, 66-67)

## **2.2 National Culture**

Professor Geert Hofstede defines culture as “the collective programming of the mind distinguishing the members of one group or category of people from others.” He has conducted a study on how culture influence the values in the workplace and as a result, he and his team came up with the six dimensions of national culture, which is used globally in both educational and professional management settings. These cultural dimensions represent independent preferences for one state of affairs over another that distinguishes countries from each other. (Hofstede, 2010.)

There are six dimensions in the Hofstede model of national culture, the first one is the power distance index or PDI. How society handles inequality among the population is the fundamental issue in this dimension. Furthermore, it indicates the degree to which members of a society, who are regarded as less powerful to accept and expect power to be unequally distributed. In a society with a large Power Distance, people tend to accept the hierarchical order, in which everybody has their own place with no further justification. On the other hand, in a society with low Power Distance, people will tend to equalise the distribution of power and demands justifications for inequalities of it. (Hofstede, 2010.)

The second dimension is individualism versus collectivism or IDV, where a society's position is based on whether people's self-image is determined in terms of “I” or “we.” In this dimension, individualism is defined as a preference for a distant social framework, in which individuals are expected to take care of only themselves and their immediate families. On the contrary, collectivism is the opposite of individualism, which represents a preference for a close distant social framework in which individuals in exchange of loyalty, can expect their relatives or members of a specific in group to look after them. The third dimension is masculinity versus femininity or MAS. In terms of a business context, Masculinity versus Femininity is related to “tough versus tender” cultures as well. As a result, the

masculine side refers to a preference for achievement, heroism, assertiveness, and monetary incentives for success in a more competitive culture. Femininity is defined as a propensity for collaboration, humility, care for the vulnerable, and high quality of life in a society that is more consensus oriented. (Hofstede, 2010.)

The fourth dimension in the Hofstede 6D model is the uncertainty avoidance index. It demonstrates the degree of which the members of the society feel uncomfortable due to uncertainty and ambiguity. The main issue in this dimension is how society deals with the fact of an unknown future and constantly comprehends if they should try to control the future or just let it happen. Countries that exhibit a strong uncertainty avoidance index preserve rigid codes of belief, behaviour and are intolerant of unorthodox behaviour and ideas. However, societies with weak uncertainty avoidance index have a calmer attitude in which practice is more important than principles. (Hofstede, 2010.)

The fifth dimension is the long-term orientation versus short term normative orientation. Low-scoring societies attempt to preserve long-standing traditions and norms while being cautious of societal change. On the contrary, societies with a high score on this dimension, prepares for the future by encouraging thrift and efforts in modern education. The last dimension is indulgent versus restrain. Indulgence implies a society that permits free gratification of primary and natural human drives related to enjoying life and having fun. Restraint, on the other hand, describes a society that uses strict social norms to regulate and govern the fulfilment of desires. (Hofstede, 2010.)

Nation-states encourage and promote national culture by erecting museums and monuments to commemorate significant events and individuals. In order to protect national culture, nation-states also meddle in industry. Most countries, for instance, control culturally sensitive industries like cinema and television. France continues to express concerns that its language and media are being contaminated by American programs. French regulations restrict the use of English in product packaging and storefront signage in order to combat the English invasion. At peak listening hours, French musicians receive at least 40% of all radio station programming. Television broadcasting is governed by similar rules. Members of the subculture are defined by their personal style, which includes clothes, hair tattoos, and a rejection of mainstream materialism. Camden, in London, England, is known for its ancient markets and as a meeting place for alternative subcultures including goth, punk, and emo. Subcultures may fast spread over the world thanks to companies like YouTube. (Wild & Wild 2012, 67-68)

### 2.3 Immigration

Immigration has occurred throughout human history, and individuals have been moving from their homes for millennia for a variety of reasons. Nomad tribes wandered long ago in pursuit of fresh pastures for their cattle, as well as new hunting and fishing grounds. People began to travel in quest of more fruitful regions, establishing new towns. Today, migration occurs all over the world. It is the process by which a person or a group of people moves from one nation to another with the aim of settling permanently in that country. (Montiglio, 2019.)

Immigration is also a phenomenon that occurs inside countries; individuals leave rural regions in search of greater chances in the capital or larger cities. There are a variety of reasons why people wish to leave their home country, but the following are the most common: People desire to get out of war zones. One of the oldest and most prevalent reasons for immigration is that individuals feel compelled to leave their own country to avoid violence and feel safe. Individuals living in war-torn areas, such as various parts of the Middle East, feel compelled to immigrate to escape the violence and danger. (Montiglio, 2019.)

Climate change is also a factor in immigration, as humans continue to exert control over nature via force. Nature may sometimes fight back, leaving man destitute and powerless. People are forced to leave and seek shelter in another relatively safe area because of unexpected storms, floods, tsunamis, and other natural catastrophes. Despite considerable economic and working conditions disparities across countries, many rich countries provide a social network that draws people from less developed countries. Many individuals also immigrate to escape severe unemployment and a lack of possibilities in their native countries. By moving to another country, you want to improve your quality of living. Not only in terms of money, but also in terms of a cleaner, healthier, and more affluent lifestyle. (Montiglio, 2019.)

Some people are convinced that they belong in another country. Many religious and sexual minorities have felt compelled to relocate from their native country to a more accepting country in order to establish the life they have always desired. Further education is one of the most common reasons individuals immigrate, particularly the younger generation, who want to pursue higher education in a subject that may not be accessible in their home country or at a superior university. After a few moves to study, they become used to their new surroundings and decide to stay for good. Individuals no longer need to connect in person since the internet provides new chances for everyone

and brings people closer emotionally. Every day, individuals relocate to the opposite side of the globe to be with their loved ones; this is not as unusual as it may appear. (Montiglio, 2019.)

When a family member goes overseas and friends and relatives back home see how well they have settled in, developed a new life, and are loving their new way of life, it adds to the aspirational value of migrating. It also provides you enough motivation to believe that you will be supported when you first relocate. Throughout history, governments have provided great circumstances and early support to immigrants who meet certain criteria, such as speaking the language, being of a certain age, or being willing to settle in a specific location of the welcome country. You want to of course give your family the best available healthcare depending on your financial circumstances. Some people relocate in order to obtain more cheap healthcare. A number of countries provide free healthcare to their residents. (Montiglio, 2019.)

## **2.4 Culture Shock**

Culture shock is a state of frustration that occurs when people are immersed in a foreign culture for a long period of time. Although it is a common phenomenon, it is a difficult personal experience that is not the same for two persons or for the same person during different occasions. When an individual is forced to adapt to an unfamiliar social system, where previous knowledge no longer applies, this is when culture shock can occur. It is considered an immediate engagement into a nonspecific state of confusion where the individual is uncertain what is expected of him or her nor of what to expect from other people, in addition, this is not required to be in a brand-new country, but it could be in a new school, city, institution or household. (Hofstede 2002, 22)

In the 1950s, Oberg introduced the concept of culture shock to literature. It describes a circumstance in which a group of individuals entering a new culture feels confusion and disorientation. For sojourners or visitors, exposure to a new culture can be good, but it can also be stressful and possibly damaging. In gatherings, unfamiliar situations can lead to anxiety, bewilderment, and melancholy. People feel psychological anguish, friction, and animosity as a result of being exposed to a fresh and unfamiliar cultural milieu. Culture shock has long been seen to be a bad state, but Adler argues that it is an excellent chance for cultural learning and personal development. This possibility is referred to by Dabrowski as 'positive disintegration,' in which the self is disintegrated in order to establish another meaningful self. This dissolution can lead to the emergence of a new, positive identity capable of dealing with both the self and the other. (Moufakkir, 2018. 323)

The phrase "culture shock" is commonly used in tourism literature to describe the many challenges that foreign visitors face while visiting another country. Hottola has challenged the focus on culture shock in intercultural tourism research, claiming that a number of variables have rendered culture shock obsolete in many respects, particularly for tourists visiting Third-World places from industrialized countries. There is less and less uncontrolled exposure to cultural diversity in today's globalizing world, especially when individuals travel within cultural zones or participate in the mainstream of international tourism, which is itself a globalization actor. (Moufakkir, 2018. 323)

When travellers are at home, features of foreign cultures have already made their way into their lives, both virtually through digital technology and directly through immigration. If there has been any culture shock, it has been experienced at home through communication with the immigrants. Culture shock was first proposed in the 1950s, and despite the changes brought about by information technology, an increase in international tourists, and an increase in immigrants from developing countries to the developed world, culture shock is still used as a theoretical model to frame most of our understanding of the effects of intercultural tourism. (Moufakkir, 2018. 323-324)

There are six indicators that an individual is experiencing culture shock:

1. Familiar ideas on how one is supposed to behave is lost or the familiar ideas currently have a different meaning.
2. The host does not respect the values, in which the individual considers as good, desirable, beautiful and worthy.
3. The individual feels disoriented, anxious, depressed or hostile.
4. The individual is not satisfied with the new ways.
5. Social skills that used to be effective does not seem effective anymore.
6. A feeling that the horrible, nagging culture shock will never go away. (Hofstede, 2002.)

Annually, more than 7000 foreign exchange students come to Finland to study at a Finnish higher Education institution with the help of the Erasmus exchange program, students can spend a semester, up to a whole academic year. The program is open to students studying in Europe who have completed at least one academic year of study. In addition,

the students receive a grant for the studies abroad from their home institution. (Expat Finland 2021)

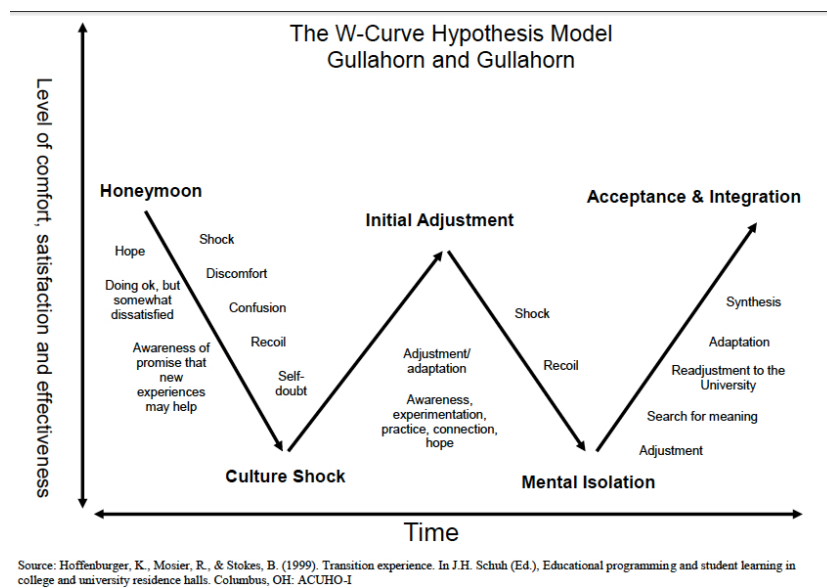


Figure 2: The W-Curve: The Emotional Roller Coaster of Your Foreign Exchange Trip. (JDBBlack, 2015.)

The figure above illustrates the W-Curve model, which is the integration process exchange students go through while on another country. The curve includes five primary phases. The Honeymoon phase, which begins when a student plans his or her exchange program, is the first. It is usually a fast phase, that ends upon the arrival in the host country. The second phase is the culture shock or distress phase. This phase begins after a few days or weeks after arriving in the host country and occurs after the preconceived notions from the Honeymoon phase are shattered. According to the University of Hull, as you attempt to comprehend the laws of the new society you entered, the initially thrilling cultural distinctions may make you feel uneasy or confused. (JDBBlack, 2015.)

The next phase is the Initial adjustment or re-integration phase. After overcoming the culture shock phase, the student may start to feel frustrated with the differences in the new culture. You may be conscious at this time, according to the UK Council for International Student Affairs, of how much you dislike the new culture in compared to your own. If this happens, do not be alarmed, it is a perfectly normal and healthy reaction. Simply put, you are reconnecting with the parts of yourself and your culture that are important to you. The fourth phase is the mental isolation phase. In this phase, the student has already accepted the cultural differences and similarities in the culture. He or she will start to feel more relaxed and confident in the new host country. (JDBBlack, 2015.)

Acceptance, or integration, is the last stage. This is the period in which a student learns more about the similarities and differences between their own culture and the culture of their host nation. This phase, according to the University of Hull: Brings with it a sense of self-assurance and a fuller awareness of your home and the new culture. Differences and similarities are valued, and you are confident in managing most, if not all, circumstances. The W-curve may be different for everyone, and some people may only experience some aspects of it, but it's vital to remember that comprehending that what you're feeling is normal and part of a process that everyone goes through is crucial. (JDBBlack, 2015.)

## 2.5 Cultural Comparison

To make comparing two or more countries easier, Hofstede Insights developed a comparison tool in their website, which enables individuals to select countries and compare their cultures. With the help of this tool, people could see the cultural differences and similarities of two or more countries. The country Philippines was chosen because it was where the author was originally from before she migrated to Finland.

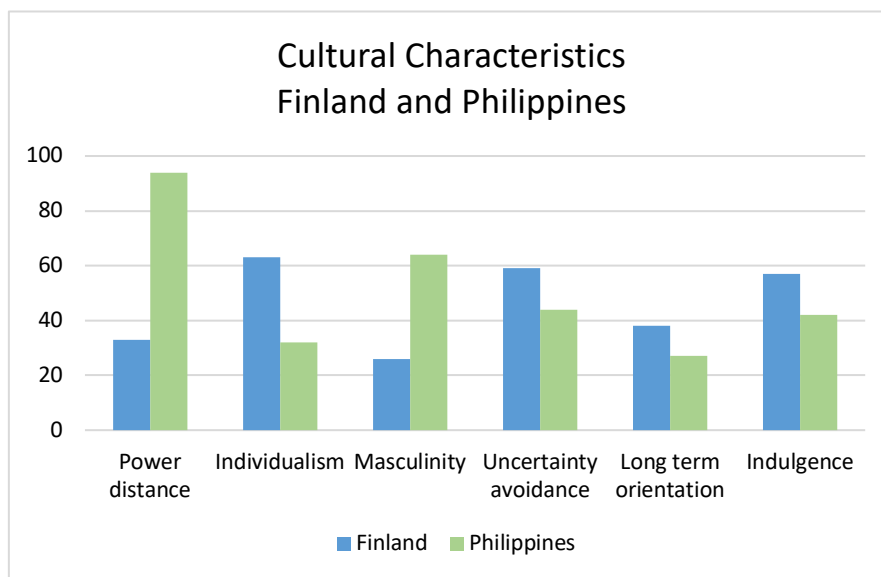


Figure 3: Country comparison. (Hofstede Insights, 2021.)

With the help of the Hofstede 6D model, the table above illustrates the cultural comparison between Finland, a country in northern Europe in comparison to The Philippines, a country located in southeast Asia. Finland scores low in power distance with a score of 33 compared to Philippines with a score of 94. This means that the Finnish culture have the following characteristics: Being independent, hierarchy for convenience only, equal rights, superiors accessible, coaching leader, management facilities and em-

powers. Power is not centralized; managers rely on the experience of their team members; communication is direct, and employees expect to be consulted. In addition, being controlled is disliked, managers are called by their first names and the attitude towards them are informal. Philippines, on the other hand, is a hierarchical society. Hierarchical order is when the power is centralized and reflects inherent inequalities. Furthermore, people know and accepts their roles in a society with no further discussions, telling subordinates what to do is expected and an ideal manager is a kind-hearted autocrat. (Hofstede Insights, 2021.)

With a score of 63, Finland is considered to be an individualist society. This means that a distant social framework is preferred. Individuals are expected to take care of themselves and only their immediate families. In this type of society, offences cause guilt and a loss of self-esteem, the relationship between an employer and an employee is a contract-based on mutual advantage. Furthermore, hiring and promotion choices are made only on the basis of merit, while management refers to the management of people. With a score of 32, Philippines is considered as a collective society, which means that individuals belong to groups that takes care of them in exchange for their allegiance. They are expected to not only take care themselves and their immediate families but extended families or extended relationships as well. In a communal culture, loyalty is essential because it fosters strong relationships in which everyone bears responsibility for the other members of the group, implying that any wrongdoing would result in humiliation and loss of face. Lastly, employer to employee relationships are viewed in moral terms, such as a family link and hiring and promotion decisions happen within the group of employees. (Hofstede Insights, 2021.)

In the masculinity dimension, Finland scores a 26, which means that the country is a feminine society. In these types of countries, the focus is on "working in order to live", an effective manager is supportive and aims for unity, individuals value equality, solidarity and quality in their jobs. Furthermore, free time and flexibility are favoured, the focus is on well-being and when conflicts arise, it is often resolved by compromise and negotiation. In contrast to this, Philippines with a score of 64 is a masculine society. Individuals "live in order to work" in this type of society, decisiveness and assertiveness are qualities that are expected in a manager, equity is preferred, and conflicts are resolved by fighting them out. (Hofstede Insights, 2021.)

Finland's score in the fourth dimension is 59, which means that they have a great desire to avoid uncertainty and Philippines have a score of 44, meaning the country have a low desire of avoiding uncertainty. Countries like Finland maintain rigid codes of belief and be-



haviour and unorthodox behaviour and ideas are intolerable. Moreover, rules are essential, time is money, it is normal to have precision and punctuality, innovation might be resisted, and people have an inner urge to be busy and work hard, which is the opposite in The Philippines. Low-scoring societies have a more flexible attitude, where practice takes precedence over ideals and deviation from the norm is more easily tolerated. People believe no more than essential rules are enough, flexibility on schedules, precision and punctuality does not come naturally and innovation is not seen as alarming. (Hofstede Insights, 2021.)

Finland 38 and The Philippines 27, both have a low score in the long-term orientation dimension. This indicates that both countries are concerned in establishing the truth, and their perspectives are normative. In addition, the two displays great respect for traditions, a small disposition to save for the future and a focus on achieving fast results. For the last dimension Finland scores a 57, which illustrates that it is an indulgent country. Individuals exhibits an eagerness to enjoy life and to have fun, which leads to them possessing positive attitudes and having a tendency towards optimism. In addition, they put high importance on leisure time, acting the way they please, and spending money as they wish. Philippines with the score of 42, is classified as a culture of restraint. Societies in this dimension have a tendency to lean more towards cynicism and pessimism. Leisure time and desires are not emphasized, individuals distinguish that their actions are subdued by social norms and pampering themselves is somewhat wrong. (Hofstede Insights, 2021.)

## Cultural Comparison

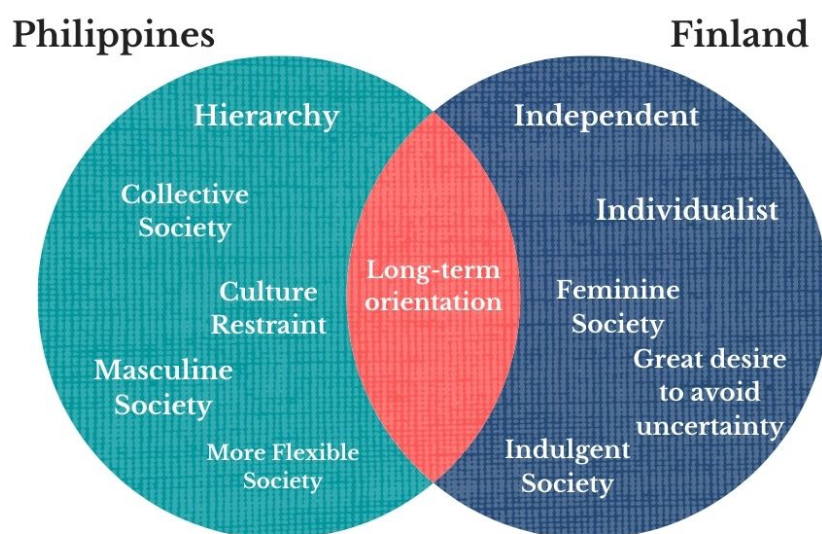


Figure 4: A Summary of The Philippines and Finland's Cultural Comparison.

### 3 Mental Health

Mental health refers to a person's intellectual, social, and psychological well-being. It has the ability to negatively impact one's daily life, relationships, and physical well-being. Mental health disruptions could include different factors in people's lives, interpersonal connections and other physical factors as well. The World Health Organization defines mental health as a state of well-being in which an individual fulfills his or her own potential, is capable of coping with ordinary life obstacles, works productively, and contributes to his or her community. Proper care of one's mental health may help one enjoy life more, and this involves finding a balance between daily activities, obligations, and psychological resilience efforts. (Felman, 2020.)

Anyone, regardless of age, sex, income, or race, is at risk of having mental health problems. Continuous social and economic pressure is one factor that can contribute to mental health disruptions. For example, having limited financial means or belonging in a persecuted ethnic group can increase the risk of mental health disorders. A study of 903 families in Iran back in 2015, associated several socioeconomics causes of mental health conditions, poverty and living in rural areas. In addition, there is also the issue between the difference of availability and quality for a number of groups in terms of modifiable factors, which can change over time and permanent nonmodifiable factors. (Felman, 2020.)

Modifiable factors of mental health:

- Socioeconomic conditions
- Profession
- Social involvement level of an individual
- Education
- Housing quality

Nonmodifiable factors of mental health:

- Gender
- Age
- Ethnicity (Felman, 2020.)

### **3.1 Common Mental Health Disorders**

Anxiety disorder is the most common type of mental illness according to the Anxiety and Depression Association of America. Individuals with this type of condition have severe fear or anxiety, which is related to specific objects or situations, and they would often try to avoid exposure to their anxiety triggers. A few examples of anxiety disorders include: Generalized anxiety disorder or GAD, panic disorders, phobias, obsessive-compulsive disorder or OCD and post-traumatic stress disorder or PTSD. Generalized anxiety disorder is defined by the American Psychiatric Association as the misappropriate worrying that can disrupt a person's everyday life. Individuals diagnosed with GAD may experience physical symptoms as well such as, restlessness, tiredness, muscle tensions and interruptions with their sleep. Moreover, an individual with GAD might feel anxiety without any trigger and during everyday situations, for instance chores or keeping appointments. (Felman, 2020.)

Individuals with panic disorders experiences panic attacks regularly, which is a sudden feeling of overwhelming terror or a sense of imminent death or disaster. Anxiety episodes affect one out of every 75 people, according to the American Psychological Association (APA), and they can have a substantial influence on one's quality of life. When a person is experiencing excessive levels of anxiety, a panic attack may occur. Physical symptoms may include fast heartbeat, rapid breathing, sweating and shaking. Panic attacks often occurs in specific situations that triggers stress but others experience them frequently with no clear triggers, in this case, the individual may have a panic disorder. (Felman, 2020.)

### **3.2 Mental Health of Immigrants in Finland**

Identifying an immigrant's mental health have been a complicated issue because of the cultural sensitivity of the phenomena. Immigrants coming to Finland have different backgrounds and are not a homogeneous group, which makes it harder to recognize mental health related symptoms. Furthermore, in some cultures, the concept of mental health itself is unfamiliar and the culture may affect how individuals interpret it. There are various ways to help identify and diagnose mental health issues but methods that are often used in Western healthcare may not be practical in identifying people's mental health symptoms from different cultural backgrounds. (Finnish institute for health and welfare 2021)

Reasons that might make it difficult to distinguish mental health issues for immigrants:

-The conception of Mental health is unfamiliar in some cultures.

- Various conceptions of different cultures on mental health and mental health issues.
- “A person is either sane or insane.” Black and white thinking might be associated to mental health.
- Different beliefs connected to mental health issues, in regard to what cause the condition.
- The interpretation of symptoms and causes by clients and professionals are different.
- Fatigue, excessive thinking or somatic symptoms are described as mental health symptoms.
- Severe stigmas
- Patients are unfamiliar with mental health services, considering that these may not have been provided in their country of origin. (Finnish institute for health and welfare, 2021.)

There are a number of factors behind mental health issues. Underlying causes of mental health problems includes disturbing events from the country of origin, for example refugees' and asylum seekers' difficult migration journey. Furthermore, the condition in the new country strongly affects the mental health and well-being of immigrants. Immigrants experience discrimination because of the lack of trust in authorities, loneliness and because they have had a lower quality of life in their country of origin. (Finnish institute for health and welfare, 2021.)

According to a study by Migrant Health and Wellbeing, one fifth of individuals from Russia, Kurdistan or Somalia have experienced name calling or verbal abuse in everyday situations. The result of a survey done by UTH for work and well-being among people of foreign origin shows that women of African origin have experienced inappropriate treatment from strangers and one out of ten had experienced discrimination and unfair treatment when using services, such as the police, social welfare services or Kela, health care services or the TE offices. In addition, people who have moved to Finland struggle to find employment because individuals with ethnic backgrounds are often discriminated in Finland's labour market based on a fact sheet by the Centre for Gender Equality Information of the National Institute of Health and Welfare. (Finnish institute for health and welfare, 2021.)

On a weekly basis, one in five immigrant boys are bullied at school. Young individuals of foreign origins have a greater risk at being bullied at school or not having close friends

compared to young individuals that belongs in the mainstream population, in upper comprehensive school. Immigrant children who have moved to Finland, do not form uniform groups, on account that they have different reasons for emigration and cultures of origin are not the same. Concerns about loved ones left behind in their homeland, the sudden death of a parent or sibling, the sadness that comes with losing their home, uncertainty, hardships, an unstable environment, the struggle to understand the asylum-seeking process and the people responsible for it, and a feeling of sadness that comes with losing their home are some of the issues that may be underlying children's mental health symptoms. Exposure to a number of stress factors, reduces children's ability to adapt with their development tasks, this is why developing children's personal traits in an age-appropriate manner and the sufficient support provided by their environment is crucial in protecting children's coping mechanisms. (Finnish institute for health and welfare, 2021.)

About half of child refugees have mental symptoms. Attachment difficulties, anxiety disorders, ADD, ADHD, behavioural disorders, and autism spectrum disorders are the most frequent mental health challenges among children from immigrant families. The goal of mental health promotion and therapy for children is to help them maintain their normal health and development. When a youngster exhibits psychological symptoms, the necessity of basic support measures in the child's own development cannot be overstated. When a child has long-term difficulties interacting with others, severe symptoms in the area of emotional life and behaviour, significant symptoms related to eating, and long-term psychosomatic symptoms reducing his or her functional ability, the child must be referred to psychiatric specialized medical care. (Finnish institute for health and welfare 2021)

When a kid has mental health or developmental concerns, it is critical to work with his or her parents and provide assistance to the entire family. Children in high-risk groups, such as traumatized children, minors who have arrived in Finland by themselves, and children whose parents have mental health issues, should be targeted for prevention initiatives. Children are taken into account while treating parents with mental health difficulties. As therapy advances, it's a good idea to meet the client's spouse and children. (Finnish institute for health and welfare 2021)

### **3.3 Mental Health Services**

In Finland, municipal governments oversee organizing mental health services. Mental health services are also provided by hospital districts, commercial service providers, and third-party actors. The enforcement of mental health services varies in different cities. The structure of the services in larger towns is more flexible because there are

more service providers to begin with. People who are living in Finland can usually seek help from: Health care centers, occupational health care, specialised psychiatric care, private clinics, private psychotherapists, churches and different organisations, which are responsible for providing and maintaining various types of mental health services. The way mental health services are implemented varies a lot from one municipality to the next. Larger cities' service structures are often more flexible, and there are more service providers to begin with. Mental health illnesses are often treated with a mix of talking and medication, as well as other types of group activities. (Mieli, 2021.)

Psychiatric therapy for more severe and long-term mental health disorders is frequently delivered as so-called outpatient care, in which patients do not spend the night in the hospital and simply attend a few times a week or month for treatment. Outpatient care provides a variety of support services, such as assisted living or rehabilitative day-time activities, depending on the patient's requirements and where they live. Daytime activities are organized by organizations such as 'Niemi-Kotisaatiö' in Helsinki, for example. The goal of day-to-day activities is to improve the quality of life for mental health patients while also preserving their independence and activity. Cooking possibilities, exercise, camping, and the opportunity to speak with other mental health patients and teachers are all common daytime activities. Patients are referred to a mental care facility once their requirements for treatment are assessed if the services of psychiatric outpatient care are insufficient. In practice, being admission to a ward or inpatient treatment is difficult. (Mieli, 2021.) Mental health is related to discrimination and bullying that is why to prevent these types of incidents, there is a legislation in Finland for it which can be read in chapter 4.

### **3.3.1 Supportive Online Services**

'Tukinet' provides personal help through crisis centre employees or volunteers, participation in various discussion groups, or searching for information through Tukinet's Service Lookup or Material Database. 'Vammala-Huittisten Mielenterveysseura ry' runs the Tukinet service. People in distress, as well as their relatives and friends, can call the national crisis hotline for rapid conversational assistance. Both crisis professionals and trained volunteers answer the phones. Personnel are on call at the national crisis hotline in 17 different municipalities around Finland. The National Family Association for Mental Health in Finland, the Finnish Central Association for Mental Health, 'Mieli maasta', 'Helmi', and 'Nyyti', which is for university students, are all available as group supports. (Mieli, 2021.)

### **3.3.2 Health Care Centres or Occupational Health Care**

If you believe you require assistance with your mental health, you should first seek assistance from a health care facility or your workplace's occupational health care. The extent of mental health treatments provided by occupational health care is determined by the agreement reached between your employer and occupational health care. If your occupational health care does not cover psychiatric therapy, for example, your occupational health physician can make you a reference to a public health care provider who does. Instead of going to a health clinic, university students can use the services provided by the Finnish Student Health Service. With a recommendation from the school nurse, students from other schools can see doctors at the school or health care centre. (Mieli, 2021.)

The patient's need for therapy is usually assessed initially by the primary care physician at the health care centre. If required, they will refer the patient to the mental polyclinic for specialized psychiatric care. Some communities refer to their specialized psychiatric care facility as a mental health centre or mental health offices rather than a psychiatric polyclinic. Some localities enable patients to schedule appointments with the mental polyclinic directly, while most require a recommendation from a health care centre or an occupational health physician. Depression nurses are employed by certain municipalities' health care centers to provide conversational support. (Mieli, 2021.)

If you are referred to specialty care, such as a psychiatric polyclinic or another institution that coordinates mental health services, you will have the choice to visit with a psychiatrist, psychologist, social worker, or psychiatric nurse, depending on your condition. You may require individual, family, or group psychotherapy, medicine, or rehabilitation, such as occupational, music, or sports therapy, in addition to verbal assistance. Psychiatric polyclinics are frequently unable to provide regular, long-term counseling. Patients must thus pay for treatment from private psychotherapists. If a specialist has issued a statement indicating the necessity for psychotherapy, you can apply to 'KELA' for financial assistance with the costs of the therapy (The Social Insurance Institution of Finland). (Mieli, 2021.)

## 4 The Implementation of Anti-discrimination Legislation and Equal Treatment in Finland

Mental health is related to discrimination and bullying that is why to prevent these types of incidents, there is a legislation implemented in Finland for it. From September 2014 to January 2015, trainings for NGOs representing minority problems are being produced as part of the YES – Equality is Priority Project, which is administered by the Ministry of the Interior. The Equality is Priority 7 initiative, a national awareness-raising effort, began on March 1, 2014, and finished on February 28, 2015. Ethnic origin, age, religion or conviction, disability, sexual orientation, gender expression and gender identity, and discrimination on multiple grounds are all covered by the campaign, which is funded by the EU Progress project. The project's major goals are to mainstream equality, promote diversity management in both the business and governmental sectors, and promote equality for Roma. The Ministry of the Interior oversees the effort, which is carried out by a variety of ministries in partnership with non-governmental organizations (NGOs) that represent disadvantaged populations. (Sams & Anttila, 2015.)

The Ministry of the Interior produced a national report on EU MIDIS 2008 results in 2012, which gave insight into the condition of Somalis in Finland. Approximately 64% of Somali respondents (n=484) said they trust the police, whereas 20% said they do not trust the cops. In 2014, Finland's National Discrimination Tribunal heard eight complaints, seven of which (88 percent) were submitted by migrants. Because the discrimination tribunal's scope was limited to issues of ethnic prejudice, migrants have traditionally filed the majority of their complaints. Because the Tribunal does not collect statistics on their cases, there is no data available that is broken down by ethnic group, geographic location, gender, or age. (Sams & Anttila, 2015.)

Number of cases (report the 10 Largest nationality group that submitted a complaint by the end of 2014)	Grounds								
	Racial or ethnic origin	Nationality (where applicable)	Race / skin colour	Religion / faith/ belief	disability	gender	Sexual orientation / gender identity	age	other
Russia (49)	Russia (16)								
Somalia (28)	Somalia (9)								
Iraq (18)	Nigeria (7)								
Nigeria (16)	Iraq (2)								
Afghanistan (11)	Thailand (2)								
Iran (9)	Iran (2)								
Marocco (9)	Marocco (2)								
Syria (9)	Turkey (2)								
Turkey (5)	Democratic Republic of the Congo (1)								
	Afghanistan (1)								



Figure 5: Discrimination complaints submitted to Equality Bodies. (Sams & Anttila, 2015.)

<b>Thematic area</b>	<b>2. Promoting equal treatment and non-discrimination, 3.7. Civic and citizenship education</b>
<b>Decision date</b>	7 October 2013
<b>Reference details</b>	National Discrimination Tribunal of Finland, Reg. No: 2013/1025, available in Finnish at (accessed 20 March 2015): <a href="http://www.syrjintalautakunta.fi/download/48581_SLTK-tapausseloste_7_10_2013.pdf?ca1c49c15facd188">http://www.syrjintalautakunta.fi/download/48581_SLTK-tapausseloste_7_10_2013.pdf?ca1c49c15facd188</a>
<b>Key facts of the case</b> (max. 500 chars)	Ombudsman for Minorities asked National Discrimination Tribunal to clarify whether prohibition of discrimination, laid down in section 6 of the Non-Discrimination Act, was violated when an adopted child with migrant background was taught in a small group instead of a regular school class. In case of a violation, the ombudsman demanded that the comprehensive school in question would stop organising separate teaching. National Discrimination Tribunal considered the grounds for organising separate teaching objective and acceptable and overruled the demand.
<b>Main reasoning/argumentation</b> (max. 500 chars)	In its clarification the municipality pointed out that the school personnel was not aware of C's adoption or migrant background and the grounds for special teaching arrangements were the special needs of the pupil observed during C's preschool education. The municipality sought to arrange C's teaching in cooperation with the parents, but due to communication difficulties, the parents had a different idea of how the teaching would be organised. Based on this clarification, NTD concluded that C was not discriminated against based on ethnic origin.
<b>Key issues (concepts, interpretations) clarified by the case</b> (max. 500 chars)	When it comes to access to education, according to its section 2, Non-Discrimination Act is applied in both public and private procedures. Also offering equal services separately to different groups is prohibited if no acceptable reason for this procedure exists. According to preparation of the Non-Discrimination Act, presumption of discrimination arises if the applicant can present plausible evidence of a discriminatory procedure, after which the NDT requests the defendant to clarify whether the evidence presented by the applicant can be refuted or weakened.
<b>Results (sanctions) and key consequences or implications of the case</b> (max. 500 chars)	National Discrimination Tribunal overruled the demand.
<b>Key quotation in original language and translated into English with reference details</b> (max. 500 chars)	

Figure 6: Case-law leading cases. (Sams & Anttila, 2015.)

In 2013, the Ombudsman for Equality dealt with five allegations of discrimination and five in 2014, all of which involved a migrant claimant. The bulk of them, six instances, were discrimination allegations based on family leave or pregnancy, with two cases involving the provision of goods or services. Furthermore, the office responded to a few of information requests from people of migrant origin, although the Ombudsman took no official action in these circumstances. In 2013 and 2014, the Ombudsman for Equality received 12 communications from people with a migration history about incidents where the Ombudsman had no mandate to respond. 92 In all, the Ombudsman for Equality began handling 404 complaints in 2013, with 211 of them being discrimination claims. Migrants were responsible for just 2% of the discrimination cases. A total of 100 cases were ruled inadmissible because they did not fall under the Ombudsman's jurisdiction. 93 The total number of complaints received in 2014 has yet to be determined. (Sams & Anttila, 2015.)

The Ombudsman for Minorities, now known as the Non-Discrimination Ombudsman, has been working on a project to improve awareness of discrimination and remedy mechanisms among Somalis since January 1, 2015. The initiative began in 2013 with a conference in Helsinki of 20 major players who work in education, social and health services, or youth services and have a Somali background. In addition, open discussion forums were held around the metropolitan region to debate the work of the Ombudsman for Minorities. Nationality is a forbidden ground under the Non-Discrimination Act (Yhdenvertaisuuslaki/Diskrimineringslag), 1325/201496, and is considered like any other basis for discrimination. The Non-Discrimination Act, according to Section 2, applies to all public and private operations, with the exception of private and family life and religious practice. As a result, the Non-Discrimination Act and the authority of Equality Bodies apply to all law enforcement and judicial services, whether public or private. (Sams & Anttila, 2015.)

## **5 Data Collection**

The practice of gathering, measuring, and evaluating correct insights for research using established verified methodologies is referred to as data collection. Based on the facts gathered, a researcher might assess their hypothesis. Regardless of the topic of study, data collecting is usually the first and most crucial stage in the research process. Depending on the information needed, different approaches of data collecting are used in different disciplines of research. The most important goal of data collecting is to collect information-rich and trustworthy data for statistical analysis so that data-driven research choices may be made. (Formplus, 2021.)

### **5.1 Starting Point**

There are a variety of outcomes for which data is gathered by data collectors. However, the primary goal of data collection is to place a researcher in a position where he or she can make predictions about future probability and trends. Primary and secondary data are the two types of data that may be obtained. The former is gathered by a researcher using first-hand sources, whereas the latter is gathered by someone other than the user. (Formplus, 2021.) For this research, the author gathered the primary data from first-hand sources through qualitative interviews. The questions were made before the actual interviews but unlike for theme interviews, the interviewer does not need to strictly follow the questions made beforehand. This was because the author needed the interviewees to emphasize more or tell in more detail about their experiences and so that she could gain more understanding and answers to her research questions. Lastly, Zoom was the platform that was used for conducting the one-on-one interviews.

### **5.2 Interviews**

An interview is a dialogue in which information is gathered. An interviewee and an interviewer are involved in a research interview. The interviewer controls the interaction and asks questions, while the interviewee answers to the questions. Interviews might take place in person or over the phone. The internet is also becoming more popular as a tool for conducting interviews. When in-depth information about people's ideas, beliefs, experiences, and feelings is required, interviews are an acceptable approach. When the topic of inquiry necessitates a lot of probing and sophisticated questioning, interviews are a good option. Face-to-face interviews are appropriate when your target audience, such as youngsters, the elderly, or disabled people, can communicate better through face-to-face talks than through writing or phone chats. (Easwaramoorthy & Zarinpoush, 2006.)

Depending on the requirements being addressed and the information available, interviews may be designed in a variety of ways. They may be classified into three categories: In a structured interview, the interviewer asks a set of predefined questions in a precise order regarding specific themes. Respondents must choose from a list of alternatives for their replies. On some questions, the interviewer may give explanation. In surveys, structured interviews are commonly employed. In a semi-structured interview, the interviewer asks a series of questions and the respondents react in their own terms. To guarantee that all respondents offer information on the same themes, some interviewers utilize a topic guide that also acts as a checklist. The interviewer might elicit more information from the responder by probing certain areas or asking follow-up questions. Semi-structured interviews are useful for gathering comprehensive information from a large number of respondents or interviewees in a systematic fashion. (Easwaramoorthy & Zarinpoush, 2006.)

When an interviewer has not been provided any guidelines, limitations, prepared questions or alternative, it is called an unstructured interview. The interviewer offers a few broad questions to elicit an open, casual, and spontaneous response from the responder. To obtain additional in-depth information on the issue, the interviewer probes with extra questions and/or investigates discrepancies. When there is limited information on a topic, unstructured interviews are especially effective for collecting the narrative underlying respondents' experiences. (Easwaramoorthy & Zarinpoush, 2006.)

There is often a study for a problem that is solved using various research techniques in the field of research. A research problem may also be the evolution of a problem or a change. Why is something subjected to study in general? It is usually because of a desire to gain understanding of a phenomenon, plus a desire to make a difference for the better. Understanding a phenomenon is often a requirement for improvement and control over it. A research methodology or technique refers to a broad approach to an issue. The word "research approach" refers to a philosophic umbrella of science that includes data collection, study, and interpretation methods unique to each approach. (Kananen, 2013. 27)

A research methodology or technique refers to a broad approach to an issue. The word "research approach" refers to a philosophic umbrella of science that includes data collection, study, and interpretation methods unique to each approach. When the front end of the chain decides the available methods and techniques, methodologies are connected to each other and followed in a chain. The researcher is guided down a road by the methodology he or she chooses along which there are crucial points where the thesis writer

makes decisions about the course of his or her progress or methodologies. Each methodology is only appropriate for a specific situation and is a requirement for the methodology of the subsequent level, so decisions are not taken by chance in a raffle. (Kananen, 2013. 27)

The circumstances of a selection are outlined in a thesis, and choices are justified. External readers and evaluators of the thesis may fully assess the various phases of the study process and the reliability of the resulting results or solutions by recording explanations and choices in a report format. Transparency is an important aspect of scientific work at all times, and it is maintained by correct documentation. The research methodology or solution chosen is determined by the research problem and whether or not current hypotheses exist to explain the problem. If the research issue has been studied before, there are hypotheses and models that can be used to describe the phenomenon. There is a clear distinction between qualitative and quantitative research methods. Case, design, and action analysis are often considered research methods rather than distinct methodologies. The fact that these approaches do not have their own methodologies and instead rely on qualitative and quantitative analysis supports this viewpoint. Design analysis often combines qualitative and quantitative methods. The choices to be made in design analysis are based on the phenomenon that is being studied, the issue that has been identified, and the goals that have been set. (Kananen, 2013. pp. 27-28)

### **5.3 Data Collection**

Conducting an interview consists of eight phases. You must first identify your objectives before the interview. Determine what you want to accomplish and the facts you will need. Make sure an interview is the best method to achieve your goals. Second, decide on the sort of interview you want to do. Examine your requirements, money, time, and prospective respondents to determine whether structured, semi-structured, or unstructured interviews are necessary. Third, is choosing the appropriate respondents. Determine the characteristics of interviewers and the number of interviews necessary based on the kind of interview. The following stage is to plan out how you will conduct the interviews. Consider conducting interviews over the phone or in person. Consider using computer-assisted interviewing and recording for large surveys. (Easwaramoorthy & Zarinpoush, 2006.)

Fifth is deciding how to recruit your respondents. Because some respondents may not reply, obtain contact information for a higher number of respondents than the number of interviews you require. Introduce yourself, your group, and your idea to them by phone, e-mail, or traditional mail. Set up an appointment and explain the goal of the interview, as

well as the necessity of their participation. The next step is to choose how you will record the interviews. You may utilize a prepared form, written notes, voice recorders, or computer-assisted gadgets, depending on the sort of interview. Making a set of questions and testing them with a sample of responders is the seventh stage. The interview questions must be appropriate for the sort of interview. The final step is to figure out who will conduct the interviews. Create an information package that contains an overview of the study subject as well as detailed instructions. You may need to hire competent interviewers for unstructured interviews. (Easwaramoorthy & Zarinpoush, 2006.)

## **5.4 Implementation**

Introductions and a warm yet professional chat are the initial steps in conducting an interview. After that, describe the goal of your project, why their involvement is important, and how long the interview will last. If a responder has a scheduling conflict, be prepared to re-schedule the interview. Explain the interview's format next. Inform respondents about how the interview will be recorded and how the data will be used, and, if feasible, get their written agreement to participate. Inquire if the responders have any queries. When asking inquiries or delving into topics, control your tone of voice and words and remain as impartial as possible. Maintain your concentration on the topic of inquiry and finish the interview within the allotted time. Check your notes and voice recorder on a frequent basis to ensure accurate recording without disturbing the responder. Finally, wrap up the session by double-checking that all questions were answered, explaining how you will utilize the data once again, thanking the responder, and asking if they have any other questions. (Easwaramoorthy & Zarinpoush, 2006.)

### **5.4.1 Interview Coding**

Qualitative data coding is the process of creating and assigning codes to categorize data extracts. These codes will be used to derive themes and patterns for your qualitative research later. While coding and analysis might happen at the same time, it is crucial to remember that coding does not always imply finding themes. Instead, it refers to the practice of labelling and categorizing comparable sorts of data to make the process of developing themes and analysing the data easier. Coding is a method of ensuring that your data is correct. In other words, it ensures that your analysis is carried out in a methodical manner and that it can be reviewed by other scholars. To put it another way, solid code is the bedrock of high-quality analysis. Deductive and inductive coding are the two major techniques of coding. Deductive coding begins with a set of pre-established codes that

you, as the researcher, apply to your data collection, such as a set of interview transcripts. On the other hand, inductive coding works in reverse, creating a set of codes based on the data itself, or in other words, the codes arise from the data. (Crosley & Jansen, 2020.)

All five interviews were anonymously conducted in English because it is the common language that the interviewer and interviewees use. The interviewees consist of both men and women. All interviewees are adults and are in their 20s or 30s. One of the interviewees already have a family of his own, one is living with her parents, one is divorced, one is living with his partner and the last one is living alone. All the interviewees have graduated high school, and four out of the five are currently in the process of doing their bachelor's degree in Finland. The table below shows the code for each interviewee, their country of origin and the date of the interview.

Table 1: Interviewees, their country of origins, interview dates and minutes.

Interviewee	Country of Origin	Interview date
1	Ukraine	March 19, 2021
2	Nepal	March 30, 2021
3	Vietnam	April 2, 2021
4	Somalia	April 2, 2021
5	Nigeria	April 5, 2021

The interviewees were chosen from different countries, different continents, and different genders to provide the interviewer a wider source of information and so that information and experiences can be compared from one another. Furthermore, the interviewer has chosen interviewees from different age groups and some who have been living in Finland for a longer time than the others.

#### **5.4.2 Data Analysis**

Qualitative research methods are created in such a way that they may disclose a target audience's behaviour and perceptions in relation to a certain issue. In-depth interviews, focus groups, ethnographic research, content analysis, and case study research are examples of qualitative research methodologies that are commonly utilized. Qualitative techniques produce more detailed findings, and conclusions may be formed from the data with relative ease. The social and behavioural sciences are where qualitative research methodologies started. Our world has become increasingly convoluted in recent years, making

it harder to comprehend what individuals believe and perceive. Because it is more conversational and descriptive, online qualitative research methodologies make it simpler to comprehend. (QuestionPro, 2021.)

One of the most frequent qualitative research approaches is conducting in-depth interviews. It is a one-on-one interview conducted with one responder at a time. This is just a conversational approach that allows you to elicit more information from the subject. One of the benefits of this technique is that it allows for the collection of accurate data regarding people's beliefs and motives. If the researcher is skilled, asking the appropriate questions can aid in the collection of useful data. If further information is required, the researchers should ask follow-up questions to aid in the collection of additional data. (QuestionPro, 2021.) The data analysis for this research was done by first recording the interviews and transcribing all of them. The author later chose the best answers for the questions and then key analysis were written below the transcribed interviews.

### **5.4.3 Reliability and Validity**

When evaluating the quality of research, the words' reliability and validity are employed. They indicate how precise a technique, approach, or test is at measuring something. The accuracy of a measure is concerned with validity, whereas the consistency of a measure is concerned with dependability. It is essential to consider dependability and validity while designing your study, developing your procedures, and writing up your findings. Although they are closely linked, the terms' reliability and validity have different meanings. A measurement might be accurate but not legitimate. A valid measurement, on the other hand, is generally also trustworthy. The consistency with which a method assesses something is referred to as reliability. The measurement is deemed trustworthy if the same result can be regularly attained using the same procedures under the same conditions. (Middleton, 2020.)

For the purpose of the research's validity and reliability, the author has worked with a supervisor to develop the interview questions before conducting the actual interview. The supervisor then read and gave comments about the questions so that the initial draft could still be improved. The interviewer searched for five potential immigrant interviewees, four of them were from an international class and they were the author's classmates. The last one is an acquaintance. The author called or texted the potential interviewees if they were available for an interview and scheduled the best time for them to meet up. They were also informed that in the thesis, their names would not be included, and all the answers will be anonymously referenced. Furthermore, the author chose individuals who grew up



from different countries and continents. The interviews were scheduled and recorded via Zoom and later transcribed by the author below.

## **5.5 Results**

The fundamental results of a study resulting from the techniques used to acquire and evaluate data are presented in the Results section of a scientific research article. It presents these facts in a logical order, free of prejudice or author opinion, preparing the reader for subsequent interpretation and assessment in the Discussion section. The Results section's main goal is to break down the data into phrases that demonstrate its relevance to the research topic. In most scientific publications, the Results section comes third in the section order. It comes after the Methods and Materials part and before the Discussion section in most publications, however in other journals the two sections are combined. This part responds to the fundamental question, "What did you learn from your research?" (Wordvice, 2021.)

If the study's scope is vast or there are a lot of variables, or if the technique employed generates a lot of varied outcomes, the author should only mention the ones that are most relevant to the research question expressed in the Introduction section.

Any information that does not present the study's direct findings or outcome should be left out of this part as a general rule. Explanations and interpretations of the results should not be provided in the Results unless the journal or advisor specifically requests them. (Wordvice, 2021.)

### **5.5.1 First Reaction**

After the greetings and personal questions, the interviewer asked the interviewees what their first reaction was when they came to Finland.

"The first year it was okay. I came...at the very young age. I came when I was like fifteen so, everything was like pretty new for me and compared to the life that I had in, in Vietnam, this is like a totally new but it's when, when it comes the second and the third year, it's like the loneliness, the cultural differences, start hitting me...it will take me a lot of time to fit in, that's how I feel. I mean okay, like the life seems very chill, very peaceful but still, it's, it's not the one that I was expecting, it was the culture that I was raised you know, like since childhood, so it was like the, the whole new world, it's what a culture shock that I actually faced." (Interviewee 2, 2021.)

“Okay, my first reaction is, first of all the weather because my first, I was living in London, I was staying in London before I came to Finland and back from London I have not gone to any other European country, or this side so but my first reaction was first the weather and because the weather was minus degrees, so I was kind of coming with some jackets that I usually wear in London, so I was thinking it's not, it's going to be the same thing, but I do know that the weather here is something else so and, and I was shocked when I was on the flight when people were putting out their jacket and I wasn't. I was like why, why are they wearing this big thing? They are covering everywhere like, and I was like what is happening? And I went outside the weather was minus twenty because the pilot said it was minus twenty-four or something and I was so shocked, and I was freezing. So first of all, that was, that was my first and shocking experience but after that every other experience is like normal life with the, when you are living plenty new things and many new environment so.” (Interviewee 4, 2021.)

During the interviews, the respondents shared their personal experiences about their first reactions when they came to Finland. Most of the respondents said that the weather was a huge factor for them and being introduced to a new culture as well.

### **5.5.2 Culture Shock**

For the second question, the interviewer asked the interviewees if they remember any culture shocks during their stay in the country.

“My strong impression was that people are very much like honest here and they can even leave like their telephones in supermarkets like near the charger and like my friend said that ok I can, my battery is very low so I have to put it in charger, and we can just go when show comes up. What? How you can leave here your telephone just on the floor yeah near the church and he said but for 15 minutes it will be not a problem. What? Like Ukrainian people will steal it for sure in one second and that's no, no it would be no prob, and we came back, and it was still there. So, this was like a big difference in culture yeah.” (Interviewee 1, 2021.)

“Like with the...nature, with the you know like the coldness, I was somehow like prepare for it, I actually I like snow anyway but like people wise, it was like a completely new thing for me to face that I used to be a very, very talkative person like very talkative person back in the day and okay so let's not talk about the first class that I was in because it's called 'valmistavaluokka' and in that class, it was like only foreigners and they were like me, okay, and they were also very talkative but once they actually put me in 'peruskoulu', in the ninth grade, that's how I actually like, how I faced like the, the culture, the Finnish cultures. I go to school with like Finnish kid or those actually, also foreigner, but they were born in

Finland. They were shocked actually, the way...I interact with people because I talk over much, you know? I keep saying hi to people...and which is like, very strange for them. Here, yeah, like you can be friendly but to be talkative is something like very new, that perhaps like locals wouldn't be able to adapt...That was the first one, then, like the second one, as I mentioned like previously, that I like snow, but I don't like the darkness that we have in Finland. Cold is fine, as long as the sun, then that's like, it's a fine day for me but like we literally face almost like nine months of coldness and five to six months of darkness to be honest with you and people like fall but I hate fall, I don't like fall at all because it's the time that a transfer from summer to winter and it's extremely, extremely like dark, yeah, weatherwise, it's always a disaster for me." (Interviewee 2, 2021.)

"A lot. I'm going to tell you I have, first of all the eating thing so because in England I am not been that so close with people that are not like Nigerians or I'm not been that so close we usually, I've been close to some people who are like for example, who are from western, who are not from Africa, you know? but I'm not been that so close like going to eat with certain people like that, trying their food or trying English food or anything but so when I came to Finland, because I married my wife is Finnish so the food first a lot of the difference is that the food was quite, because Finnish people don't eat spicy food and I eat a lot of spicy food so I was wondering how, why are they eating this? How does it taste? You know? They're eating nonsense, you know? So, until I started eating it, then I got used to it also. So, a lot of things I see, and I saw, saw them putting milk in food, you know? I was like, who puts milk in their food? That is crazy. So, and I started learning those things and I started getting used to it. So first of all, that was a shock to me and then the second shock was the, the understanding of Finnish people when they see you for the first time, so you don't get that so close to them. Rather, you need to give a little bit distance until the person learns and understands you before you come that so close. So, so it's quite very shocking to me keeping distance, is quite very shocking to me because I'm used to hey, used to be getting close to someone even when you meet the person for the first time." (Interviewee 4, 2021.)

"Yeah, because the place from where I came like we have like a lot of cultural thing in my country but here, it's not like that much. So yeah, but I had my friend circle my relatives here, so it was not that difficult but also yeah it was quite, quite easier, easier to cope up with the culture of Finland, it was quite easier for me. (Interviewee 5, 2021.)

The interviewees had different experiences with culture shocks but there was a similarity in their answers, that Finnish people were the cause of their culture shocks when first coming to Finland.

### 5.5.3 Mental Well-being

For the next question the interviewees were asked about their mental well-being during their stay in Finland and did it get better or worse.

"I felt very sad because I moved to Finland and like I was waiting for my residence permit for eight months and I could not receive any help, I mean benefit from Kela or something like that, in the first these eight months because when you're waiting for your residence permit you are just living, and you cannot even like apply for the Finnish courses by yourself. You cannot get any free course, Finnish courses, you don't have an ID card you don't have anything. I mean, you're just registered somewhere, and you are, you don't know yet if you will receive this residence permit and this first eight months, it was like waiting so much. I could not work, I could not get work, I could not like because I don't have permit ... I could not study, go to study, I could not do anything, I could like not order some stuff on my name, it would have to be on my friend's name so, mental health, how to say, it was in shock because I moved and then from first of November until first of May there was snow here for six months, lots of snow. It was my first winter full of snow, I was like very lucky. My mental health I can tell it was not so, I mean, I don't have depression but in the first couple of months, when I moved, it was June, July and I felt okay but then when I was not so busy because I had work before and then when I moved I don't have work and yeah, so when you like now, after four years and nine months I feel much because I think the most important thing for people is that they are busy with some stuff. People need to have work or study place. They need to have hobbies, they need to have some things to do when they are busy, when they have all these things here then, they feel mentally much better." (Interviewee 1, 2021.)

"Compared to, to my mental from Vietnam to here, then it's a completely different dimension. There, it doesn't matter what kind of life you have, that even though...it's pretty poor, you face like, like poverty and it's even impossible to...put food on the table like every single day but in the other hand, you have the mental part sort of fulfill...to your life, that you're happy...there's people surrounding you, there's family, there's neighbors literally like, I was like hanging out with my, my neighbors a lot and there's like friends you know, at school, there's relatives, you know? They're coming over every now and then but here, everybody just sort of like mind their own business and my parents also are the kind of people that they don't hang a lot with, with strangers, you know? They don't go to different houses, they do every now and then, but you know, they are just not sort kind of people, that they would like to hang out a lot with the people who live in Finland. Therefore, for me, it was pretty, pretty tough to sort of trying to fit in and, and I must be honest with you even until now, I don't actually have a Finnish friend." (Interviewee 2, 2021.)

"Okay yeah, I'm going to say that my own response to this might be quite different because you know, you know I came here, I didn't come, I didn't come to Finland alone. I came here

because I married here, and I have to be part of this place because I am now connected with it. So, the mentality I have when I was coming here is that you are gonna see a lot of strange things but you need to take it so, so but I had a lot of strange things that affected me which I'm just going to tell you but you know how you can structure it but I'm going to say that the most shocking thing that, that affected me mentally was the racism thing that I faced. Okay, because I have not been, I have never been in that kind of environment that my color will seem very strange to people. So, that was something that affected me like the way, the way some of the environment I have been today, there is this place I have been with my wife for the first time, I was the only black person in the whole of that city, near Pori. So, everybody stares at me when I go in the street so, so and at some point there is a lot of things I faced, so which I, which will take so much time if I start saying them but the only thing that affected me mentally was the racism understanding of some of some people, not all Finnish people because there is still lovely Finnish people you know? So, some people the understanding they have, because of the colors so it affected me mentally but I got used to it and I understand, I got used to understanding that this is not my own country that these people, they are actually not used to these kind of colors so you have to understand them and follow them the way they are and try to present yourself to them, that you are still the same with them." (Interviewee 4, 2021.)

"No no no I never like, I miss my family at some certain point, like I had kind of homesickness at the beginning of the time but later, everything just got fade away and yeah it was normal in my situation, everything was normal and my mental health as well as my physical health was in perfect condition." (Interviewee 5, 2021.)

In this segment, a lot of the interviewees mentioned again a lot of different experiences about their mental well-being. Some have been able to adjust faster than the others, but some have had a difficult time and it have affected their mental wealth being while staying in Finland. Interviewee 4 also mentioned that he has experienced racism first time in Finland, and it has affected his mental health. He then shared how he faced the situations and learned how to cope up with it.

#### **5.5.4 Experiences**

The interviewees were asked if they have experienced any type of discrimination or bullying during their stay here in Finland.

"It's not discrimination, not nothing like that but what I can tell that honestly what really hurts me a lot, I moved to Finland and before I had a very a good position, deputy head in operational department in bank like and when I moved to Finland, I started to look for work and I understood that...I am not expecting a very good job like this with this position but I

try to find at least some office work. With my English like German, Russian fluent so I thought that I will find but okay like you need to have a very good Finnish...later on I learned Finnish after a couple of years like three years I lived here and I learned Finnish and I talked with some Finns and I said that hey I'm looking for work, and then they said, so what you...know what to do, like what you learned already? Like and I said okay, I worked in bank, I worked in Tourism agency, I know this office work, this this this customer service and then they said okay, actually, I know someone who is hiring ice cream seller and I was like what? Hey, I'm talking to you about some office work, about something okay, you can propose me all the work or something like that, but people start to say, Ice cream seller or some clothes selling...and I said that yeah, but you understand that I have this experience I had this high position how you can now sell some ice cream? I have more brain than selling just ice cream and then they were saying that, yeah but you moved from another country, like you understand that you don't have education which is valid here and I felt very much like I moved to Finland, and everything starts from zero and everything from zero, so it was like just canceled everything my higher education, my working experience so everything from zero...Yeah, not discrimination but I heard also people have this impression that Ukraine is a poor country, and all people live here but it's not like another countries...Sudan or Indian poor regions or something like that. A lot of millionaires live in Ukraine, and when I said that yeah, I moved to Finland and then they said, and then people said, I guess that you moved from very poor place, and I was like what? Why you have this impression? So, I always like, I think that my family lives much better than many Finns live, like you know? Some Finns I know but still, they have impression that Finnish people live much better than Ukrainian but it's not true. Like, if to say like, in general, yeah, so I just want to say that yeah, no discrimination but I felt like, I felt like Finns think that they are much more higher nation and like if you're coming from abroad especially non-European countries, then you need to do some lower job that's why I decided to go to study, for to be on the same level of these Finns." (Interviewee 1, 2021.)

"Not necessary that that they discriminate my nationality but yes of course. I got my phone robbed in 2012...and I almost got beaten up in the metro...not beaten up but like I was, insult and when I was on my way from, from 'Kontula' to 'Mellunmäki', I remember and it was also my birthday so there's no way I can forget that...the drunk couple, you know they came and sit in front of me, and it was my birthday, so I came home much a little bit late, and they sort of just like, sort of insult me for what I have, you know? I was actually put on a nice dress, and it was like, why are you like a foreigners, came to Finland and you have everything what we don't and I was like what the hell? and then they came after to attack me and stuff. Yeah, that's what happened and bullying, not really like, as who I am as a Vietnamese no, I actually don't get this like nationality like discrimination, no. But yes accidents, every now and then, then happens me and it's quite a big one. I actually remember once, I was working in McDonald's and there was a guy coming in and he's trying to buy a cheeseburger and it was like in the middle of the night, it was like one, two a.m. in the

morning, we don't actually have that cheeseburger selling. We only have a double cheeseburger selling and I've been explaining to him, yet unfortunately we don't have like this...but he...avoids to understand...the whole thing and he has been arguing with me. I actually trying not to and I was just like, okay, you just stay here and I will call out for, for the manager, so he would be like, handling this situation further with you and all of a sudden he was just like, fuck you all and then he just pushed like the whole, like cashier machine and it fell through my body, so it touched my chest and it was hell of a heavy back in the day, it was really, really heavy. And that night it was really, really dramatic because like there was police coming and it was like, ask me so I can go and identify the, you know, the one and the guy who got caught, it wasn't the person who actually hurt me and then, but he looked at me all hateful, you know? It was like, because like, because of you I got caught or something like that you know? It was like a completely dramatic night but yeah...like it's kind of funny that I don't face these kind of small, small accidents and small discriminations but you know, every time when it's happen big time and it shock me, obviously it changed me. Yeah, after that I remember I went to take the Taekwondo class just because I wanted to learn how to defense myself." (Interviewee 2, 2021.)

"Yeah, yeah we had like one incident like after the club we had like some discuss with the Finnish guy and, and it was not our mistake and we call the police but the police you know, due to the language barrier, we couldn't speak Finnish language and they, they those guys were quarrelling with us, they just explained the police in Finnish language and the police didn't listen to us because we couldn't speak their language yeah, and they supported their like Finnish guys so it was like kind of like so bad, bad you know the feeling yeah, we couldn't express what do we want to say and we, we just talk in English and they were just listening to those guys because they are Finnish and they speak Finnish...but we couldn't speak Finnish, yeah. There was the incident yeah and one of my friend was like he was taken to the police custody for one night due to that situation and it was not even our mistake yeah but those guys I don't know what they tell in the Finnish language and the police just took one of my friend yeah so that was only the situation, yeah. (Interviewee 5, 2021.)

In this part, the respondents shared more in detail their experiences on any type of discrimination and bullying that they have experienced in Finland. Only one out of five of the interviewees said that she has not experienced yet any discrimination but have heard stories from other people around her who have experienced it. Three out of five of the answers involved discrimination from police officers, which is quite concerning for the author because in the norm, they should be role models to other citizens and preventing these types of incidents from happening.

### 5.5.5 Support Systems

After asking about their experiences, the interviewees were asked if they had any support systems for example, from the police, social health workers or the government, when they were going through the situations that they mentioned.

"I cannot say that I found some help. I still hope that I will find a job by myself and still like, the previous year, I talk to some Finns who have businesses and...when I said that hey, I'm looking for work if you will know that someone is looking for a worker, employee that can you please tell me? I got many times answered that, do you know that it's even for Finns hard now to find job and I was like what means even for Finns?...Like, does it mean that Finns are always smarter and better worker, than another worker? Or what? Like what means even for Finns?...And I talked with one Finn and I shared to him like hey, you know like, I could help your company, I could help to improve your company, your marketing like strategy because I see that there is something missing in your strategy and then he said yeah, but you know this and now I cannot pay money and I said, yeah but if you will invest in your marketing strategy, then you will have more income in your company. But have I already people some working. So, what I experienced that it's of course not about old people, but Finns are mostly, they are nice people, but they are conservative, and they like to have secure feeling that they have Finns, local people, even though...they are working not so good, with not so good marketing strategy but better they will have Finns on their places instead of having some foreigners like who will do a better job, yeah. I can tell that something...I would suggest like people who move, like to always to talk not to local people but to talk to immigrants also, who were in the same like, situation. So, I found very helpful when I met one Russian girl and also Ukrainian who were in the same situation as me and for them, it was also hard to find a job and be in the same time decided to study in university, I mean, to receive education...I mean very helpful was to talk to someone who is in the same situation because Finns will never...understand what immigrants are going through when they are moving to countries especially to Finland, to those like countries where people are nice, but they are, I mean...those European countries when they are proud about their like education system and about all their like government system, everything, like social system and they will never, never understand immigrants, never." (Interviewee 1, 2021.)

"Not really. If you ask me in the way that for example, once my phone was robbed, I was scared and actually except the lady, the lady who was actually like on the same street with me, who was like even next to me, when the incident happen, she was the only one trying to help but she was just like, she didn't actually even know what's happened, like the thing happened too fast and she was like with her dog, on the street, next to me and the guy went between us and he did everything and then she was like, well what happened? And then when I told you what's actually happened, do you actually need help? Do you, you



should call...the network service provider right away so they can cut your, your network lined and then is your like home far away? You know, she was the only one trying to help me. But you know like when I went to the police to report like...the whole case, I just felt that they just find this so small that they don't even care, sort of. That they would just tell me, okay fill in this form and that's all I felt from them. That okay, these things have happen, we are sorry for you but that's it. There's nothing, nothing else that we can help you, you know, further with...because I remember I, I went to the police station like almost burst in tears you know because I was scared yeah, cause I was young back, back in the day and I really didn't know...how to react and no, they didn't support at all, in anyway physically or mentally. Parents wise...I mean of course like what could they possibly do? They were just like yeah, it's okay...you should be careful next time...and with others, others like accidents, not really. I just have to sort of like realize like how, how severe...that accidents are and I have to come up with a solution to defense myself for it but support from the family, from the society, I don't think so, no." (Interviewee 2, 2021.)

"From families so my, my wife's families and everybody around they were so good. I got support from them and also, I, I had an incident that led me to go to the police, to report and they were quite curious to know if I can get any information about someone, about the person but I didn't remember to get the information and but they were quite good. The way they wanted to help me but you know they can't help. It's just like when a car hits you okay, hits someone and the car just run away and you don't even know the plate number and there's no camera around the area so you, you cannot, the police cannot do anything because they don't have anything to search for. They don't know the camera, they don't have anything you know so, so it's quite, it was hard for them to help me but they tried but they couldn't. They even advised me on a lot of things so, some of the, that kind of thing encouraged me to know that hey, this is actually fine. If I can go to police like this and report like this is quite nice because if it's, if it's where I come from, police are not that so much trusted. You can go to police, and you end up spending a lot of money still, but I went to police here and they supported so well so, without even anything you know? They, they were so curious to support and of course the family around me supported so much so, that was the thing that helped me, yeah." (Interviewee 4, 2021.)

All the interviewees for this part mentioned that they mostly have help from their families and friends when they are undergoing these difficult situations. Most of them mentioned as well that they did not try to get help from experts or authorities, or they did but they did not have a good experience from it. One out of five of the interviewees mentioned that he has a good experience from going to the police.

### 5.5.6 The W-Curve Model

For further understanding of the interviewees' current situation in their immigration, the author showed them the W-Curve Model that was mentioned in chapter 2.2 and asked them where they were in the curve when they first came to Finland and where they are now.

"I'm somewhere in Hope because I am studying now in University of Applied Sciences and I'm looking for work and I still hope that I will find good job and when I will find a good job like on same level as Finns, then I will feel much better like, I mean, then I will be fully integrated and I mean that immigrants will feel only on the same level with Finns and they will feel nice in a new country only when they feel on the same level with local people because like nowadays, it's very easy for people to find for immigrants to find work in Finland as 'lähihoitaja', like or someone who is serving, cleaning or doing something but it's very hard to find...yes, I am somewhere in the Hope." (Interviewee 1, 2021.)

"I think I'm at the, the last stage. Actually, I was never experienced, or I never faced this mental isolation...probably because of my family. It's kinda like, there was a part...of my life...when I just realized that okay, this is enough already and I need to sort of stand up for myself, you know once your life go, go deep down you know, and there's often like two choices, two options, it's either you bury yourself completely in the hole or you raise up and there I think it's happened...like almost to everybody and it can be like anything. It can be like you face the, the divorce of your parents or you face you're like divorce of yourself...you break up or something happens to you, something bad, then it's either that you actually you know, dig yourself like in the hole or you actually you know, like trying to become better and I think this is the time when I find myself that okay, I need to do something, to make myself feel like better than before and if you ask me that if I get any support...from my like family or friends, I actually do because there was a time that I feel so lost, like I didn't know what to do. And I told my parents that I wanted to take my time out so, I wanted to go somewhere and that's that was the only time that I saw my parents like changing completely. Like they used to be very, very strict about almost like everything and then because they saw what happened to me and it's break me like inside out, so they was just like okay, if you need your time, go ahead you know, we'll let you and that's the time I took like almost three, four days. I, I pack my backpack and I just went somewhere by myself and when I come back, it's the time that I, I feel like the new me...but this whole process it happened because of me, because of myself. I realized that I should change in order to, to make my life better and then once I come back, it wasn't only I change my behavior, but you know, I change also my personality. I'm not as I used to be you know, I'm still talkative but only when it's come to the right time and with the right people. Which just mean that I already adapt the, the culture you know, that I'm living in at the moment and also, I allow myself, I enable myself to do whatever I like, which is didn't actually happen before, and I open myself a little bit more to others. I learn how to stay calm before you

know, like, I often have these impulsive emotions that I react in people like right away. These day, I tend to sort of like to empathize you know, and put myself in other people shoes and it would just turn over, a breakthrough and you know that's exactly like what happened. That's how I know exactly that I, I changed, or I transfer from this initial adjustment to the acceptance, and it was just because of me and myself." (Interviewee 2, 2021.)

"I could basically say for example like the honeymoon phase, that's 'cause like even before I came here, like I had like yeah it's gonna be like this and like that, like you have like that kind of picture...Culture shock, I didn't experience it that much which is like...there was culture shock at some points, you could say like food or you could say like how the people like react like to you...For me now, I'm like adapted or like I had already adapt so far. So, it's like yeah, this is how it is. I accepted it from the first two years or something like that...I was like, okay, so it's like this, okay, let's just continue like that...At least for me it wasn't that hard...because...I don't like actually stand too much on like one point or say like, think about one point that much and like okay, this is how life is gonna be so, yeah, let's go with it but then, it could be hard for other people. 'Cause like it depends on the person, right? 'Cause like some people are like yeah, why is this happening? What's that? But then like there's like people like who are like me or maybe it could be worse then like okay, this is life, it just gonna slap you like that, so let's just go with it." (Interviewee 3, 2021.)

"Yes of course I am in the acceptance and integration because I told you before that I have seen those shock and I've gone through the honeymoon stage and I'm going through the confusion and a lot of discomfort and a lot of things, self-doubt and I, I have gone through those shock and all those things. Now, I am in that stage that, I understand anything I see because nothing I see now is, is new. There's no cultural thing about Finnish people that I see or, or cultural thing that I see in Finland that would be new to me. Something that I have come across one but one step or the order so, so now I understand things like now that hey, this is what it is, this is like, if I see if something happen now, if a Finnish person do something, I will just say, ah, it's just, it's because he's a Finn. But when I came in, I don't know those things, I don't know what they can do, I don't know. So, been here for three years and gone through some things and been close to a lot of Finnish people, I have learned them. I have understand them and like I told you, like the distance things and everything, I know them. How you approach people when you meet them for the first time, I know that, you know? So, it's no more shock to me. I can give you an example, when I, when I came to Finland, I can say to someone hey, I love what you did! So, you, you don't use so much about love to Finnish person we can say, I can say to anybody in Nigeria, hey, I love you because of this thing you did but if you tell, if you tell to a Finnish person, I love you because of what you did so, so the person will look at you too much. So yeah, that, I'm fine with this. So, I, I understand these things now and I follow them, I integrate very well with them so that is how it is. I am in the acceptance and integration level." (Interviewee 4, 2021.)

All of the interviewees stated that they have at some point went through with the stages in the W-Curve model during their immigration, but everyone had a different path according to their experiences.

### 5.5.7 Adaptation

For the final question, the interviewees were asked if they have fully adapted to the Finnish culture and was it for the better or for the worse.

“It’s for the better, actually...there are rather many factors why I actually still choose Finland because yeah, like the social life in Finland...it’s rather peaceful and it’s fulfill and it’s you know my, my life can be insurance here...I can at least assure that you know like if something happen to me, if I lose my job, I wouldn’t be end up you know death...like in the street just like in my country. Seconds of all...once you adapt to the culture, meaning you don’t need to change yourself to it, you know, you’re taking it in like the way it is like you just have to accept like yeah, Finnish people they are very friendly yes, but you just need to give them some time you know, and as long as you get that part clarified then it’s become like easier for you. Okay yeah, you have you know at work, you need to communicate with Finnish people and so on but not necessary like, like you must have Finnish friends you know? Sometimes it’s just like the personalities of, of two different cultures, it’s just too different, there’s no merging point that you can actually find in order to you know, to take them as your culture but yeah and Finnish cultures it’s rather like calm and I must be honest even though I’ve been facing quite like severe incidents in my life but you know, otherwise I believe that Finland is quite safe. You know, I could have been facing even worse in my country...That’s why some, at least my parents they do not want to always comfort me when things happen because like, because they don’t want us to get to spoil, here, like in Finland just because something small happen...We were just like oh, this world is bad and, and such because it can literally happen even worse there like, I can even get myself killed there. So, all right, as long as...I’m alive, I’m already happy and grateful so, yeah.” (Interviewee 2, 2021.)

“In my opinion I’m adapted for the better...From my family point of view, it’s like for the worse, my adaption but then like, I think like I like the way people here thinks like ‘yksinäisyys’ like you just spend some time alone, just like that. I like that culture now. At first, I didn’t like it but now, it’s nice thing...My family are like...why are you being so like antisocial? ...I was like saying like big family so like, the spending time with family is like more appreciated or like they like it more and I was like okay, maybe I could just step two hours away and come back later. That’s the thing like different, yeah.” (Interviewee 3, 2021.)

All the interviewees mentioned that they have adjusted for the better because they have learned a lot through their experiences. Although Interviewee 3 thinks that her adaptation was for the better, she stated that her family thought that it was for the worse.

### 5.5.8 Summary of Findings

The author found out from the interviews that four out of five of the interviewees suffered discrimination and racism in Finland. The cultural differences make it harder for immigrant students to adapt and fit in, but it was not the main cause of their distress because all the respondents said in the end that they have adapted in the Finnish culture for the better after some time. Some of the interviewees said that their mental health suffered because of the discrimination and racism that they have experienced. Another problem that the author found out about this topic is that Mental health illnesses are not always visible to other people or in some cases, they are not even aware that they have an illness, especially when they try to hide it in a façade of normalcy. As a result, the author could not identify exactly the interviewees' mental health statuses without a proper diagnosis from a doctor. (Promises, 2021.)

Table 2: Summary of Findings.

First Reaction	-Cultural Differences -Weather
Culture Shock	-People's Honesty -Weather -Cultural Differences -Food
Mental Well-Being	-Support from Family and Friends -Racism -Work-related Issues -Adaptation -Homesickness
Experiences	-Discrimination -Racism
Support Systems	-Family -Friends -Police -Social Workers
The W-Curve Model	-Hope

	-Honeymoon Phase -Acceptance and Integration -Adaptation
Adaptation	-For the Better -For the Worse (in some cultures)

The interviewees did not get help from mental health experts because they relied most on their families and friends for assistance, they deemed that that alone was already enough to get through those experiences which is another problem because they might not be getting the professional help that they need, and it might end up getting worse after a few years. Interviewee 2 also said that she tried to get help from the police station after her phone was robbed but she felt like they were uninterested to help her and for interviewee 5, he felt that he and his friends were wrongfully accused because of the language barrier after calling the police due to an incident with some Finnish guys in a bar. On the other hand, for interviewee 4, he said that he got the help that he needed from the authorities, and he was quite satisfied with how concern they were because they could not do more for him.

## 6 Conclusion

Immigration is affecting a student's mental health depending on how and why they immigrated to another country. More likely, when a student moves to another country for a better life, he or she will tend to experience homesickness because of missing their family and culture back home but will understand that they have a better life at the new country where they moved in. Immigration also helps them improve themselves by experiencing new and challenging things in their life. The problem is if a refugee who later becomes an immigrant student, who moves to a new country because of war. From these experiences, the student can potentially have tremendous psychological affect and even have symptoms of depression and post traumatic disorder.

From the data that the author gathered in Chapter 5, which was written back in 2015, there was already a series of discrimination cases that were happening in Finland. Furthermore, based on the author's recent interviews in 2021, the interviewees stated that they have still experienced discrimination and felt unsafe in certain incidents during their stay in Finland. One interviewee even mentioned that a police officer has been unequal to him and his friends during one incident in a bar because of their language barrier, which could potentially be a case of indirect or direct discrimination under the Section 2 of the Non-Discrimination Act. It is important that the government give additional training to police officers on how to handle these sorts of situations and give a suitable punishment for officers or individuals who violates this law as well. (Sams & Anttila, 2015)

Finland already has a good mental-health programs for their citizens but promoting it should be a priority for immigrants because for example in some cultures, it is taboo to admit that you have some mental illness, other people believe that it is a sign of weakness especially for men. We need to break this stereotype and normalize seeing experts for help on this matter. Normalizing and educating immigrants who believes that mental illnesses are a taboo to talk about in their cultures because it is falsely connected to 'being weak' should be a good course of action to spread awareness about this topic and to reassure people that it is safe and normal to talk about these issues with an expert. In addition to this, promoting mental health services better for example, in schools and in workplaces so that immigrants with these problems know where to go and who to call would be a big help to avoid worse mental health issues later on. For refugees, it would be beneficial if they would get extra attention because they have a higher percentage of having these symptoms.

The author has discovered additional problems surrounding this topic as well. All five interviewees mentioned that they console to their families and friends if they have personal problems in their lives but what if they do not have this kind of support system and they do not know where to seek help because of the language barrier? Another problem is how do immigrants especially children, determine if they are having early signs of mental illnesses without a proper diagnosis from a doctor? Is it safe to say that they have everything they need, and they are fine because they have a roof under their head and a meal on their table? Another problem is that based on the previous research, a lot of immigrants do not know their rights in Finland because of the language barrier so they do not know if they are being discriminated or not because of their lack of knowledge. Lastly, there was also lack of data about these cases that can be found online and the research about them were outdated.

A good solution might be to establish more organizations with social workers who are all immigrants and who speaks all languages that are needed by immigrants to translate for them. There could also be lawyers included in these organizations so that they could have legal help as well if more serious problems arise during their stay in the country. It would also be valuable to investigate previous cases and check if the individuals and companies involved in those cases have improved their situation or not. It is also good to keep in mind that these problems are being experienced by adults right now and if nothing is done, this will continue to the next immigrant generations and that even if it is not happening to you personally, it does not mean that it is not happening to someone else.

It is important that both Finnish people and immigrants learn how to co-exist with each other because both parties would benefit in the end. This new era is all about breaking stereotypes from the pasts and creating new ones that are promoting the good rather than the bad. There are far more important global issues to be more concerned about but how do we think about those bigger problems if our own minds are not at ease? Everyone is just trying to survive in this world and whether they are refugees or immigrants it is not wrong to ask for a better life and if it is, it would be against the law to migrate to another country.



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## Appendix: Interview Questions

<p>Introductions</p>	<ul style="list-style-type: none"> <li>• How are you feeling today?</li> <li>• How old are you?</li> <li>• Which country were you originally from and how long have you been living in Finland?</li> </ul>
<p>First Reactions</p>	<ul style="list-style-type: none"> <li>• Tell me your first reaction when you came to Finland.</li> <li>• Could you describe the Culture Shocks you experienced when you first came to Finland?</li> </ul>
<p>Mental Health</p>	<ul style="list-style-type: none"> <li>• Let's discuss your mental well-being during your stay in Finland.</li> <li>• Did you experience any type of discrimination or bullying during your stay here? Do you remember any significant incidents?</li> <li>• After these incidents, could you elaborate what kind of support systems you have received during your stay here and what kind would you have needed?</li> <li>• Does this picture seem familiar? (The W-Curve Model) In this illustration, where are you right now? Where were you before? How did you cope with it?</li> <li>• Do you feel that you have fully adapted to the Finnish culture? How did it affect you now? Do you feel that it is for the better or for the worse?</li> </ul>

<sup>1</sup>A research oriented thesis, including qualitative research.