

Psychological well-being of Iranian immigrants in Portugal enrolled in educational system

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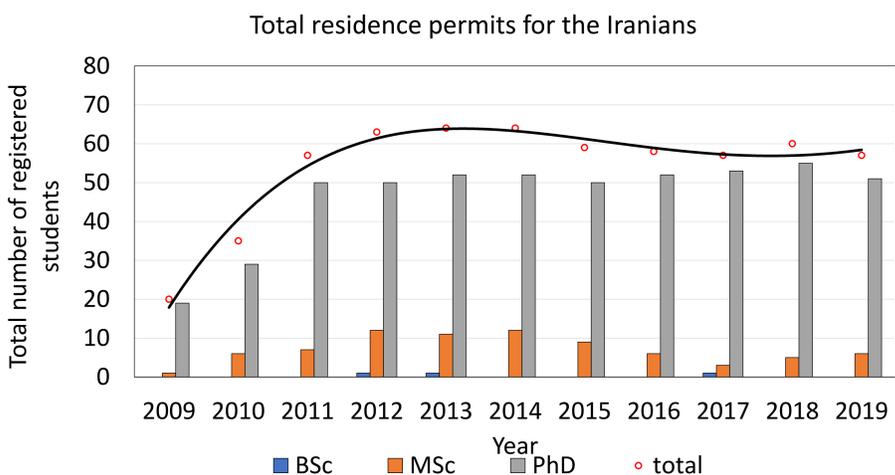
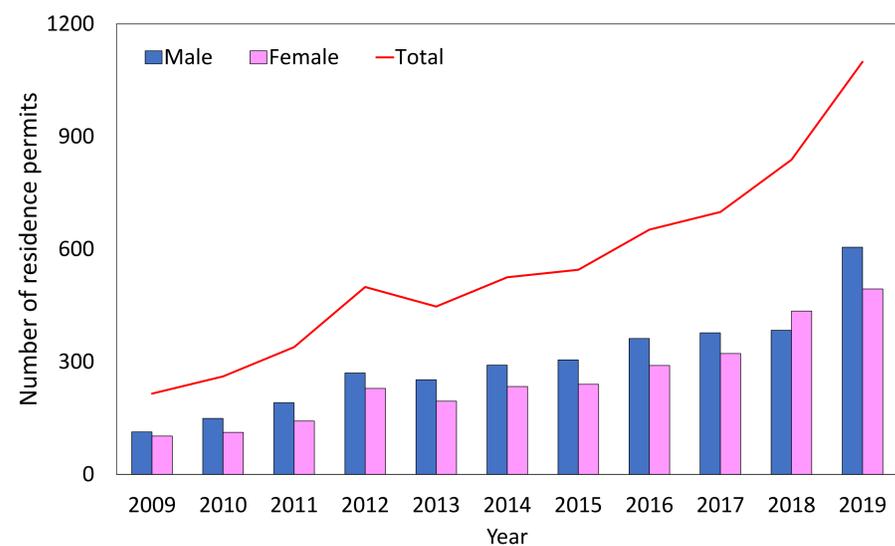
Introduction

During the last two decades, professionals and highly skilled individuals have comprised a sizable part of international migration known as “brain drain” mostly from developing nations to developed countries. The aim of the current research is to understand the impacts of Portuguese educational system and immigration policies of Portugal as well as their perception on Iranian immigrants in different psychological aspects such as stress, self-confidence, hope, quality of life, sleep and well-being. This could help to identify both weak points and strengths of the educational system and to understand the necessity of improving the well-being of Iranian students to increase their efficiency in academia.

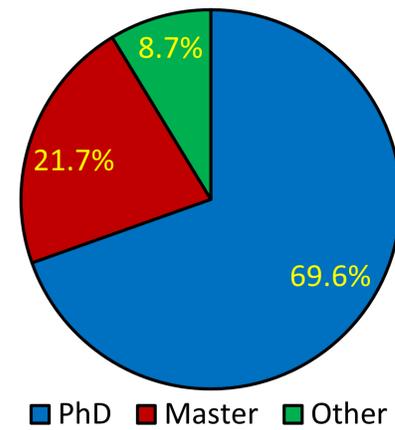
Method

Well-being inventory Ryff and Keyes (1995, p.1072) was used in a short version format (Khanjani, Shahidi, Fathabadi, Mazaheri & Shokri, 2014) to measure the well-being of participants in addition to the self-report questionnaire. Only 24 out of 58 participants responded to this survey. This scale consists of 18 items consisting of six subscales with the answer format as follows : 1 = strongly agree; 2 = somewhat agree; 3 = a little agree; 4 = neither; agree or disagree; 5 = a little disagree; 6 = somewhat disagree; 7 = strongly disagree. Reverse-scored items are worded in the opposite direction of what the scale is measuring. Higher scores mean higher levels of psychological well-being (Ryff, 2010). Khanjani and colleagues reported the psychometric properties for Iranian version (Khanjani et al., 2014).

Results and Discussion



Academic level



Autonomy: I have confidence in my opinions, even if they are contrary to the general consensus.

Environmental Mastery: In general, I feel I am in charge of the situation in which I live.

Personal Growth: I think it is important to have new experiences that challenge how you think about yourself and the world.

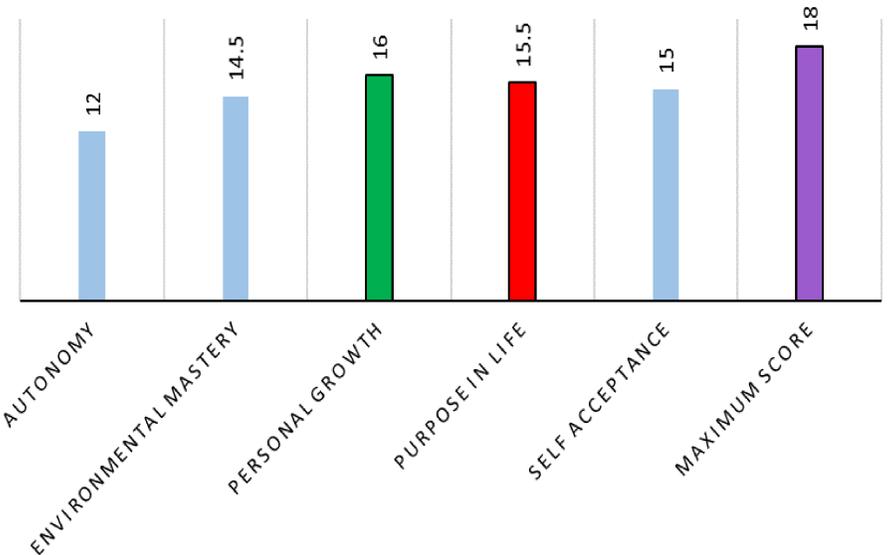
Positive Relations with Others: People would describe me as a giving person, willing to share my time with others.

Purpose in Life: Some people wander aimlessly through life, but I am not one of them.

I like most aspects of my personality.

For each category, a high score indicates that the respondent has a mastery of that area in his or her life. Conversely, a low score shows that the respondent struggles to feel comfortable with that particular concept.

WELL-BEING



Conclusions

Primary statistical analysis showed 6 dimensions of wellbeing self-report (autonomy, environmental mastery, personal growth, positive relations with others, purpose in life, self-acceptance) and perceived stress are negatively correlated.

The two main items based on the results are as follows:

First the personal growth where having new experiences is considered, and the second is **purpose in life** in which the person believe that he/she is not a person who wander aimlessly through the life.

References

- [1] Ryff, C. D., Almeida, D. M., Ayanian, J. S., Carr, D. S., Cleary, P. D., Coe, C., ... Williams, D. (2010). National Survey of Midlife Development in the United States (MIDUS II), 2004-2006: Documentation of psychosocial constructs and composite [2] Khanjani, M., Shahidi, S., Fathabadi, J., Mazaheri, M., Shokri, O. (2014). Factor structure and psychometric properties of the Ryff's scale of Psychological well-being, short form (18-item) among male and female students. *Thoughts and Behavior in Clinical Psychology*, 9(32), 27-36.