Migration And Cultural Integration In Multicultural Societies

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Abstract

In industrialized nations, migration has added to the richness of racial, ethnic, and cultural diversity. People who migrate face a variety of stressors that can affect their mental health, such as adjusting to a new society, changing their identity and self-concept, and losing social support networks, religious traditions, and cultural norms. It is true that certain immigrant groups have higher incidence of mental illness. To effectively meet the needs of this growing and vulnerable population, mental health professionals must be sensitive to the particular pressures and cultural elements that impact immigrants and refugees. Reviewing the ideas of migration, cultural loss, and cultural identity, this essay will investigate how these three facets of a migrant's experience and cultural congruity are related to one another. The elevated incidence of mental illness in impacted migrant groups are thought to be mostly caused by the intricate interactions between biological, psychological, and social factors, as well as the migration process, cultural grief, cultural identity, and cultural congruity.

Keywords: Migration, mental illness, impact, cultural identity, cultural congruity, interaction.

I. Introduction

Migration is a natural process that frequently occurs based on the migrant population's social, demographic, cultural, political, and environmental characteristics. Moving from one place of residence to another is only one aspect of migration. It is most essential to comprehending the constantly shifting spatial relationships and substance of regions.

Boge (1959) considers it an instrument of cultural diffusion and social integration which yields more meaningful redistribution of population.

Migration is the migration of people from one place to another. Sociologists find it to be an important area of research because of its social ramifications. After birth rate and death rate, migration is the third element influencing population changes. The impact of migration on population size differs from that of birth and death rates. Unlike birth and death rates, which are biological events, migration is impacted by social, cultural, political, and economic variables. The decision of an individual or group of individuals is what drives migration. The size and structure of the population are not significantly impacted by changes in the birth and death rates, but migration can bring about significant changes in these areas at any moment.

Definition

According to U.N.O. : "Migration is form of geographical mobility between one geographical unit to another, generally involving a change of residence."

According to David M. Heer : "Migration means to shift from one's usual place of residence."

II.   Various forms and patterns of Migration

- **Internal Migration:** migration from one country to another is referred to as external migration or international migration, whereas mobility within a country is referred to as internal migration. The origin and destination of internal migrant flows can be used to categorize them. In addition to intra- and inter-state migration, there is migration from rural to urban areas**.**
- **Forced migration:** It is defined as migration that is imposed on a person or family by circumstances like natural catastrophes, persecution, or conflict and is not their choice. Migration that is selected by the person or family and motivated by things like improved economic prospects or a desire for a better life is referred to as voluntary migration.
- **Temporary migration:** It is defined as migration that is meant to last just a limited time, such seasonal or temporary labor. The term "permanent migration" describes migration that is meant to last for a long time with the goal of relocating permanently.
- **Reverse Migration:** The term "reverse migration" describes the movement of people or families who have already left their home country to return to their original location.

III.   Causes of Migration

Economic, demographic, sociocultural, and political factors are the four main categories into which the major causes of migration or the reasons behind people's relocation can be generally divided.

- **Economic Factors:** The main drivers of migration to regions with more employment prospects in the majority of developing nations are poor agricultural income, agricultural unemployment, and underemployment.

  Push factors: Unfavourable economic circumstances brought on by unemployment, low productivity, poverty, and the depletion of natural resources.

Pull factors: These are the things that draw migrants to a place, like more job possibilities, higher income, better working conditions, and better living amenities, among other things. Pushback influences include a large urban labor force, high urban unemployment rates, and pools of underemployed individuals. Together, these elements serve as barriers to the new wave of rural-to-urban migration.

- **Socio-cultural motives:** Social motives like marriage, family reunion, or the desire to be nearer to one's community or social network can also be the driving force for migration.

  Marriage: In India, marriage is the primary driver of female migration.

  Caste: Violence against particular groups and prejudice and marginalization based on caste can also cause migration.

  Religion: People may migrate as a result of prejudice or persecution related to their religion. Cultural reasons: The desire to maintain one's cultural identity or to be nearer to one's cultural community are two examples of cultural motivations that can motivate migration.

- **Political issues**: Persecution, conflict, or political instability are some examples of political factors that can motivate migration.

  Political instability: People may be compelled to move in quest of safety and security due to war, conflicts, or other types of political instability.

  Persecution: Discrimination or persecution on the basis of political beliefs, religion, or ethnicity can also be a driving force for migration.

  Separatist movements: Ethnic conflicts or separatist movements can also be the driving force behind migration, as people or groups may feel forced to flee their communities in order to avoid persecution or acts of violence.

Government policies and administrative activities: Migration may be impacted by government policies and administrative measures that result in livelihood loss or displacement. For example, migration from other states will undoubtedly be impacted in our nation if state governments implement the "sons of the soil policy" for employment.

- **Environmental factors:**

Natural catastrophes: People may be forced to relocate in search of food, water, and shelter due to landslides, floods, droughts, and other natural disasters.

Climate change: People may be forced to migrate as a result of the loss of their homes and means of subsistence due to rising sea levels, more frequent and severe extreme weather events, and other effects of climate change.

Deforestation and land degradation: These issues can cause people to lose their means of subsistence, especially for those who depend on forestry, agriculture, and pastoralism, which may force them to move.

Water scarcity: People may lose their means of subsistence and be forced to move as a result of water shortages brought on by pollution, overuse, and climate change.

Development project displacement: People may be displaced from their homes and forced to migrate as a result of large-scale development projects like mines, dams, and industrial projects.

IV. **Census for Migration in India**

- In 2011, 45.6 crore people (or 38% of the population) were migrants in India. Although the population expanded by 18% between 2001 and 2011, there was a 45% increase in the number of migrants.
- Immigrants (international migrants) made up 1% of all migration, with the remaining 99% being internal.
- 54% of all classifiable internal migration was made up of 21 crore rural-rural migrants.
- Nearly 88% of all internal migration was within a single state.
- The states that received the most interstate migrants were Delhi and Maharashtra, while the states that sent the most were Uttar Pradesh and Bihar.
- Marriage and family accounted for the majority (70%) of intra-state mobility.

V. Outcomes of Migration

Depending on the circumstances and particulars of the migration, there can be a range of both positive and bad effects from migration in India.

Economic Repercussions:

- Remittances sent by migrants are a significant boon to the region of origin.
- One of the main sources of foreign cash is remittances from overseas migrants.
- Productivity can be raised by worker availability.
- Uncontrolled migration to India's major cities has led to slum development and overcrowding.

Demographic Consequences:

- Population redistribution within a nation is a result of migration.
- The rural demographic structure is negatively impacted by age and skill-selective migration from the rural area.
- The feminization of agriculture is partly a result of rural men leaving the area.

Social Repercussions:

- Migrants are change agents in society. Through them, new ideas about family planning, females' education, new technologies, etc., spread from urban to rural communities.
- People from different cultures mix together as a result of migration, which causes a composite culture to emerge.
- However, there are also significant drawbacks, such as the migrants feeling hopeless.

Environmental Repercussions:

- Migration in India may have a wide range of serious environmental effects.
- As humans misuse natural resources, remove land for agriculture, and bring in new invasive species, migration can result in deforestation and biodiversity loss.
- Because people overuse and degrade water supplies, migration can make water scarcity worse.

VI. Challenges faced by migrants

- Lack of health and social security benefits, as well as inadequate enforcement of the law requiring basic safety requirements.

- State-provided benefits, particularly food delivered via the public distribution system (PDS), are not portable.

- Lack of access to essential facilities and reasonably priced homes in cities.

- Impact of COVID-19: These migrant workers' worries include food, housing, medical treatment, worry of contracting the disease or spreading it, losing their jobs, family worries, anxiety, and fear.

VII. Measures by Government to safeguard Migrants

- Social Security Code: The code offers insurance and provident funds, among other advantages, to migratory workers who work across state lines.
- One Nation-One Ration Card: households that receive benefits from the Public Distribution System (PDS) now have greater freedom and choice in selecting which Fair Price Shop (FPS) to purchase their rations from.
- NITI Aayog's Draft National Policy on Migrant Workers: A rights-based approach is used in NITI Aayog's proposed national migrant policy, which also highlights the value of group action in assisting migrants in negotiating better terms.
- Remote voting: To make it easier for domestic migrants to cast ballots for their home constituencies from their remote places, the Election Commission intends to test a Multi-Constituency Remote Electronic Voting Machine (RVM).

Relief measures during the COVID-19

- E-SHRAM Portal for creating a database of migrant workers.
- Distribution of food under Pradhan Mantri Garib Kalyan Ann Yojna.
- Affordable rental housing complexes (ARHCs) scheme aimed at providing housing at an affordable rent to migrants near their workplace.
- Garib Kalyan Rojgar Abhiyan (GKRA) provides employment to returnee migrants affected by the COVID-19 pandemic in 116 selected districts across six states.

VIII. Conclusion

A complicated topic, migration has a significant impact on India's development. It offers chances for economic development and cross-cultural interaction, but it also poses problems like social isolation and urban overpopulation. Addressing the multifaceted issues of migration and ensuring equitable growth for all requires a balanced strategy that integrates policies for social inclusion, rural development, and sustainable urbanization.

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