

# The Expatriation Reasons, Types and Ways to Confront It

Ja'afar Talib Hamza <sup>1</sup>  
Assist. Prof . Dr. Thaer Raheem Kadhem <sup>2</sup>

College of Arts , Department of Sociology , Al-Qadisiyah University -Iraq

Corresponding Author's Email: [art.soc.mas.20.2@qu.edu.iq](mailto:art.soc.mas.20.2@qu.edu.iq)

<sup>2</sup> Email: [Thaer.raheem@qu.edu.iq](mailto:Thaer.raheem@qu.edu.iq)

## Abstract

The study aims to generate interest and draw the attention of those concerned with the need to study the problem of expatriation because of its importance in the lives of individuals, because expatriation contributes to the isolation of the individual from society and himself.

The importance of the research lies in shedding light on the problem of expatriation and trying to address it, in addition, this research contributes to allowing researchers to conduct more future studies, and the research tries to come up with some proposals, recommendations and results that are expected to benefit specialists in sociology.

The research reached a number of recommendations, the most important of which is the emphasis on the role of the family in taking care of family relations and solving problems in sound ways, as well as emphasizing the state in providing job opportunities, eliminating poverty and achieving social justice.

**Keywords:** Expatriation - expatriated personality traits - causes of expatriation - ways to treat expatriation - types of expatriation.

## Introduction

The problem of expatriation among individuals has become one of the most prevalent issues at the present time, as individuals today face many psychological and social problems as a result of the recent events in Iraq such as wars, conflicts, displacement, suppression and the spread of corruption, in addition to the changes that occurred at the political, economic and social level. There are many factors The reasons that contribute to the prevalence of the problem of expatriation, and if there are no effective ways to confront expatriation, will lead the expatriates to increase their tension and turmoil, and thus to depression and isolation from society, and the situation may reach suicide. This research dealt with the nature of expatriation, its causes and ways to confront it and its types.

## Problem of the Study

The problem of expatriation is one of the topics that has become imposing itself, and grabs the attention of sociologists, psychologists, writers and philosophers, and these concerns have reflected the extent of the impact of the idea of expatriation on the mind and thinking of man, and

the extent of the tyranny of the expatriation formula on the relations between man and other members of society, so that many Thinkers describe this era with several descriptions of their confusion and formulated them in the form of questions, including: Is it the era of science and technology? Or the atomic age and nuclear terror? Or the era of expatriation, anxiety and loneliness? In light of this, they see that the crisis of the contemporary man is due to his estrangement from others and himself, so conflict and tension occur between the individual and his external reality, and his compatibility with himself and others worsens.

The research problem centers on answering the following questions:

- 1 - How can the interest of those concerned with expatriation be aroused among individuals?
- 2- What are the reasons for the problem of expatriation?
- 3- What are the ways to deal with expatriation among individuals?
- 4- What are the types of expatriation?

## Importance of the Study

The importance of the research appears through what it will add from theoretical frameworks related to the topic of research (expatriation) and the importance of this topic for all segments of society, especially the youth group. All of these factors led to the occurrence of many problems among young people, including expatriation, distance, separation from society, distrust of others, escape from reality and migration abroad. The importance of the research comes in its attempt to address a serious problem facing individuals, which is the problem of expatriation. In conducting more future studies, the research attempts to come up with some suggestions, recommendations and results that are expected to benefit specialists in sociology and psychology.

## Objectives of the Study

- 1- Arousing interest and drawing the attention of those concerned with the necessity of studying expatriation among individuals.
- 2- Identify the causes of expatriation.
- 3- Knowing the procedures and programs that contribute to addressing the problem of expatriation among young people.
- 4- Recognize the types of expatriation.

## Define concepts

### Expatriation

About human does not feel that he is the center of his world or the maker of his actions, but he feels that his actions and their results control him (Ahmed Metwally, 1993, p. 279). It is also defined as the individual's feeling of weakness and the control of others over him. He is a path and not a choice. He cannot control his destiny or influence the course of his affairs. He feels the destruction of social bridges with others, and the weakness of belonging to the group. About revealing his thoughts, feelings and himself as he really is (Iqbal Muhammad Rashid, 2011, p. 68).

It is also defined as the individual's feeling of detachment from oneself or society or both, represented by the feeling of social isolation, helplessness, meaninglessness, non-standardization and rebellion (Muhammad Al-Khouli, 1981, p. 19). It is the apathy that occurs in the individual's relationship with others, or

separation and distance from them, and a schism occurs between the individual and the environment in which he lives after there was a strong relationship linking the individual with his surroundings before the split (Lazhar Musaied, 2003, p. 13).

The researcher puts a procedural definition of expatriation: it is the feeling of expatriation from oneself and others, not being convinced of the values and customs of society, and the coldness of his relationship with others.

## The nature of expatriation

Expatriation is a human problem that has attracted great attention from sociologists, psychologists, philosophy and education, and it is a problem that requires revealing its manifestations and the factors leading to it and its various sources that contributed to its emergence. Civilized progress increases the number of individuals who feel expatriated in all societies in all its colors and forms, as well as the number of negative personalities, the complexity of lifestyles, and the exacerbation of problems in society (Ali Ibrahim Metwally, 1988, p. 181).

Expatriation is a general psychological and social problem, and interest in it has increased in recent years because of its symptoms that threaten the individual in various areas of his life, as it is linked to the rapid development that takes place in human society. Where expatriation occurs in the areas of human presence, and in each field it takes a different form, there is social, psychological, political, economic, religious and political expatriation. 2012, p. 140).

## Personal characteristics of the expatriate

1- Psychological, social and mental problems: Sometimes expatriation leads to some psychological, social and mental problems such as anxiety, depression, tension, despair, psycho-physical symptoms, schizophrenia, poor social competence, isolation and lack of participation in activities.

Weakness in personal relationships with others, deviation of events and spread of violence, loss of beliefs and values, loss of self, forgetfulness and straying, blaming and talking to oneself constantly, uttering strange and sometimes obscene words in front of others without shame (Iqbal Muhammad, 2011, p. 140).

2- The rumor of formal religiosity: It is the continuation of performing some religious rituals and rituals, as it began to spread among young people, especially the marginalized, the oppressed and the disaffected, after they felt inability to control the events surrounding them. A change in attitudes and attitudes, and since the matter is limited to performing some of these rituals, it is possible to change the acceptable behavior to the unacceptable behavior (Mohammed Shamal, 2008, p. 29).

3- Spreading a state of indifference to personal appearance: The person who suffers from expatriation from his society neglects himself and does not care about his personal appearance, and the reason may be due to complaining about the restrictions placed by the real world around him and the difficult events and circumstances, as he took from the imaginary world that he created for himself. A way to escape and get rid of the state of expatriation, and therefore the individual does not care about what is happening in terms of events, circumstances and situations that require the attention of others, and indifference is due to reasons related to the individual's basic position on these events (Iqbal Muhammad, 2011, p. 141).

The feeling of old age: the deteriorating health conditions of young people at an early age gave birth to a feeling of old age, and this is naturally due to the fact that young people were burdened with various life burdens, including entering the labor market early and helping the family to spend on it, depriving them of educational opportunities and not enjoying the joys of life in this The age group, and this group started burning from the inside, or as described by psychology, it was exposed to psychological burnout, so signs of aging began early because of its suffering from many life burdens (Abdul Hamid Saeed, 2003, p. 42).

5- Silent protest: some young people started discovering their expatriation with a behavioral aspect that we can call (silent protest), and by it we mean the behavioral aspect through which individuals express their expatriation and are usually convinced by many methods, including oral speech that involves sarcasm and irony, writing and criticism. The stinging, and the drawings on the seats or the walls, which are ways of protesting the conditions in which they live and the conditions of oppression and humiliation (Muhammad Shamal, 2008, p. 33).

6- Discontent: It is the individual's dissatisfaction with what is happening around him and what touches the core of his life, with the feeling that the prevailing values in the basic institutions do not meet his desires and do not reflect his interests and demands. From the outside world with the aim of changing it into an image he wishes and imagines for him in order to achieve what he desires (Iqbal Muhammad, 2011, p. 143).

7- Weak affiliation and national awareness: Weak affiliation means the individual feels that he does not belong to his basic group, does not feel proud of it, is not satisfied with it, and he rejects the prevailing values of the culture of his society, which leads him to be indifferent to the homeland as it becomes a behavioral manifestation indicative of the expatriation of young people, and the reason for this is due That expatriation leads to weakening the integration of the individual with the group to which he belongs (Iqbal Muhammad, 2011, p. 142).

### **The reasons for expatriation**

Expatriation is a social and psychological condition that affects the health of the individual, his feelings, and his relationship with himself and with others. Participation with the community, and among the most important reasons and factors that lead to expatriation are:

A- Social and cultural factors, which are as follows (Ejlal Muhammad, 1993, p. 115):

- (1) The stresses of the social environment and the failure to cope with these pressures.
- (2) The spread of a sick culture in which complicating and demolishing factors prevail.
- (3) Rapid civilized development and the inability to conform to it.
- (4) The failure of socialization to perform its duties due to the disturbances that arise in the family, school and society.
- (5) The disorder of the value system and the conflict of values between generations.
- (6) The spread of moral, financial and administrative corruption, the spread of vice, moral weakness, shadows, and deviation from religious teachings.

(7) Weak social interaction, negative social trends, the spread of intolerance, class distinction, and political instability.

B - Psychological factors, which are represented by the following (Sana Hamed Zahran, 2004, p. 107):

(1) Conflict: that occurs between motives and desires, as well as between the many needs of the individual that cannot be satisfied at the same time, which leads to anxiety, tension and personality disorder.

(2) Frustration: where motivations, basic desires, or special interests are hindered, as frustration is associated with a feeling of complete helplessness and failure, and a feeling of oppression and despair.

(3) Deprivation: Where there is less opportunity to satisfy needs or achieve motives, as in the case of deprivation from parental and social care.

(4) Traumatic experiences: These experiences motivate other factors that cause expatriation, such as wars and political crises.

#### C- Economic Factors:

The individual in society has rights and has duties, and one of the most important of these rights is the right to work and produce, so that the individual feels his value and dignity in society, where the individual needs to satisfy his basic needs and invest his potential and energy in work until he returns to him with money, which enables him to improve his living, because work is considered One of the necessary needs of the individual, and failure to satisfy the needs exposes the individual to many social and psychological problems and diseases. Unemployment leads to the individual feeling of expatriation from a psychological and social point of view, which is represented in the separation from oneself, others and society (Mohammed Khader, 1996, p. 549).

Difficult economic conditions lead to the emergence of social and psychological problems, as they contribute significantly to influencing the behavior of the individual, forming his values and trends, determining his personality traits, as well as contributing to the formation of social classes, and affecting social cohesion within society. The economic factors are low income, high prices and inefficiency. Financial institutions,

mismanagement of trade and the devaluation of the currency, and that these economic conditions lead to an impact on the psyche of individuals and the emergence of many problems, including theft, violence, depression, expatriation and suicide (Iman Mohammad, 2016, p. 547).

#### D- Internet and social media worker

The world in the modern era has witnessed a technological development that has sunk into the depths of society, and brought with it the signs of social change, civilized development and cultural invasion, and that the advantages of the Internet and its obvious danger have left different reactions, as some individuals misuse the Internet and crowd out their social world, they use the computer to talk. About some trivial topics and spend long hours on it and away from family and society and live in their own world and isolate themselves socially, meaning that misuse of the Internet has become one of the factors that lead to the decline of their family life and social relations, as well as negatively affects the health and economic situation and their lives in general (Iman Muhammad , 2016, p. 555).

#### Ways to confront expatriation

The ways to confront expatriation are done by addressing the causes of expatriation and achieving belonging, and the most important of these ways that we can follow are (Sana'a Hamed Zahran, 2004, pp. 116-117):

A- Addressing the social and psychological factors that lead to expatriation and trying to detect and treat them early, and conquer and overcome feelings of expatriation, return to oneself and communicate with reality.

B- Correcting social conditions to ensure communication and social interaction, pride in personality, development of positivity and keeping pace with social change.

C- Developing religious behavior, practicing religious rites, applying religious rulings in all aspects of daily life, and correcting cultural conditions to achieve respect for customs and traditions.

D- Paying attention to economic conditions and correcting them by increasing production to satisfy the needs of individuals, creating suitable job opportunities that guarantee human dignity,

strengthening political awareness, political stability and democracy, and developing the national spirit, loyalty and pride in the country.

E- Staying away from cruelty, authoritarianism, and all unbalanced parenting methods, and adopting the method of acceptance, dialogue and understanding, and helping the children provide their needs for the purpose of giving them the ability to take responsibility and instilling a spirit of self-confidence, as well as follow-up and focus in education on aspects of belonging and avoiding cultural expatriation (new). Zulekha, 2012, pg. 356).

### **Types of expatriation: Types of expatriation**

The concept of expatriation is one of the most common and widely used human concepts in the social sciences, and one of its most diverse concepts. Therefore, its uses have varied in more than one field, including religious, political, social, psychological, creative, legal, cultural, educational and other types. The most common types of expatriation are:

#### **1- Religious expatriation: Religious expatriation**

Religious expatriation is separation from God, atheism and delusion, and it is the basis of every social, philosophical, or psychological expatriation. In resorting to God as a support and compensation, then the philosophy of religion is the field in which expatriation can be discovered, the more a person draws close to God, the less expatriated he is, and conversely, the further away he is from God, the more expatriated he becomes (Iqbal Muhammad, 2011, p. 135).

When a person confronts God in a challenging situation and revolts against him, he aspires to be creative in all his actions, for sin enhances the feeling of existence, because the meaning of existence is that he himself is free and has a will and an independent entity. , then it turns from a religious, sectarian or ideological state to another close to it (Ali Muhammad, 2006, p. 62).

#### **2-Political expatriation**

It is the inability of the individual to issue influential decisions in the political aspect, as he lacks the rules and standards regulating human behavior, where the individual feels that he has no role in the political process, and that the political

decision-makers do not give him any consideration or importance (Abdul Latif Muhammad, 2003, p. 97 ). Political expatriation is one of the most common types in contemporary societies, where its manifestations appear in the political impotence that occurs when the expatriate individual does not have any ability to participate in the formulation and issuance of decisions at the political level (Alaa Zuhair, 2011, p. 269).

Some researchers describe this type of expatriation as giving the individual all his social powers and feelings to the ruler, leader or state to make it an idol, so it is a dialectical relationship between individuals and the ruler and this dismantles social ties, as the citizen is motivated by personal and selfish interests and not by motives of solidarity or love of the other (Rashad Saleh, 1990, p. 11).

#### **3- Social expatriation:**

Merton sees that social expatriation is the expatriation of individuals from the prevailing goals and standards and that they do not participate in the common framework of the values of society and it is said that "they are in the community, but they are not of them." An essential in society (Richard Schacht, 1995, p. 239). (Social expatriation is the individual's feeling of separation from the society surrounding him, and his feeling of expatriation from it, it is expatriation from society and inability to fit in, failure to adapt to the prevailing conditions in society, indifference and lack of sense of belonging, which is the withdrawal of the individual, his separation and his distance from an institution to which he was connected in The former, as well as the feeling of lack of integration and separation from culture and society, where the social norms and values shared by other individuals seem meaningless to the socially expatriate, so he feels frustrated and isolated (Iqbal Muhammad, 2011, p. 137).

Young people often face this kind of expatriation as a result of mixing concepts and social values, whereby the young man loses his sense of value and importance and develops a feeling that he is expatriate to the society in which he lives, as he is not part of his traditions, customs and moral system. Thus, he feels more isolated and isolated, and the concept of expatriation deepens in himself, so he falls into a cycle of conflicts and

acute psychological crises (Abdullah Abu Ayash, 1980, p. 207).

#### **4- Psychological expatriation**

Psychological expatriation has been linked to the concept of self-estrangement, which is an inability to achieve oneself, as well as an expression of the conflict that occurs when the goal towards which the action is directed directly is undesirable in itself, as a result of the conflict between the intruder goal and the original goal (Al-Sayyid Ali Sheta, 1984, p. 394). Psychological expatriation is a general concept that refers to cases in which the personality is exposed to fission, collapse or weakness, and also refers to the distorted growth of the human personality, as the personality loses the elements of an integrated sense of existence and permanence, and among the manifestations of expatriation in the personality are (Abdul Latif Muhammad, 2003, p. 81):

A- Cases of personal inadequacy.

B - the absence of a sense of cohesion and internal integration in the personality.

C- Weak feelings of identity, belonging, value and security.

As the scientist Fromm sees that psychological expatriation is the conflict of the original self with the false self, it is clear that the original self is the one whose owner is characterized as a thinking person capable of creativity, love and feeling, while the false self is the one who lacks all or some of these qualities, and that the integrated person is characterized by the self The original and his personality is not expatriated , while the non-integrated person is characterized by a false self, and his personality is expatriated and separated from the authentic human existence (Ahmed Nour, 2017, p. 67).

#### **5- Cultural expatriation:**

This type of expatriation occurs when there is a weakness in belonging to the civilized cultural assets, as well as due to the foreign cultural invasion and the civilizational challenge coming from abroad, as an attempt to extract the human from his origins and his civil and cultural ties, which leads to the collapse and disintegration of the prevailing values in society on the one hand and to A conflict with these Western values on

the other hand, and the individual in this kind of expatriation lives in the shadow of two contradictory worlds, bearing in his personality two distant cultures that are difficult to approach, a heritage culture full of citizenship and a culture of Westernized globalization that works to rob the heritage culture, and between the first world and the second world the individual stands Unable to connect his heritage past with his expatriated present, man becomes separated from himself and expatriated from his culture, not knowing how to face the challenges of globalization (Iqbal Muhammad, 2011, 139).

#### **6-Creative expatriation**

In this type of expatriation, the creative expatriate possesses full awareness of his expatriation, and he also possesses alternatives and tools to match it. In it, expatriation is not necessarily destructive because it will take away the humanity of the individual in a real way. He tries to adapt the causes and motives of his expatriated phenomena and the phenomena of his society and surroundings that he suffers from and which some others feel and do not suffer or others do not feel, and his insistence on returning those motives and causes avoiding direct confrontation with the motives of his expatriation, which is an expatriation that is neither static nor negative nor withdrawn towards the deep, isolated worlds of the self He is completely responsible for the world or the influence of society, and he is absolutely responsible for owning his own will in criticizing life at all levels, discovering the future and introspecting its interior through creations and special expressive manifestations (Ali Muhammad, 2006, pg. 99).

#### **7- Career expatriation: Career expatriation**

It is the feeling of the employees of the organization with work-related tension and includes emotional stress and feeling unable to accomplish anything at work and a feeling of helplessness and loss of control. What is related to the employee, where the relationship between the two parties often ends in an unsatisfactory way, and the employee has negative feelings towards the institution, and he is constrained to imagine that all his problems and difficulties he faces are due to the institution in which he works, which results in a lack of initiative and creativity and the spread of a spirit of indifference among employees The lack of permission for the work assigned to it, the large number of job

performance errors, the low desire for training and learning new skills, the frequent request for vacations and the search for any excuse to leave the institution in which he works (Wejdan Muhammad, 2020, p. 51).

### Results and Recommendations

Each scientific research has specific results, which are the outcome of the effort made by the researcher, and the researcher, if he wants to contribute to solving the problem of the subject of his research, must put some recommendations for the competent authorities, provided that those authorities take into account as much as possible the adoption of these recommendations.

### Results

A- Expatriation leads to a failure to achieve psychological and social harmony among individuals.

B - Family disintegration contributes to the emergence of the problem of expatriation among individuals.

C- Unemployment and poverty are among the main causes of the problem of expatriation.

### Recommendations

A - Emphasizing the family in paying attention to family relations and solving the problems they face in a quick and sound way so that they do not reflect negatively on the children.

B - Developing the ability of individuals to interact positively to overcome the problems they face.

C- The state must provide job opportunities, eradicate poverty and achieve social justice among individuals.

D - Emphasizing the role of the educational counselor in schools to eliminate the problem of expatriation through seminars and workshops, and involving students in some decisions that concern the school in order to instill confidence in them and strengthen their personalities.

### References

1. Abd Al-Mukhtar, Muhammad Khader (1998). *Expatriation and extremism towards violence*, a social

- psychological study, Dar Al-Gharib, Cairo, Egypt.
2. Abu Ayyash, Abdullah (1980). *The Crisis of the Arab City*, Kuwait Press Agency, Kuwait.
3. Al-Damanhour, Rashad Saleh (1990). *Expatriation and some personal variables*, Journal of Psychology, No. 13.
4. Al-Khouli, Muhammad (1981). *Dictionary of Education*, Dar Al-Million, Beirut,.
5. Al-Taei, Iman Muhammad. *Behavioral problems among young people (violence, Internet addiction) and treatment methods*, Journal of Educational and Psychological Research, University of Baghdad, No. 51.
6. Al-Yousef, Ali Muhammad (2006). *The Psychology of Creative Expatriation*, Sharjah Press, Mosul, Iraq.
7. Hassan, Mahmoud Shamal (2008). *Youth and the problem of expatriation in Arab society*, House of General Cultural Affairs, Baghdad.
8. Khalifa, Abdel Latif Muhammad (2003). *Studies in the Psychology of Expatriation*, Dar Gharib for printing, publishing and distribution, Cairo, Egypt.
9. Metwally, Ali Ibrahim (1988). *Expatriation and its relationship to some personal variables among university youth*, Journal of the Faculty of Education in Damietta, No. 10, Egypt.
10. Musaed, Lazhar (2003). *The Theory of Expatriation from Western and Arab Perspectives*, Dar Al Khaldouniyah for Publishing and Distribution, Algeria.
11. Omar, Ahmed Metwally (1993). *A comparative study of some dimensions of expatriation among university students who abuse alcohol and non-drinkers*, Journal of Educational Evaluation and Measurement, College of Education, Al-Azhar University, No. 2.
12. Rashid, Iqbal Muhammad (2011). *Expatriation-Rebellion, the concern of the Future*, Dar Al-Safa Publishing and Distribution, Amman,.

13. Richard, Shakht (1995). *Expatriation*, translated by Kamel Hussein, 2nd edition, Dar Sharqiyat for Publishing and Distribution, Cairo, Egypt.
14. Sayed Ahmed, Ahmed Anwar Mohamed (2017). *Expatriation, drug abuse and addiction*, a sociological study, Journal of the Future of Arab Education, Vol. 24, No. 107, Egypt.
15. Serri, Ejalal Muhammad (1993). *Expatriation, cultural expatriation and linguistic expatriation among an Egyptian university sample*, Journal of the Faculty of Education, Ain El-Shams University, No. 17.
16. Sheta, Alsaed Ali (1984). *The Theory of Expatriation in the Perspective of Sociology*, Dar Alam Al-Kutub for Publishing and Distribution, Riyadh, Saudi Arabia,.
17. Wejdan Muhammad Hazaa (2020). Determinants of expatriation among Jordanian youth, Master's thesis, Yarmouk University, Faculty of Arts, Department of Sociology, 2020.
18. Yogesh Hole et al 2019 J. Phys.: Conf. Ser. 1362 012121
19. Zahran, Sana'a Hamid (2004). *Monitoring Mental Health to Correct Expatriate Feelings and Beliefs*, Alam Al-Kitab for Publishing and Distribution, Egypt.
20. Zuhair, Al-Rawashdeh Alaa (2011). *Political expatriation among university youth*, The Jordanian Journal of Social Sciences, Volume 4, Issue 3, Amman, Jordan.
21. Zulekha, Jadidi (2012). *Expatriation, Journal of Humanities and Social Sciences*, Wadi Soft University, No. 8, Algeria.