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**ACCULTURATION AND ITS EFFECT ON SYRIAN REFUGEES'
MENTAL HEALTH AND LIFETIME: A SYSTEMATIC REVIEW**

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Acculturation and Its Effect on Syrian Refugees' Mental Health and Lifetime: A Systematic Review

Akültürasyon ve Suriyeli Mültecilerin Ruh Sağlığı ile Hayatlarına Etkisi: Bir Sistematik Derleme

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To my beloved ones of all times,

In the past, at this moment and in the future...

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ABSTRACT

Syrian conflict that is one of the biggest crises of the last century has been affected psychosocial and cultural life in Turkey. The traumatic experiences of refugees might be different within the range of age groups and their migration periods. There might be some possible tackles in host country in adapting to the sociocultural life while there would be some advantages of coming from a certain region and certain community in the migration period. The dimensions of acculturation and the acculturation process are the basic elements that determine the stress level and the perceived discrimination for migrants.

There are some different strategies when it comes to acculturation. If migrants adapt greatly to the host culture, it means integration whereas they reject both of the cultures it means marginalization. If they prefer completely adapt to host culture and forget their past, it refers to assimilation and lastly if they have a little contact with the host culture in order to preserve their cultural values, it demonstrates separation. In addition, more strategies exist in the literature.

This dissertation aims to look at one of the most important issues of the last decade in Turkey with systematic review methodology under the light of available studies in related databases. The country's climate and dynamics has been changed in terms of education, social policy, health and demography with acculturation and psychosocial and social outcomes of this phenomena should be examined for further improvements and social contributions.

Keywords: *Syrian, Migration, Refugee, Mental Health, Acculturation*

ÖZET

Son yüzyılın en büyük krizlerinden olan Suriye'deki iç savaşın ve etkilerinin Türkiye'deki psiko-sosyal ve kültürel hayata birçok etkisi bulunmaktadır. Her yaş grubundan mültecilerin göç öncesi, göç sırasında ve göç sonrasındaki travmatik deneyimleri çok farklı olmaktadır. Belli bölgeden gelmenin ve bir topluluk olarak yaşamanın belli avantajları olduğu gibi, gelinen ülkedeki sosyokültürel hayata uyumda bazı problemleri de beraberinde getirmektedir. Kültürleşmenin boyutları ve akültürasyon süreci kişilerin hissettikleri stresi ve algıladıkları ayrımcılığı belirleyen temel unsurlardır.

Kültürleşme süreci ile göçmenler ev sahibi kültüre büyük oranda adapte olabilir (integrasyon-bütünleşme); tamamen ev sahibi kültürü tercih edebilir (asimilasyon); kendi kültürel değerlerini korumak için ev sahibi kültür ile çok az düzeyde temas geçebilir (separasyon-ayrışma); ya da kendi kültürel değerlerini yitirir ama ev sahibi kültürü de benimsemez (marjinalleşme).

Bu tez, sistematik derleme yöntemi sayesinde ve veri tabanlarında bulunan araştırma ve çalışmaların ışığında Türkiye'deki son on yılın en önemli meselelerinden olan ve ülkenin konjonktüre dinamiğini, toplum ruh sağlığı, eğitim, nüfus ve sosyal politikalarını değiştirebilecek Suriyeli Mülteciler ve göç olgusunu kültürleşme mekanizmaları ve dünyadaki diğer örneklerine kıyasla irdeleyebilecek, kültürleşmenin psikososyal ve toplumsal çıktıları değerlendirebilecek, farklı araştırma ve çalışmaların bilgisiyle ileriye dönük iyileştirme ve toplumsal katkıları tartışabilecek ve önerebilecek olmayı hedeflemektedir.

Anahtar Kelimeler: *Suriyeli, Göç, Mülteci, Ruh Sağlığı, Akültürasyon*

CHAPTER ONE

INTRODUCTION

Migration is one of the oldest concepts in the world history. When it comes to migration, acculturation is a common phrase to conceptualize the phenomena in an accurate way because it brings acculturation within itself by nature. Acculturation has a big role on the mental health of the migrated people (Mehta 1998). Acculturation has been one of the subjects that took attention from researchers for many years. Thus, there are so many studies on acculturation and its effects on mental health in different groups in different times. Approaching the topic from multidisciplinary perspective is very important to analyze the reality in a good way. These studies also include systematic reviews in different ethnic groups and identities. Especially in the countries where exist plenty of migrant groups from all over the world, acculturation is a big issue to take into consideration for society when considering its effect on mental health.

In systematic review, there is a specific research question and replying to that there should be informative and evidence-based answers. Considering the best way to synthesize the findings of several studies investigating the same questions help to draw of relevant conclusions at the end. This methodology is very useful for further research planning to make in the same field by giving a general holistic idea and addressing the issue from a bigger pixel picture. By collecting secondary data, we access a big data consisting of so many primary studies. When researchers or practitioners are faced with a problem, they aim to identify assess and bring together the evidence relating to that problem. This information can then be used to inform changes to policy and/or professional practice. (Dickson R., Cherry M. G., Boland A.; 2013)

The differences between a literature review and systematic review is that the former represents a synthesis of an existing data, while the latter intends to clarify,

refine, extract and analyze the existing data in a very systematic way. In addition, a big distinction could be systematic review has a structured protocol and it is a clear path to go for qualitative synthesis.

There are lots of systematic review in the literature about acculturation and relatedness with mental health in different groups except Syria. Looking at the literature comprehensively, it could be seen so many systematic review or meta-analyses linked with acculturation with different origins however, there is so little research especially on Syrian Refugees as a sample in the acculturation context. In addition, there was not any other systematic review but some reviews in specific themes about their legal, mental health status and needs analysis to some extent. Thus, this study demonstrates that there is a research gap in the field, and this signalizes the importance of a review in this regard.

Syrian conflict has happened in the last decade and its effects still last locally, regionally and globally. It is an ongoing one which has a groundbreaking aspect according to its size, time, location, comprehensiveness and complexity. It affects not only financially, politically, geopolitically and strategically but also psychologically and socio-culturally as well. Refugees are facing existing disorders and illnesses both physically and mentally during this process. Mental health experts tried to find acute solutions in this sense and new approaches have been introduced.

Theoretical frameworks would not catch the field while the changes were so rapid and unpredictable so that we all need to sit somewhere see whole the story as a third eye and an outsider to understand scientifically and objectively. This is a strong warrant to handle the subject by focusing what we have had in the literature in terms of acculturation for Syrians in the decade. Therefore, the general aim of this thesis is to conduct a systematic review of Syrian Refugees' Acculturation in terms of their mental health and coping skills in their lifetime.

When acculturation phenomena in general has been mentioned, it is highly possible to see different age groups besides different ethnic and cultural groups.

That's why it is very useful to refer Bronfenbrenner's system theory (1979) to conceptualize the importance of context that we lived, have lived, are living and are going to live. According to Bronnfenbrenner's Ecological System Theory (1979) in developmental psychology, there are five clusters in an individual's surrounding environment and they all present both related and interbedded circles. From inner circle to the outmost one, it shows the child's proximity and availability there. Even though this theory is based on child's world, this framework also fits adulthood context. Individual should be considered with its special circumstances such as sex, gender roles, age, health, faith, character and temperament. Microsystem creates the immediate environment of children which tells about their family backgrounds, school environments, peer relationships and community contexts whereas mesosystem states the connections between these settings. Exosystem shows more general framework to understand individual's place in the social environment via neighbors, local politics, mass media, industry and social services. In the macrosystem, culture is the cornerstone, so attitudes and ideologies of the culture matter.

To summarize it, with all the information and theories above, there is an inevitable role that the effectiveness of cultural context and sensibility in an individual's ongoing life. However, in a migration journey and in subject's immigration process, culture has high and direct effect to all. It is not appropriate to contemplate that an immigrant is thought without the cultural context, historical background, differences according to the character and climate around. Thus, acculturation plays an important role within individual's context as important as the cultural environment and societal level from this point of view.

In this thesis, it is included after literature search, screening titles and abstracts which shows us the way to obtain papers more deeply and it helps to select full-text papers with the help of thesis advisors and researchers. It has a vital importance as papers should be eligible with double checkers as well not to add irrelevant articles into the pool and extract the real and necessary data with all perspectives like including criteria and magnitude of the articles. In data extraction

part, selection and coding become more of an issue. After the determined articles and data according to it has received, there should be an assessment step within the help of checklists and assessment tools. Then, analyzing all the data elicits writing up the review.

CHAPTER TWO

THEORETICAL FRAMEWORK

2.1 Definition of Main Concepts and General Research Area

Acculturation phenomena is consisting two perspectives namely individual and societal context. Incontrovertible truth is that they are integrable to each other and thinking and commenting one without considering other does not make any sense. How people acculturate and how well they adapt to this process would be main questions in this regard. There are so many answers in the literature by defining and exemplifying acculturation strategies and so many social policies have been released and reports have been published to find a way out. They are all considerable and remarkable to see the cases within their context and internalize them in a proper way. However, they all scattered and disparate somewhere. In this thesis the main output is planned to understand the acculturation phenomena within the context of Syrian Refugees after the humanitarian crisis they have lived with the conflict. It is not warrantable to claim that this thesis would cover all of the databases and literature in this field but we could sincerely say that most of the literature in this topic would be covered and allocated in a systematic way with specifying the framework till the end of the year 2019. There are so many field studies on this topic but I could not see a synthesis of large body of research to give a general idea about the case. That's why I decided to make a systematic review.

A general framework to understand acculturation, there are three features to this framework in the literature within the guide of Berry's structure. They are what

changes take place during acculturation, how people acculturate and how well they adapt following acculturation (Sam D. L., Berry, J. W.; 2010). There are large variations and different types of answers to them.

Furthermore, migrants may go through profound changes at group-level on multiple areas including physical, biological, economic, social and cultural changes. Physical changes include urbanization, population density while biological changes include new dietary intake and exposure to new diseases. In addition, loss of status and new employment opportunities for the group are related to economic changes. Social changes include changes such as disrupted communities and the need to form new relationships. Finally, cultural changes- the core of acculturation process- range from superficial changes such as food and clothing to deeper changes such as language shifts, marital assimilation and religious conversions. All the group level context variables including physical, biological, economic, social and cultural changes which occur on a larger scale also play an integral role in migrants' acculturation process. (Karipek, 2017)

As the methodology aligns with some paces, some steps would be definitely more important and demanding. After planning and managing the review non-exhaustively, performing scoping searches and identifying the review question to write the protocol is essential. Scoping review is the concept of mapping out of evidence base pertaining to a particular research question or topic area whereas systematic review has a methodology to follow (Arksey & O'Malley, 2005; Levac et. Al, 2010). Scoping reviews follow a similar process to systematic reviews, though the methods employed at each stage vary slightly. Specifically, researchers carrying out scoping reviews often adopt a more iterative approach, and place greater emphasis on consultation with clients and stakeholders. Scoping reviews are broader in scope than rapid reviews but do not go into as much depth as systematic reviews. A systematic review is usually narrow in the breadth of information considered but it looks at the data in great depth. Systematic reviews are less open to bias than narrative reviews, as they represent a synthesis of the

available evidence pertaining to a specific review question. From the outset, it should be clarified that why we are carrying out our systematic review.

Migration is a big umbrella enhances lots of fields and research area. Integration journey of migrants are examining topic in the social science in many decades all over the world but mostly in the countries where migration is a big issue in their history and background.

According to Ager and Strang (2008), there are four main titles for integration, and they are living conditions (work, education, shelter and health facilities); social interaction; language and cultural level; legal rights.

As Berry (2008) mentions when people from a different culture move into an area where another culture lives there are going to be changes or adaptations linked with both sides. During the acculturation process there is going to be aspects of the native culture that would be lost or diminished. Although it would not be as drastic or damaging as assimilation, the effects cannot be avoided. According to Park's theory (1925) of race relations cycle, after the fourth generation, it is inevitable to be assimilated and the steps including contact, conflict, accommodation and assimilation say a lot not only from the sociological perspectives but also from the field of psychology.

People who maintain their culture in a society that is dominated by a different culture may feel alienated from others. This could lead to poor self-esteem and other social difficulties. One way to promote acculturation could make all people feel that their culture is appreciated and respected.

In defining acculturation with all its senses, we should clarify the terms like ethnic identity, immigrant, migration and all the components related to acculturation such as psychological well-being, psycho-social integration, adaptation. Acculturation affects ethnicity, ethnic identity, loyalty to the culture of origin in this regard as well as others. To critically think the issue in a more neutral way, we need to take into consideration of the concepts' meaning.

Ethnic Identity is defined as the degree to which one identifies with a particular ethnic group. The ethnic group is generally the one in which the individual claims to belong to culturally. Ethnic identity also refers to one's thinking, views, outlooks, and actions that are due to an ethnic group association (Phinney, 1996). Ethnic identity is the feeling of belonging to a specific ethnic group and the extent to which one affirms association in the group. (Phinney, 1992 & Hsiao, Wittig 2008)

According to Webster dictionary, **immigrant** is a person who comes to a country to take up permanent residence (2015).

Migration refers to the movement of people among countries. The movement of people has existed throughout human history at various levels, however, modern migration refers to individuals change in long-term permanent residence. (Jefferys, 2007).

Psychological well-being refers to both a theory and measurement scales designed and advocated primarily by Carol Ryff. Diener and Suh (1997) have defined psychological well-being as a “combination of three interrelated components: life satisfaction, pleasant affect, and unpleasant affect”. Its affect refers to “pleasant and unpleasant moods and emotions”, whereas life satisfaction refers to a “cognitive sense of satisfaction with life” (Diener & Suh, 1997, p. 200) (Balidemaj, 2016)

Adaptation refers to individual psychological well-being and how individuals manage socio culturally. (Sam D. L., Berry, J. W.;2010) It is considered as a sequence of acculturation.

Acculturation is defined as the process of adaptation and cultural change stemming from direct contact and interaction between different cultural groups (Berry, 1987). It is a widely studied concept that broadly describes the adoption of beliefs and behaviors of one's surrounding culture based on persistent cultural contact and immersion (Berry, 1997)

Psychological Acculturation refers to internal adjustment, including well-being, mental health, and satisfaction with life in a new culture (Clenk & Van de Vijver, 2011).

2.2 Acculturation Phenomena

The acculturation has raised many years ago in the field of anthropology and sociology in a sense that gives an idea about a change in a societal level rather than individual one. Berry mentioned it has a different aspect when we take acculturating individuals as separate humans and entities at the end of 20th century. Thus, we could tell there is a huge gap in the literature to conceptualize acculturation phenomena from the field of psychology and migration mental health. However, it is gladsome that there are several studies which are trying to compensate this issue and give a general idea about acculturation by feeding to inductive reasoning and serving to analogy from bottom up approach. Comparing to researchers and rhetoricians from different fields, Berry (1980) indicates that acculturative changes could be biological, social, physical, and so on. We could summarize it to adapt to new environment and society.

To understand the acculturation phenomena in a more legitimate way, we should take into consideration both aspects. Acculturation is a two-way interaction, resulting in actions and reactions to the contact situation not only in human level but also in socio-cultural level. Under the umbrella of acculturation research: assimilation, enculturation, acculturation, acculturative stress, segmented assimilation, biculturalism, de-culturation or cultural marginality has been described and used in different stages in academia. We will go over on each of all in the following chapters with different phases and definitions slightly because all the acculturation stories are shaping according to these steps and questions.

2.3 The Result of Acculturation Phenomena

When we look at the literature comprehensively, we could see some main ideas and leading thoughts in specific fields. When it comes to acculturation phenomena, one of the most important cornerstones is the **process of migration**. It could be analyzed in three parts like pre-migration, during migration and post-migration. This time frame effects the results of acculturation phenomena directly.

Another important aspect is the **cultural distance** and the host culture. For any reason migration exists, migrants carry not only themselves but also the values of the culture they come from. (Kirman 2016) Here we need to take into consideration of **level of adaptation**. The outcome of psychological adaptation is dependent on the society of settlement, the immigration policies of the society, the way they chose to acculturate (Sam D. L., Berry, J. W.;2010) The role of adaptation has an equal importance as the role of discrimination. Either ways are opening new shifts in individuals' lives. These changes range from simple behavior shifts (eg. In ways of speaking, dressing, and eating) to more problematic, producing acculturative stress (Berry, Kim, Minde, & Mok, 1987) as manifested by uncertainty, anxiety, and depression. Adaptations can be psychological (eg. sense of well-being or self-esteem) or sociocultural (eg. acquiring a new language) (Ward, 1996).

While some researchers focused on behavioral characteristics (e.g., language use, diet, customs, and cultural activities), others sought to examine the changes in inherent values and beliefs. B.S.K. Kim and Abreu (2001, as cited in Dao, Teten, & Nguyen, 2011) produced the most recent conceptualization of acculturation to include four dimensions (behavior, values, knowledge, and cultural identity), which could be separated into private (e.g. values and identity) and public (e.g. behavior) domains. (Grace, W. K. Ho, 2014)

Berry (1980) indicates that acculturative changes could be biological, social, physical, and so on. Specifically, the cultural learning approach entails gaining an understanding in intercultural communication styles, including its verbal

and nonverbal components, as well as rules, conventions, and norms and their influences on intercultural effectiveness. The cultural learning approach has evolved in two directions: (a) an inquiry into socio-psychological aspects of intercultural encounters with a focus on communication styles and communication competence (see Gallois, Franklyn-Stokes, Giles, & Coupland, 1988) and (b) an inquiry into cultural differences in communication styles, norms, and values in an effort to predict sociocultural adaptation (see Searle & Ward, 1990; Ward & Kennedy, 1999).

Masgoret and Ward (2006) point out that second language proficiency and communication competence are the core of all cultural learning approaches and ultimately sociocultural adaptation. Language skills are relevant both for the performance of daily tasks in the new cultural society and in establishing interpersonal relationships in the society. Cultural learning approaches assume a direct relationship between language fluency and sociocultural adaptation. Good language proficiency is argued to be associated with increased interaction with members of the new culture, and a decrease in sociocultural maladaptation. (Ward & Kennedy, 1999).

Cross-cultural adaptation has been examined in different ways ranging from mental health indicators, interactions with members of the national society, feelings of acceptance, school achievement, job performance, and satisfaction with life, making it difficult to establish the predictive ability of personality (Ward & Chang, 1997)

Using cluster analysis, Berry and his colleagues (Berry, Phinney, Sam, & Vedder, 2006), found four acculturation profiles, reflecting the different ways in which young people orient themselves to five intercultural issues: their acculturation strategies, cultural identities, language use and proficiency, peer relationships, and family relationship values.

A number of obligatory communication processes and relation networks develop among immigrants and host country, such as influences, reconciliation,

cohesion, exclusion, competition and conflict resulting from cultural similarities and differences. (Fichter 1994:110- 116)

2.4 History of Acculturation Phrase

New terms such as biculturalism, multiculturalism, integration and globalization have either been used interchangeably with acculturation or as alternative concepts. Whereas acculturation as a concept was originally proposed by anthropologists as a group-level phenomenon (Redfield et. al, 1936), early discussions around the concept also recognized it as an individual-level phenomenon (Thurnwald, 1932).

According to SSRC in 1954, acculturation is a culture change that is initiated by the conjunction of two or more autonomous cultural systems. Its dynamics can be seen as the selective adaptation of value systems, the processes of integration and differentiation, the generation of developmental sequences, and the operation of role determinants and personality factors.

Basically, in addition to assimilation, social scientists added three more kinds of acculturation: *reactive* (triggering resistance to change in both groups), *creative* (stimulating new cultural forms, not found in either of the cultures in contact), and *delayed* (initiating changes that appear more fully years late). (Berry, 2005)

Psychology's strong interest in the individual has contributed towards the formal use of the term *psychological acculturation* (coined by Graves, 1967) and making the distinction between individual-level changes arising from acculturation and those taking place at the group level. As Berry also mentions in 1997 and 1980, psychological acculturation emphasizes people's ability and capability to carry two cultures. A research discloses psychological acculturation as coping skills within cultural transition (Birman, Trickett and Vinokurov,2002) whereas another one tells

of individual's well-being, mental health status, internal balance and life satisfaction within the new cultural environment (Clenk & Van de Vijver, 2011).

As our working position is that individual human behaviour interacts with the ecological and cultural contexts within which it occurs, there is a need to keep the group and individual levels distinct. This distinction is essential because the kinds of changes that take place at the two levels (i.e., group and individual) are often different (Berry, 1997). Not every group or individual enters in, participates in, or changes in the same way during their acculturation. Vast individual differences in psychological acculturation exist, even among individuals who have the same cultural origin and who live in the same acculturative arena (Nauck, 2008).

Problems in measuring acculturation arise as the conceptualization of acculturation increases in complexity. While earlier research relied on generational status as an indicator of acculturation, it was found to be a poor measure of acculturation because it does not demonstrate the adaptation or relinquishment of host or ethnic values, beliefs, and practices (Phinney & Flores, 2002). In contemporary research, investigators primarily measure acculturation based on two model- linear and orthogonal. The linear (or unidimensional) model posits that acculturation is a single process where one simultaneously loses his or her ethnic (traditional) characteristics when adopting the host characteristics. Conversely, the orthogonal model, proposed by Berry (1980), supports a bidimensional framework of acculturation where one's ethnic and host characteristics move along separate and unrelated continuums, thus creating two distinct levels of orientation (ethnic and host). Each model has its unique advantages- the linear model is more parsimonious, but the orthogonal approach provides a more in-depth examination of acculturation (Cuellar, 2000).

Acculturation is defined as the process of social and psychological exchanges that take place when there are ongoing encounters between individuals of different cultures, with subsequent changes in either of both groups (Redfield, Linton, & Herskovits, 1936). Ward identifies ABCs (Affective, Behavioral,

Cognitive aspects) of acculturation in 2001. The ABCs are in turn respectively to affective, behavioral, and cognitive aspects of the acculturation process. The ABCs are linked to different theoretical perspectives dominating the field: a stress and coping theoretical framework, a culture learning approach, and a social-identification orientation to acculturation. (Sam, 2006b)

2.5 The Content of Acculturation

When looking at the acculturation in this thesis, there should be more focus on its recognition of psychological terms and cultural integrity. By looking at individual's acculturation process, there are some crucial headings to discuss such as new place to live, new geographical conditions as psychical environment; new eating habits, new illnesses as biologically. Furthermore, new political and economic context are also so effective in terms of language, religion, social and technical aspects. Last but not least, behavioral changes and psychological changes in the level of mental health also are taken into consideration (Berry et. al, 1987).

When a person encounters with a new culture, acculturation process starts, and it brings behavioral changes. The next step could be cultural learning and at the end social skill acquisition is carried on. The main aim in this process could be defined as psychological adaptation (Öztürk, 2019)

Acculturation is a dual process of cultural and psychological change that takes place as a result of contact between two or more cultural groups and their individual members (Berry, 2005). At the cultural level, collective activities and social institutions become altered, and at the psychological level, there are changes in an individual's daily behavioral repertoire and sometimes in experienced stress. (Sam D. L., Berry, J. W.;2010) Under the umbrella of acculturation research: assimilation, enculturation, acculturation/tive stress, segmented assimilation, biculturalism, de-culturation or cultural marginality have been criticized in length and breadth.

Acculturation is defined as the process of adaptation and cultural change stemming from direct contact and interaction between different cultural groups (Berry, 1987). It is a widely studied concept that broadly describes the adoption of beliefs and behaviors of one's surrounding culture based on persistent cultural contact and immersion (Berry, 1997) It has been described as a dynamic process in which groups and individuals experience cultural and psychological change. (Berry, 2005).

Acculturation is counted as one of the most humanitarian parts of migration. Acculturation could be used to tell the long story very shortly with the changes both groups experience. However, still open to debate is how an individual's psychological and social functioning is affected by changes in cultural behaviors, values and identities over time (Ward, C.; Geeraert, N., 2016). These changes range from simple behavior shifts (eg. in ways of speaking, dressing, and eating) to more problematic, producing acculturative stress (Berry, Kim, Minde, & Mok, 1987) as manifested by uncertainty, anxiety, and depression.

While some researchers focused on behavioral characteristics (e.g., language use, diet, customs, and cultural activities), others sought to examine the changes in inherent values and beliefs. B.S.K. Kim and Abreu (2001, as cited in Dao, Teten, & Nguyen, 2011) produced the most recent conceptualization of acculturation to include four dimensions (behavior, values, knowledge, and cultural identity), which could be separated into private (e.g. values and identity) and public (e.g. behavior) domains. (Grace, W. K. Ho, 2014)

Acculturation has been described as a dynamic process in which groups and individuals experience cultural and psychological change. (Berry, 2005) These changes, and domains point the way to adjustments and adaptations as well. Adaptations can be psychological (eg. sense of well-being or self-esteem) or sociocultural (eg. acquiring a new language; Ward, 1996). In another definition, acculturation is the overall process of cultural involvement. (Smokowski P. R, David-Ferdon C., Stroupe N., 2009) It takes years and generations. Length of

acculturation, acculturation strategies (attitudes and behaviors), social support and social attitudes (prejudice and discrimination) (Ben Kuo, 2014) effect directly into the process of acculturation.

Common components of acculturation involve learning a new language, norms, customs, and becoming familiar with the mainstream culture. Berry posits the existence of four styles of acculturation based on one's relationships to their 'heritage' culture/identity and the 'host' culture. (Berry J.W., 2005; Berry J. W., 2014)

In assessment of acculturation: we need to take into consideration so many aspects such as (inter)generational differences, immigration experience, the historical period covering the life span, stage of life cycle, social mobility, SES, cultural group, community they are living in, the language use at home & in a variety of situations & social relations, the language of the media the respondent reads & watches, the consumption of food (cultural or host culture habits), cultural preferences in style of clothing, self-assessment of ethnic identity, social structures, social mobility, experiential factors, their standard of living.

Discrepancy between origin and host environments could be population density, social stratification, urbanization, SES conditions, religiosity, status of women, underrepresented populations, legal systems, forms of government and cultural distance, so they affect the acculturation process. Cultural exposure and cultural adaptation/adoption designates acculturation strategies that both societies depict.

Aspects of discrimination, stigmatization and classification based on target ethnicity (race, ethnicity, age) exhibit the attitudes of interacted groups. Severity of discrimination (every day, every week, once a week etc.) or major experience of discrimination and temporality (e.g. frequency, recency, lifetime experiences) show acculturation level of individuals and societies in the aggregate very clearly.

Institutional, individual, overt, covert discrimination and social exclusion, stigmatization, discrimination at work / school and threat/ harassment are the other forms of discrimination and separation from the society through the newcomers.

The mental health of immigrants and refugees affects through acculturation related stressors, economic uncertainty, ethnic discrimination as the main titles. While going down more deeply, migrants face discrimination as a social stressor, loss of social support, financial insecurity, ethnic discrimination, transportation issues, language difficulties, low income, social exclusion and isolation, in the post-migration context, linguistically and culturally inappropriate services, strained family relations, lower life satisfaction, neighborhood disadvantage, lack of community involvement, lack of recognition of their international qualifications and skills, acculturation-related hassles or stressors in the psychological distress, poverty, high depressive symptoms, at risk for stress-related dysfunction, social inequalities in host country, underemployment or unemployment, lower income jobs, racism, lack of social support and poverty, competing identities, difficulties in social and psychological adjustment, perceived discrimination, suffering acculturative stress, issues in children's social functioning and psychological well-being, unavailability of social support, minority culture and psychology, being a 'visible minority', lack of reaching services such as health etc., lack of social networks, psychological distress, differences in the acculturation experience and adaptation of working class and professional immigrants, leading to depressive symptomatology, economically disadvantaged so diminished levels of self-esteem, associative risk of marginalization, acculturation to new societies' food habits, irrelevant jobs with their past education.

Acculturating individuals and groups bring cultural and psychological qualities with them to the new society, and the new society also has a variety of such qualities. The compatibility (or incompatibility) in cultural values, norms, attitudes, and personality between the two cultural communities in contact needs to be examined as a basis for understanding the acculturation process that is set in motion.

If we are talking about acculturation extendedly there are so many paradigms to consider. Some of them are sex roles, ethno-racial status, age, formulation of mental-health treatment plans, in understanding aftercare rehabilitation, cultural consciousness, newcomer status, race, class, gender, age, sex-orientation, settlement period, resultant economic hardship, level of acceptance of their foreign credentials by professional bodies and employers, language related barriers including discrimination on account of speaking English with a foreign accent, lack of prior work experience in that country, national goal-oriented feelings of success or deprivation while being deployed & settled in different regions of the new country & the institutional practices brought from the societies of origin that condition experiences in the host society.

In this context, there are many studies which emphasizes positive outputs of acculturation such as cultural belonging, a clear sense of identity, high self-esteem, success of cultural and social competencies (Berry and Sam, 1997). On the other hand, there are some evidence on negative outputs of acculturation in some research as well. It brings severe mental health issues such as depression, anxiety, identity confusion, psychosomatic symptoms and anomie (Berry & Sam, 1997; Phinney, 1998; Williams & Berry, 1991, cited by Alghamdi, 2019).

2.6 Berry's Theory of Acculturation

Acculturation is a two-way interaction, resulting in actions and reactions to the contact situation. Acculturating individuals and groups bring cultural and psychological qualities with them to the new society, and the new society also has a variety of such qualities. The compatibility (or incompatibility) in cultural values, norms, attitudes, and personality between the two cultural communities in contact needs to be examined as a basis for understanding the acculturation process that is set in motion. (David L. Sam and John W. Berry, 2010) As Berry defines the smaller the difference between the host culture and one's own, the easier the acculturation process.

2.7 Acculturation Process

The element of temporariness will sociologically prevent the refugees to disassociate from the past, while affecting the coping mechanisms, rebuilding new life practices and the relations with the new space (Biner & Soykan, 2016: 4).

Intrapersonal resources are known to influence acculturation processes and outcomes. Factors that have been positively associated with cross-cultural adaptation include emotional stability, agreeableness, extraversion, social initiative, open-mindedness and cultural intelligence. (Wilson J, Ward C, Fischer R, 2013; Oberg K, 1960; Huff K.C., Song P., Gresch E.B., 2014; van Erp KJPM, van de Zee KI, Giebels E., van Duijn M.A.J.; 2014)

Acculturation increases the complexity of parenting because immigrant parents and their children negotiate their values and beliefs differently under the new social context. (Grace, W. K. Ho, 2014)

Studies have shown that children from immigrant families tend to adopt the values and behaviors of the host society at a faster rate than their parents (Birman & Trickett, 2001; Nguyen & Williams, 1989) which raises the unique problem of parent-child acculturation discrepancy.

Another counter argument could be about immigrant emerging adults' higher rate of mental health issues and acculturative stress than older ones (Berry, Phinney, Sam, and Vedder, 2006). The literature has shown that immigrant emerging adults experience several complex challenges as they resettle in host countries (Reitz, Motti-Stefanidi, & Asendorpf, 2014). For instance, newcomers face identity confusion (Strohmeier & Schmitt-Rodermund, 2008), vocational issues (Sinacore, Park-Saltzman, Mikhail, & Wada, 2011), and issues with adaptation to new environments (Gitlin, Buendia, Crosland, & Doumbia, 2003 cited by Alghamdi, 2019).

2.8 Acculturation and Mental Health

Acculturation needs to be considered with mental health of concerns. As it is seen all in life-changing events, migration is also a challenging paradigm to human integrity in some level and it affects directly to mental health. In other words, in the societal context, there could be some dispute in terms of seeing as a threat and create conflicts between societies in the acculturation process and it also effects human being's life skills and habits.

Lack of protective factors increases problems in normal development (Bronfenbrenner, 1979, 2005). Risk factors might ruin the healthy development of an individual, and protective factors could help individuals against the impact of risk factors (Lynch & Levers, 2007 cited by Alghamdi, 2019)

Low acculturation, language difficulties, and lack of a connection to a cultural group may be risk factors for fear of victimization, internalizing mental health symptoms, and behavior problems. (Smokowski P. R, David-Ferdon C., Stroupe N., 2009)

The incompetency and low acculturation in the new place affect the relationship between two groups and separately from that there could be some issues because of personal characteristics and it also causes conflicts and blow-ups.

In group member relationships, one of the disadvantaged groups which could have perceived discrimination is migrants. (Badea, Jetten, Iyer ve Er-Rafiy, 2011; Mesch, Turjeman ve Fishman, 2008). Apart from other disadvantaged groups, migrants might have ethnic, national and both group identities (Berry, Phinney, Sam ve Vedder, 2006). Feeling well, perceived discrimination and social identities could change according to these internal memberships and how they define themselves (Branscombe, Schmitt ve Harvey, 1999; Schaafsma, 2011).

The perceived discrimination in the disadvantaged groups in the society (black people, obesity etc) affects the wellness of individuals and negative outputs like self-respect, depression, somatic problems could be seen (Pascoe & Richman, 2009; Schmitt, Branscombe, Postmes & Garcia, 2014).

There are so many problems related to migration and studies show that PTSD is one of the most important findings in this sense. As it has been found in so many research trauma severity, perceived threat, personal and family history of psychopathology, lack of or perceived social support, lack of education, loss of resources and additional life stress are strong predictors of PTSD (Brewin, Andrews, & Valentine, 2000; Ehlers, Mayou, & Bryant, 1998; Ozer, Best, Lipsey, & Weiss, 2003). Rates of trauma exposure and PTSD are elevated in refugee populations. A meta-analysis of 181 studies with adult refugees from 40 countries found that the average prevalence of PTSD was 30.6% and the average prevalence of depression across surveys was 30.8% (Steel Z., Chey T., Silove D., Marnane C., Bryant RA., Ommeren M., 2009) Increased prevalence of PTSD and depression has also been found among Somali patients (ages 18 to 30) at an urban outpatient clinic. (Kroll J., Yusuf AI., Fujiwara K., 2011)

2.8.1 Acculturative Stress and Mental Health

Acculturating individuals and groups bring cultural and psychological qualities with them to the new society, and the new society also has a variety of such qualities. The compatibility (or incompatibility) in cultural values, norms, attitudes, and personality between the two cultural communities in contact needs to be examined as a basis for understanding the acculturation stress. According to Kaplan (2017), the measurement of acculturative stress needs to be well-defined so researchers can develop empirically based interventions that are tailored to the needs of people in different phases of the acculturation process. Acculturative stress' dimensions and developing a concept of immigrant experience, health care experts could be better in understanding the needs of increasingly diverse

population. The stress level could differ among groups based on their ethnicity, legal status, gender, generational level (2015, George U.; Thomson, M.S.; Change F.; Guruge S.).

Essentially, acculturative stress is a stress reaction in response to life events that are rooted in the experience of acculturation. (Sam D. L., Berry, J. W.;2010) Stressful experiences resulting from the acculturation process are cumulatively known as acculturative stress (Berry et al., 1987; Sam et al., 2010) and include experiences such as conflicts related to language barriers, clothing, the extent of participation in the host culture, and experiences of discrimination (Ellis et al., 2010; Berry J. W., 2005; Berry J. W., 2014). While not inherently negative (Bhui et al.;2012), acculturative hassles and acculturative stress more generally have been found to be strongly associated with poor mental health among numerous immigrant and refugee groups leading to depression, anxiety and PTSD. Acculturation and particularly acculturation style may have a particularly salient impact on the relationship between the experience of acculturative stress and mental health outcomes. (Lincoln A.K., Lazarevic L., White M. T., Ellis H.B., 2017)

To understand the concept of acculturative stress in an accurate way, we could count three main dimensions such as instrumental/environmental, social/interpersonal and societal. In the instrumental/environmental level there are some subdimensions like financial, language barriers, lack of access to health care, unsafe neighborhoods, unemployment, lack of education whereas in the social/interpersonal level we could take into consideration some subtitles like loss of social networks, loss of social status, family conflict, intergenerational conflicts and changing gender roles. In the societal level, discrimination/stigma, legal status and political/historical forces are the subdimensions that can be added into the list. (Kaplan, 2007)

In respect to acculturative stress, a culturally component approach is taken into account the political, historical, psychological, and social forces that shape health outcomes. These factors have been shown to be important determinants of

self-perceived health and mental and physical illness (Hovey & King, 1996; Krieger & Sidney, 1996; Steffen, McNeilly, Anderson, & Sherwood, 2003). In essence, acculturative stress is a stress reaction in response to life events that are rooted in the experience of acculturation.

Acculturative stress is associated with self-deprecation, ethnic self-hatred, lowered family cohesion, and a weakened ego structure in the assimilated individual (Rogler et al. 1991). Another scientific investigators emphasize that high level of acculturative stress and increased risk of psychological maladjustment are related to the adoption of an assimilation or separation strategy of acculturation (Hans, 2001; Hwang, Chun, Takeuchi, Myers, & Siddarth, 2005; Rogler, Cortes, & Malgudi, 1991). Moreover, acculturative stressors like language issues, lack of social support, problems related to sexuality and marriage, family conflicts are linked to low self-worth, low level sense of belonging and low level life satisfaction (Hans, 2001). All results demonstrate that family and personal issues are related to acculturative stress (Alghamdi, 2019). Furthermore, researchers have also suggested that negative health behaviors, such as alcohol use and youth violence, may be undertaken as a strategy for coping with acculturative stress (Gil et al. 2000).

There is a difference among groups in terms of stress level. Studies show there is more acculturative stress on elderly people, females who are lacking support (Berry 1997, 2006b).

Acculturation can be conceived as a process of adaptation to stressful changes. There is a comprehensive literature on this issue and there are so many different groups of people who have been experiencing acculturative stress in variety of ways. This is a small collection just to conceptualize acculturative stress so as to mention about Syrian Refugees situation in Turkey in terms of acculturation and its triggering effects such as acculturative stress and upcoming mental health problems.

2.8.2 The Concept of Stress and Trauma in Terms of Acculturation

It could be briefly defined stress as a pressure on people whereas trauma is losing the integrity and system in the situation of massive and unexpected stress status. (Akyüz, 2017)

In traumatic experiences we could see some threats towards our life, our body integrity, our self- integrity (things make us ourselves such as our values, family background, ethnicity, religiosity etc) and also threats to our beloved ones, our belief systems etc. Trauma creates with psychological and physical threat.

Everybody has a unique journey and we all know that each of individuals in the world has traumas to some extent. Thus, human response towards events change according to their character, resiliency, environmental conditions, past experiences, risk and protective factors.

According to Herman (1992), relations are also vulnerable and fragile, and they could also heal as human. The most vulnerable traumatic events are the one made by human and in the level of relations mostly intentionally. For instance, in earthquake or natural disaster the feeling of it is not about me switch to alienation, stigmatization, guilt sometimes survival guilt in events that are made by another human. Therefore, relations are also inevitable factors in conceptualizing well-being of humans because system collapsed with trauma and it can rehabilitate with relations again. (Akyüz, 2017)

In traumatic cases there are some observed stress reactions in terms of physically, emotionally, mentally, behaviorally and socially. In physical reactions we could list fatigue, nausea, heartbeat, chest pain, trembling, lightheadedness, dizziness, headaches. In emotional reactions, being anxious, grief, depressive reactions, denial, fear, guilt, panic, frustration, anger, disappointment could be more common ones. Mentally, problems with memory, inattention, nightmares, intervening thoughts, inability to find direction, problem solving, difficulty in making decisions, confusion, dissociation are problems whereas behaviorally,

withdrawing yourself, fidgety, quick response, irritability, blaming others, self-harm, eating or sleeping disorders, substance abuse. In social reactions, the problems with friends, colleagues, partners, being over-judgmental and accusative, getting away from people, keeping everything under control could be some of examples.

In researcher's point of view, it is not true to say everybody has the same reactions at the same time with the same way. It is against to uniqueness of human. The level of traumatic effect can alter according to the nature and severity of trauma, its continuity, the level of exposure and changes in people's lives.

2.8.3 Acculturation and Related Problems:

Migrants are unclear about their destination and settlement that affects their integrity in terms of physical, psychological, biological domains and it could be threatful for their safety (Bemak & Chung, 2015). In pre-migration and migration period they counter with difficulties as well as afterwards. According to Ainslie (1998), during their journey to host countries, migrants experience several losses, such as beloved ones like their extended family, relatives and friends; differences in diet, climate, religion practices and social surroundings. Therefore, migrants lose both the sense of identity towards their culture, people and places. In addition, language differences could be counted as another loss while it represents their identities to some extent (Ainsle, Harlem, Tummala-Narra, Barbanel, & Ruth, 2013 cited by Alghamdi, 2019).

Acculturation process could be related with risk and protective factors in terms of vulnerability and resiliency theme. Protective factors alter an individual's response to traumatic events that might cause maladaptive outcomes (Rutter, 1987). They play a moderator role and protect individuals from vulnerable cases and life stressors, they also prevent problems and help individuals to go on functionally (Greene, Galambos, & Lee, 2004; Masten et al., 1990). It helps to overcome

vulnerability, increase resiliency and handle with difficult life experiences (Kaplan et al., 1996).

On the other hand, risk factors (biologically, psychologically and socially) increase the individual's vulnerability and it creates psychosocial problems in later stages in their lives (Kaplan et al., 1996). There could be variety of stressors for refugees not only deal with the problems that they are living at that moment but also problems from the past (traumatic experiences) and future (uncertainty) (Hollifield et al., 2002; Ringold, 2005).

In so many other research, it is concluded that being more vulnerable with migration period and stressful life experiences within that period is expected and it causes mental health problems and disorders (Bogic et al., 2015; Turrini et al., 2017; Fazel, Wheeler and Danesh 2005) In the post migration period, there might be resettlement stressors like not knowing the language, cultural codes and lack of social relationships (very few people that they know), feeling alienated from the society are some of the points that could be worth to mention.

2.8.4 Immigrant Mental Health

Most studies are investigated acculturation behaviors of migrants as focusing on the level of acculturation, its measurement and its correlation with immigrant well-being (Alghamdi, 2019).

The psychological well-being of immigrants is closely related to their social identity and the way they perceive their relationships between groups (Badea, Jetten, Iyer ve Er-Rafiy, 2011)

Actually, measuring psychological well-being has so many different ways and generally it gives an idea about the stress level of refugees' adaptation process (Jasinskaja-Lahti, Liebkind, Jaakkola ve Reuter, 2006) and it is represented in a dimension (Cronin, Levin, Branscombe, van Laar ve Tropp, 2012).

Adapting to the new environment and living in a different culture brings stressful experiences for migrants (Phalet ve Hagendoorn, 1996). It is assumed that having stressful learning process affects psychological well-being in a negative way (Liebkind ve Jasinskaja-Lahti, 2000; Mesch, Turjeman ve Fishman, 2008). Perceived discrimination affects disadvantaged group members more negatively than advantaged ones (Schmitt, Branscombe, Postmes ve Garcia, 2014). It explains disadvantaged group members perceive discrimination more common and severe. Especially, when host group has the power of rejecting or accepting immigrant's culture, negative impacts of perceived discrimination goes up (Arends-Toth ve van de Vijver, 2003).

In a study on refugees, researchers examined longitudinal studies that addressed risk and protective factors and emphasized that post-immigration social relations are important and prevention-intervention studies are needed (Porter and Haslam, 2005). Momartin, Silove, Manicavasagar ve Steel (2003) emphasizes that they came across so many researches which mention PTSD is seen in migrants commonly in their review. Behavior problems, low self-esteem and self-regulation skills may emerge in the host country in post-migration period (Hodes, 2000).

The war experiences affect children especially negatively by increasing the feelings of insecurity, self-doubt and inferiority arising during their normal development processes (Eisenbruch, 1988). Traumatic events experienced by refugee children before migration, during migration and settling down to a new country can lead to the psychopathologies (Angel, Hjern and Ingleby, 2001). Bodegård (2005) stated that refugee children are prone to psychopathologies and touched on the importance of intervention programs to be planned in accordance with the culture of the countries they came from.

As a result of the negative experiences experienced in refugee children in the host country, psychological problems and interpersonal adjustment problems may arise (Erden, 2016; Kirmayer, Narasiah, Munoz, Rashid, Ryder, Guzder, et al., 2011). It will make more difficult for refugee children to experience social cohesion

problems and cultural adaptation during settlement and on the negativities (traumatic experiences) they experience in their country and migration process (Angel et al., 2001).

Psychological traumas such as being subjected to violence in situations such as war, conflict, losing someone from the family or relatives, exposure to physical violence, injury or torture are common. (Başterzi, 2017).

Chandra (2011) mentions recent migration, low education level, having another religion other than host country, past psychiatric and physical illnesses, hospitalization in the past, insufficient social support and social networks, missing a specific geographic region, language learning difficulties etc. as the risk factors for emergence of mental illnesses in women.

Migrant women are better adapted to migration, although they are more negatively affected than men. Women are obliged to keep their family together and their family roles and motherhood are the factors that facilitate the adaptation process (Demirbaş & Bekaroğlu, 2013).

According to Qin (2008), refugee parents from different ethnic origins tend to maintain a strong bond with the culture they have before migration, while at the same time undergoing a change in attitude towards their traditional beliefs about their children's autonomy, gender roles, marriage and child rearing practices.

Children and adolescents adapt to the new culture more quickly than their parents, as language acquisitions are faster through the host school. In this adaptation process, there are conflicts between generations.

In this chapter, the researcher has tried to mention about some specific points on mental health related with migration in terms of age, gender, generational differences, past experiences, environments and living cycles that both societies are living in.

2.9 Adaptation Challenges

Adaptation refers to individual psychological well-being & how individuals manage sociocultural structure. Two criteria determine the end point for acculturation adaptations: whether the acculturating individual or group retains cultural identity and whether a positive relationship to the dominant society is established (Berry 1998).

One of the big elements which effect migrant's psychological well-being is perceived discrimination from host society (Berry, 1997). Behavioral and cultural distinctions from host culture, associating into work force and health and education services are triggering factors for discrimination (Phinney, Berry, Vedder ve Liebkind, 2006). Although their level changes, migrants generally perceive discrimination from host society that they encounter (Pascoe ve Richman, 2009).

This perception comes out when migrants feel negative vibes towards them and if host culture shows negative attitudes, judgment, humiliation and unfair behavior towards them (Mesch, Turjeman ve Fishman, 2008). Disadvantaged group members find perceived discrimination as uncontrollable and permanent. (Schmitt ve Branscombe, 2002). For instance, migrants face discrimination when they look for a job, a house or a promotion at work (Jasinskaja-Lahti, Liebkind, Jaakkola ve Reuter, 2006).

2.10 Acculturation Strategies

Acculturation is a dynamic process and how this process is affected by its ecological context is highly related with acculturative stress and acculturative change. Integration (strong orientation to both cultures), assimilation (stronger orientation to settlement culture), separation (stronger orientation to heritage culture) and marginalization (weak orientation to both cultures) (Colleen Ward and Nicolas Geeraert, 2016) are the main themes which are mentioned in so many researches. As it is mentioned, a close triangular relationship exists among acculturation strategies, adaptive outcomes, and discrimination (Sam D. L., Berry,

J. W.;2010). Discrimination is one of the most mentioning phrases when it comes to migration and acculturation strategies, but we need to take it into consideration not only as a perceived one but also checking if it is a real issue in the societal context.

According to Berry's acculturation theory in the very beginning of the frame, there are four main categories namely marginalization (having negative attitudes toward both cultures, rejection of both cultures); separation (rejection of host society's values and maintain only their own ethnic identity); assimilation (rejection of their own ethnic identity but accept the culture of the host country) and integration (accepting both cultures at some point). The first three categories are linked to lower psychosocial adjustment. I would try to explain them with some of the research finding but it is important to add some updates and new categories like individualism, anomie and so on within the years and different scenarios existed.

Assimilation describes adopting to new culture and putting away from own culture in the acculturation literature. When non-dominant groups' point of view is not maintained their cultural identity and when they seek daily interaction by interiorizing new culture, it exists.

Traumatic events or lifetime challenges do not cause trauma or conflicts every time, sometimes it leads to more positive developments in a person's lives. **Integration** includes having a balance and harmony in a migrant's life with both cultures. It could be an option when there is some degree of cultural integrity to be a larger social network.

Separation could be an alternative when there is an interest in keeping own culture and maintaining new culture only in the daily interactions and when it is needed.

Some research demonstrates that the acculturation strategies of assimilation and separation are related to high level of acculturative stress and higher risk of psychological maladjustment (Hwang, Chun, Takeuchi, Myers, & Siddarth, 2005).

Moreover, low level of self-esteem and belonging and lower life satisfaction are related to acculturative stressors like language deficiencies, social support deficiency, confused gender roles and family issues (Hans, 2001 cited by Alghamdi, 2019).

If there is little possibility or interest in cultural maintenance for both sides because of different or multiple reasons such as discrimination, enforced cultural loss, isolation, **marginalization** strategy could be seen in the acculturation process.

Some evidence shows low acculturation or cultural marginality to be a risk factor for higher levels of fear, victimization, and being bullied, low acculturation also serves as a protective factor against dating violence victimization for some specific groups and cultures (Smokowski P. R, David-Ferdon C., Stroupe N., 2009).

2.11 Syrian Refugees in Turkey

The first entrances to Turkey was on the 29th of April, 2011 with 252 people and then 'escape' has continued gradually and rapidly in the following times. (Erdoğan, 2017) The registration and temporary protection status has still on progress in many areas in Turkey. There is a serious migration flow has existed through Turkey not only from Syria but also from Afghanistan, Iraq and other countries like that. Non-Syrian refugees passed over 462.000 as population since September 2017. By the last migration attempts and settlements, Syrian refugee population has increased approximately %4.5-5. It means Turkey has confronted with the most serious humanitarian crisis and population movement in its history. It is not only about the borders or some parts of Turkey but also it has affected all over Turkey and regional partners and neighbors. The rest of the population includes Iraqis, Afghanis, Iranians and Somalians as well (COMCEC, 2016; UNHCR, 2017).

Turkey's asylum policies are known because it is recognized as an immigration and transit country for migrants (Biehl 2009; Kirişçi, 2012). According to 1951 Geneva Convention, Turkey could only seek protection to non-European asylum seekers', so Syrian refugees status are 'temporary protection status' until they are resettled to a third country by UNHCR in this regard, so they are issued a resident permit as individual (İçduyu, 2015; Özden, 2013; Sarı & Dinçer, 2017).

With this regulation's scope, Turkey provides only temporary asylum or conditional refugee status with non-Europeans. Thus, Syrian have the temporary protection status in Turkey before resettling another place.

2.11.1 Background and History

United Nations High Commissioner for Refugees (UNHCR) (2018) declared that approximately 68 million individuals worldwide have been involuntary removed from their homes; more than 25 million of these individuals are refugees, and the majority are younger than 18 years old. At the end of the year of 2010, Arab Spring splashed to Syria and since that time there was a massive loss in the country and so many others fled away from their hometowns. For Syrian case, 11 million individuals have fled from the conflict and they went to Turkey, Egypt, Jordan and Lebanon mostly and about a million Syrians have settled down to Europe as asylum seekers or refugees due to UN 2018 report (cited by Alghamdi, 2019).

The number of people who fled to our country from the conflict in Syria is about 3.5 million and about two million of them are children and approximately a million of them are school-aged children. Moreover, 230.000 babies were born in our country (Erdoğan, 2017). As a result of Ministry of National Education results, 325,000 Syrian children were enrolled in schools (UNICEF, 2016).

After the mobilization at the border the Refugee waves become more often and above 3.5 million Syrians lives with ‘Temporary Protection Status’, so some legislations and administration policies for their rights are needed. There are some sensible steps to fasten integration and adaptation process. Turkey hosted the largest number of refugee population around the world by opening its borders to Syrians after the conflict. Syrian population surpassed 4.5 % of all population and it says that Turkey has faced the most humanitarian crisis and population movement in its history so far (Erdoğan, 2017).

2.11.2. Definitions of Migration Status

UNHCR (United Nations of Higher Commissioner of Refugees) defines a **refugee** as someone who has “well-founded fear of being persecuted for reasons of race, religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality and is unable or, has such fear, is unwilling to avail himself of the protection of that country” (UNHCR 1951:3).

Migration is described as the movement of people from one region or country to another to live a better life (Bailey, 2010). There are various of migration like internal, external, displaced, voluntarily, involuntarily etc. Immigrants includes many types of migrants such as labor, family reunification, permanent, temporary, circular, undocumented, and refugees, among other (Ozgen, 2019).

Asylum Seekers are individuals who seek protection as refugees, but their claim of refugee status has not yet been assessed (Refugee Council of Australia, 2016).

Temporary Protection Status is the current legal status of Syrian Refugees who have not been taken citizenship yet. Within the scope of the Law on Foreigners and International Protection (YUKK) No. 6458 in 2013 and Temporary Protection Regulation in 2014 there are some information and enforcement from education to

health, from employment to adaptation. Even it is so debatable how and to what extent are all is enough; Turkey is the second in the world after the USA in terms of international humanitarian aid regards to expenses towards Syrians. (Yılmaz E. A., Ünal S., 2018)

2.11.3. Syrians in Turkey

According to UNHCR 2017 Report, about 5 million people has displaced because of Syrian Conflict and most of refugees have experienced traumatic life events without having basic needs to live.

Biehl (2009) mentions that Turkey has a change with migration flows since 1980s and it has a transit route geographically and geopolitically. Migrants are coming to the country to arrive to the European countries and developed ones like the USA, Canada etc. Turkey was not an immigrant destination, it has a role rather as a transit, that's why immigrant integration could count as a new issue. With the Civil War in the neighbor, Turkey became an actor in the area, and it has a transformation as an immigrant-receiving country suddenly even if Syrians are under temporary protection status.

According to a study done in 26 provinces with 2,089 Turkish citizens, 58% of the Turkish population acknowledge Syrians as “vulnerable people who escaped from violence/war” (Erdoğan, 2017). It could be interpreted that the society had welcoming and accepting attitudes at the first sight but because they have temporary status and it is unfortunate that there is not a social policy and psychological intervention model, that's why this process becomes more complex and chaotic. Thus, integration journey is highly related with the legal status. When a researcher (Balta Özgen, 2019) compares Turkey and Canada in which there are extremely different migration policies from so many perspectives, she notices that integration exists when legal status is determined more than undetermined cases. On the other hand, it is claimed that legal status is not the only predictor for acculturation at all.

Cultural distance and having the same faith or ethnic background could also be effective. Migration happens both individually and socially. In the societal context, immigrants might lose their cultural norms, social support systems and religious traditions which may affect their mental health. As individually, immigrants could have mental health problems or the opposite way around they might show post-traumatic growth (Roizblatt & Pilowsky, 1996).

2.11.4 Image of Being Refugee

Knappert, Kornau, and Figengul (2018) made interviews with who resettled in Turkey and they have found that refugees have felt angry, isolated, rejected, and abused by the dominant culture (Alghamdi, 2019).

When we looked from the perspective of dominant culture, some Turkish citizens complain about refugees coming and their perception is that refugees damage national budget and increasing rents and decreasing wages (Lazarev and Sharma 2017). Especially citizens who have low SES feel injustice and they believe social benefits are provided to Syrians (Haferlach and Kurban 2017). Host cultures have also a fear of losing their identities (Hansen and Randeria 2016). This fear creates both governments and societies stigmatize and marginalize refugees (Yıldırım 2015) and exclude them to the extent that they lose their democratic values and human rights norms (Greenhill 2016).

Refugees have some concerns about social acceptance and that can affect their desire and acculturation strategies that they are using (Esses et al. 2017). According to Karipek (2017), refugees might be regarded as unwanted and inferior group just because of the nature of being refugee even though they have the same religion and ethnic identity or similarities.

While looking at Syrians life conditions and problems that they are handling in their new country, a list of consequences could be created with some of the

subheadings that they encounter. They are family and social life, employment status, educational status, health services, culture, gender, length of residency, ethnicity of spouse, social policies.

According to Bronfenbrenner's 'Ecological System Model' children's first environment matters in the socialization period. First social environment has a greater impact on cultural values, and it triggers the connections with bigger systems such as faith system, political atmosphere, macroeconomic factors. In all these systems child affects the environment and vice versa. (Stewart, 2012) In Turkey, the length of residency, the age they migrate, the environment they are living in all are factors affects the process and its relatedness with this model.

The most common health problems were non-communicable diseases in Jordan, women's health in Lebanon and mental health in Turkey. (El Arnaout et al, 2019)

For adults the work environment can similarly affect acculturation and adaptation. Culturally diverse organizations with multicultural policies and practices foster greater inclusiveness and achieve greater engagement from minority groups (Apfelbaum E.P.; Norton M.I.; Sommers S.R.; 2012).

By looking at the work environment from the perspective of refugees, they are mostly working in the areas that they were not experienced before or low-skilled jobs comparing to their degree or competencies. This also slows down the integration process.

Syrian refugee emerging adults were not able to have schooling for many years because of the conflict in the country (Human Right Watch, 2016). However, education could be powerful to reshape individuals' future by enhancing their identities, broadening their horizons and building resiliency (El Jack, 2010). Moreover, refugees who obtain higher education could be role models and inspire younger generations to contribute to their communities. Education facilitates

refugees' transition and acculturation to a new culture (Wright & Plasterer, 2010 cited by Alghamdi,2019).

When it comes to have a higher education level degree, Syrian university-aged students challenges three main issues namely difficulty in learning foreign languages, the complexity of the educational system (Watenpaug & Fricke, 2013); fiscal issues of the family (Dorman, 2014); changing social roles and a sense of insecurity (Harvey, Garwood, & El-Masri, 2013).

2.11.5 Acculturation Challenges and Mental Health Concerns of Syrians

As it has been mentioned in different chapters repeatedly, there are so many life stressors exist not only during migration but also before and afterwards. It could be categorized mainly as pre migration difficulties, transition stressors, post migration acculturation and adjustment issues.

Many research have revealed on Syrian Refugees in Turkey and their mental health and it could be genuinely said that major depressive disorder, adjustment problems and PTSD are above %15 (AlNuaimi, Aldandashi, Easa, & Saqqur, 2018; Alpak et al., 2015; Chung et al., 2017 cited by Alghamdi,2019).

%49 of Syrian children's living in camp settings in Turkey is at a high level of depression and %36 of them has been diagnosed clinically depressed. Some of the children have psychosomatic problems with various symptoms such as headache, abdominal pain, pain in hands and arms (Özer and Şirin, 2013).

2.11.6 Syrian Refugees' Acculturation/ Immigration Process: Specific Concerns and Settlement

Syrian Refugees' acculturation is affected by so many variables not only externally but also internally. It influences all parts of an individual's story in a societal level. We could line them all up in terms of health and education services,

religion, employment, psychosocial support facilities such as NGOs, community-based settings, language, politics, social values, culture (intracultural and intercultural differences, vulnerable groups and disadvantaged societies etc).

At the individual level, the role of personal identity and gender, the role of physical environment, the role of family and relatives around, the role of psychological background are the most important points to consider in the acculturation process.

It is important to provide spaces that allow Syrians and the host community to communicate and meet to facilitate the process. That's why integration activities like theaters, concerts, trips need to be done to bring both societies together so that adjustment happens easily (Citation from Daoudov to Babaoğlu and Kocaoğlu, 2017).

According to Karipek (2017), cultural and geographical distance matters. Having the same religion or ethnical background helps to facilitate to acculturate.

The fact that migrants are preferred by employers because they are seen to be as cheap labors, but it also brings the probable issues they experience such as language barriers, social orders and similar issues. The other problem in Turkish society is refugees are underestimated only with humanitarian aid and it forces to marginalization in the sense of pity in social structure (Altıntaş, 2014).

A conducted survey (Ben Farhat et al., 2018) demonstrates high level of violence have been experienced by Syrian Refugees in their transition process and their anxiety level has been increased.

2.12 Study Rationale

Aim of the study is examining if there are enough studies covering the relationship between acculturative stress and mental health within the perspective of Syrian Refugees after the conflict. Not only Syrians but also the host societies that they are living in are under acculturation process since 2011. It is highly

possible that there might be a correlation between acculturation processes and mental health. The main goal is collecting and summarizing the studies which could be related with Syrian Refugees acculturation process and mental health.

2.13 Organization of the Study and Summary

In this thesis, the introduction which implies chapter 1 demonstrates the general framework of the studied area and the field of study with very broad explanations. Chapter 2 which forms the main body of the literature review is aimed to strengthen author's hand with the existing literature about different fields like acculturation, mental health and then Syrian refugees very specifically. Chapter 3 indicates the methodology namely systematic review and all the steps with details. Chapter 4 remarks the results of the thesis methodology and which papers have been selected and assessed qualitatively. It also gives an idea about literature's general situation comparing the rapid changes in the practical field. Chapter 5 is the conclusion part which gives a brief summary of the study and helps to discuss the topic thoroughly and specify the limitations of the thesis.

CHAPTER THREE

METHODOLOGY

3.1 Systematic Review Key Concepts and Steps

In this chapter, the aim would be giving a general and comprehensive idea about the methodology of this thesis. Systematic review is the main methodological part and it comprehends multidisciplinary approach and synthesis of findings both qualitatively and quantitatively. After preliminary searches, there are structured steps to follow and proceeded flow. This study would be a head piece in terms of acculturation and mental health on Syrian refugees by wielding methods in terms of gathering secondary data into a pool in a systematic way, appraising research studies critically and synthesizing all literature in the field. Leading terms in this methodological approach are doing preliminary search, pilot to selection process in the study, formal screening of search results against eligibility criteria, data extraction part, quality assessment and data analysis phase.

Systematic reviews are served both evidence-based policy and evidence-informed policy. Time, sample, context and the specificity of the topic is so important to give an idea to all stakeholders in the research and it helps to launch forth upon on this point to have determined and structured future directions.

Traditional literature review forms the basis of ‘opinion’ pieces, ‘expert’ views or ‘student’ theses. (Torgerson, 2003) However, systematic reviews are beyond of all and give a general picture to the cases and research systematically in a scientific way. If the search strategy and inclusion criteria have not been made explicit it will not be possible for the review to be replicated by a third party. (Torgerson, 2003)

The main problem with the primary research is that its generalizability is often hampered by small sample sizes and time constraints (Dickson R., Cherry M. G., Boland A.; 2013). Systematic review methodology could manage potentially ‘unmanageable amounts of information’ and rationalize existing evidence

efficiently by establishing whether research findings are consistent and generalizable and to explain why if they are not systematic review reduces ‘random and systematic errors of biases’ (Torgerson, 2003).

Although the systematic review process began and is common, in the field of healthcare, systematic reviews are being carried out and used to inform decision-making in a variety of disciplines and professions (Dickson R., Cherry M. G., Boland A.; 2013).

Systematic review steps are considered mainly with ten steps as the following:

Step 1: Planning the review

In this step, organizing the steps onwards, being aware of the submission deadline and planning the time according to it, identifying potential collaborators for specific parts of the review and thinking about the advantages and disadvantages of learning and using specialist software, obtaining guidance from the institution about presentation of the review is important. According to all, the researcher tried to organize time and plan of the review and adapt it into the thesis before submission deadline. Mendeley reference tool has been used to collect all the articles possible to put into a pool according to suggestions.

Step 2: Performing scoping searches, identifying the review question and writing the Protocol

For Step 2, identifying a topic area not only interests of the researcher but also it is applicable and reasonable regarding to the area working in matters. Thus, acculturation theory in terms of Refugee Mental Health makes sense in a master’s degree program namely Trauma and Disaster Mental Health Applied Sciences. Acculturation has so many diverse contributions to research fields, so acculturation phenomena should be criticized and be at the top of the agenda when we are talking about the century’s humanitarian crisis which is Syrian Conflict starting by 2011 while working on the field of psychology and concepts related to mental health.

Carrying out an early scoping search and focusing the ideas that helps to define the scope of the review and finalizing the review question and developing the inclusion and exclusion criteria play an important role.

Considering contacting experts in the topic area and writing a review protocol are the following steps regarding to have a well-organized systematic review and not to miss the details of the search. For the sake of these, the literature has been reviewed and the researcher tried to contain the researchers in the field and found the pioneers of this area. Then, writing a protocol and submitting research draft into PROSPERO Website which is provided by University of York to help researchers to avoid duplications and draw a frame for the search and its strategy was crucial.

Step 3: Literature Searching

In this step, the more comprehensive the research would be the more it plays a crucial role. The databases which are needed to be covered and the tools which are needed to be used during the search should be determined cautiously.

The researcher also considered different types of evidence available and also identified specific bibliographic databases searching for the evidence. To do all of this accurately, key search terms should be identified and refined with the help of PICOS framework. After conceptualizing them, bibliographic databases have been searched by using final search strategies and collated citations and it helped to consider complementary searching activities.

Step 4: Screening Titles and Abstracts

With the help of reference management tool (Mendeley), the researcher developed and piloted screening and selection strategy and method. All articles with their names and reference details into a box have been added in Mendeley. After that de-duplicating of references and eliminating them has been made. The

researchers have screened all the titles and abstracts identified via searches against inclusion and exclusion criteria.

Step 5: Obtaining Papers

According to this step, obtaining full text papers of all potentially eligible references is a must. There is a selection of the most relevant ones into an Excel sheet. Before that, all articles have been observed in Mendeley properly and the rest that did not fit into have been eliminated with searching techniques.

Step 6: Selecting Full-Text Papers

By using screening and selection tool, it has been identified full-text papers for inclusion in review. At the end, they all put them into a pool and have been discussed with advisors. An agreement has been reached on the very last 6 researches for data extraction part.

Step 7: Data Extraction

In data extraction session, it has a vital point to identify the data that is to extract and build and pilot the data extraction form or data extraction table(s) according to it. By extracting relevant data and completing the data tables for inclusion in the thesis, the general picture of the literature from above has been demonstrated and conclusion and report could be done in more detailed and realistic way. In this period, the researcher has tried to read all studies more deeply and comprehensively not only to understand them properly but also to make a comparison between them.

Step 8: Quality Assessment

In this step, it is worth noting that designs of included studies and identifying the types of quality assessment tools to suit the review matter. Choosing appropriate quality assessment tools facilitate to carry out quality assessment part and it helps to tabulate and summarize the results of the quality assessment in a more

comprehensible and applicable way. The more qualified assessment results are, the more effective recommendations and conclusions of the systematic review would be. It is preferred to apply CASP and MMAT for this review because it covers most of the aspects to do on.

Step 9: Analysis and Synthesis

In this step, reporting extracted data in the thesis and choosing an appropriate method of analysis and synthesis was the main goal. Combining data narratively or statistically in line with chosen method of analysis and synthesis was helpful in this sense. Thus, the results of the chosen method present in a clear way. In this part, summarizing all research in a harmonic way so that readers could be comprehend more easily.

Step 10: Writing Up, Editing and Disseminating

At the end of all steps, it was crucial to ensure to institutional guidelines regarding presentation and content, in addition to be ensure enough time for writing up and dissemination of the thesis. It should be consistent in use of language and abbreviations, and in reporting and referencing styles. At the very end, seeking help from some professionals for proofreading and trying to organize all thesis from start to the end was a must.

3.1.1 Identifying Research Questions

- 1- What kind of acculturation strategies are used to enhance psychosocial wellbeing of Syrian refugees?
- 2- Is there any correlation between acculturative stress and mental health according to the existing literature in the process of Syrian's acculturation?

3- Is there any correlation between acculturative stress and psychosocial well-being in the context of Syrian Refugees after the Civil War according to the existing literature?

3.1.2 Scoping Search and Protocol

3.1.2.1 Identifying and Appraising of the Review Articles

The methodology is so updated, but the results and statistics are kept changing day by day. Therefore, it is difficult to cover all ideas when it comes to research in a very limited time.

Publication date limits were from March 2011 that depicts Syrian Conflict time according to web search engines. Only studies available in English and Turkish was included because of writer's competency on them. There were no data restriction, but it is preferable to look at the applications and programs which are community based rather than clinical interventions. Grey literature was excluded. Unpublished data was not sought or included.

The following electronic databases was searched for primary studies:

For English Databases:

BASE (Bilgi Academic Search Engine): MEDLINE/ PubMed, U.S. National Library of Medicine, PsycINFO, American Psychological Association, WOS, Web of Science, Online Wiley Library, ERIC, OVID LWW, Pro Quest, Scopus, Project MUSE, Science Direct, SAGE Journals Online, JSTOR, Taylor & Francis Online, Springer Link, Psychoanalytic E-Publishing, PsyCritiques, PsycArticles, Oxford University Press Journals, Cambridge Journals Online

Databases namely CINAHL (Cumulative Index to Nursing and Allied Health Literature), PILOTS (The Published International Literature on Traumatic

Stress), ASSIA (Applied Social Sciences Index & Abstracts) were not in BASE list, that's why it has been searched separately and added Mendeley pool later on.

For Turkish Databases:

YÖK Tez, TUBİTAK Ulakbim, Dergi Park, Türkiye Klinikleri, Ideal Online were searched. The following electronic databases was searched for systematic reviews which may include relevant studies: Cochrane Database of Systematic Reviews (CRSRs); PROSPERO, International Prospective Register of Systematic Reviews; Campbell Collaboration.

Some Databases like Index Copernicus, CrossRef were eliminated because of the methodological concerns. Because they would not have an advanced search tools, it has been excluded from the search list.

3.1.3 Literature Research

In the literature search, it was so crucial to define the under researched concepts clearly and precisely so that the framework would be determined much more concrete and definitive. For this thesis, the conditions or domains being studied were acculturation, mental health, psychosocial well-being and cultural integrity. The researcher tried to read literature comprehensively and used literature part as a baseline before analyzing selected research and extracting them.

3.1.3.1 Keywords

Using keywords in the search was like the followings to apply advanced search methodology for clear findings. In both languages they have been searched in the related databases.

English Keywords:

cultur* OR adaptation OR adjustment OR assimilation OR inclusion OR integration OR marginalization OR separation OR exclusion OR rejection OR accommodation OR absorption OR mental health OR mental illness* OR mental disorder* OR psychiatric illness* OR post traumatic stress disorder OR PTSD OR posttraumatic stress disorder OR post-traumatic stress disorder OR psychologic* OR enculturation OR accultur* OR deculturation OR trauma* OR quality of life OR social* OR migration OR immigration OR emigration OR psychosocial OR well being OR wellbeing OR well-being OR wellness AND Syrian AND migrant* OR asylum seeker* OR refugee* OR temporary protection status

Turkish Keywords:

kültür* VEYA adaptasyon VEYA uyum VEYA uyumlanma VEYA asimilasyon VEYA dahil etme VEYA entegrasyon VEYA bütünleşme VEYA marjinalleşme VEYA ayrılma VEYA dışlama VEYA reddetme VEYA akıl sağlığı VEYA akıl hastalığı VEYA psikiyatrik hastalık VEYA travma sonrası stres bozukluğu VEYA TSSB VEYA post-travmatik stres bozukluğu VEYA travma sonrası stres bozukluğu VEYA psikoloji* VEYA akültürasyon VEYA kültürleşme VEYA travma* VEYA yaşam kalitesi VEYA sosyal VEYA göç VEYA psiko-sosyal VEYA psiko-sosyal VEYA sağlık VE Suriyeli VE göçmen VEYA sığınmacı VEYA mülteci VEYA geçici koruma durumu

3.1.4 Selecting Criteria

Evidence-based models use a process to frame an inquiry, locate it, assess and evaluate, and repeat it as needed. **PICO (T)** elements include: Problem/Patient/Population, Intervention/Indicator, Comparison, Outcome, and (optional) Time element or Type of Study. (Heneghan, C., & Badenoch, D., 2002) According to this methodology, research framework was like the following and

population refers to Migrants / Asylum Seekers / Temporary Protection Status Syrians / Refugees who are exposed to Syrian Civil War that is started on the 15th March 2011 and resettled different places directly or indirectly affected by war and these humanitarian crises, when **implications** were about acculturation strategies, challenges, implications. Comparisons were mentioned TR vs. EU vs. USA/ Canada vs. Middle East and outcome questions were as the following: Are they integrated well? What is the difference of the strategies? How they integrate better?

P: Migrants / Asylum Seekers / Temporary Protection Status Syrians / Refugees
I: Acculturation Strategies / Challenges / Implications
C: TR vs. EU vs. USA/ Canada vs. Middle East
O: Are they integrated well? What is the difference of the strategies? How they integrate better?

3.1.4.1 Screening Title and Abstracts (Stage I)

All titles and abstracts have been observed and examined at the end of the advanced search process after de-duplicating the irrelevant ones. The most relevant articles have been kept obtaining more closely.

3.1.4.2 Obtaining Papers

In this step, papers have been obtained and full text papers have been selected for reading deeply and making an inference according to relevant studies.

3.1.4.3 Selecting Full-Text Papers (Stage II)

After a long criticizing period, the last six studies were included in the review and selecting these last ones need analyses.

3.1.5 Eligibility Criteria of Articles

Participants, Settings, Sampling Procedure, Intervention(s), exposure(s)

Any Syrian Refugees who has refueged or become asylum-seeker or migrated or they have a temporary protection status because of Civil Conflict which has started in 2011 in Syria has acculturated and exposed into acculturation in some senses because of the migration journey.

Comparator(s)/control

For quantitative studies, no comparator(s)/control group required. For qualitative studies, no comparator(s)/control required as well. All quantitative studies did not need to have a comparator(s)/control, which could be: 'do nothing' or 'no effect' or 'no acculturation'.

3.1.5.1 Inclusion Criteria

Refugees and Asylum Seekers as defined by the 1951 Refugee Convention was included into the study in terms of Syrian participants / population. Studies with a mix of refugees/ asylum seekers and other migrants could also be considered but the sample should be specified with Syrians. Migrants / Asylum Seekers / Temporary Protection Status Syrians / Refugees who were exposed to Syrian Conflict which started after March 2011, and resettled different places directly or indirectly affected by war and these humanitarian crises.

Inclusion criteria was applied to studies with a sample that comprise only Syrian Refugees regardless of ethnicity, socio-economic status, geographical location of host country, gender, age, developmental stages. Their acculturation strategies, challenges and implications should have examined.

Inclusion criteria for settings would be community settings as well as refugee camps, NGOs and detention settings, and institutional settings. Clinical and hospital settings was added as well. In addition, there is no restriction in terms of location or country as well.

All systematic reviews, theses, academic research and studies were included.

3.1.5.2 Exclusion Criteria

Exclusion criteria was applied to studies where the population group are not specified as including: 'refugees' and/or 'asylum seekers' of Syrians.

Studies that were not published in English and Turkish Language was excluded in terms of language acquisition of the researcher. There was not any exclusion in terms of context and place.

3.1.6 Quality Assessment

In this part, it was important to finish data extraction part properly and look at the selected articles in a more critical way. Because most of the articles were written in qualitative design, the researcher tried to analyze and assess them in a more interpretative and narrative way rather than meta-analysis or statistical way.

The tools that were used was CASP (Critical Appraisal Tool) and MMAT (Mixed Methods Appraisal Tool). They assessed theses and articles in a more

structured way and helped researcher to have a more understandable syntheses as a result. They could be found as documents in the appendices section at the very end of the thesis.

They all emphasized the phases of acculturation periods and the conditions in that regard by giving specific examples and coping strategies within their context. Berry's theory (1987) and Bourhis' work (1997) was so pioneering when it comes to put practices into a theoretical framework in academia. In addition to them, it was important to realize finding new strategies for handling potential threats and challenges for both theoretical and practical sides.

3.1.7 Data Extraction

The researcher searched and raked around for systematic review in databases, journals, books and picked approximately a hundred studies at the end to closely look at. By eliminating them with criteria, it has been found six relevant studies with thesis advisor and supervisor. At the last six studies, the main aim was closely looking at the acculturation strategies, sample sizes, methodologies and results argumentatively. In the results chapter, they all have been mentioned with details.

Most of systematic reviews are done in the fields of mental health, public health and health economics. Special to acculturation, there are so many researches in the field of sociology, anthropology, political science, cultural studies, mental and public health. They are not only about acculturation itself but also how the newcomers react and create different strategies in terms of their background and the societies they are going to live in. In addition, research shows that each Syrian Refugees have been affected not only psychologically but also socially and psychosocial existentially. According to all, synthesis of qualitative and quantitative data was synthesized in different styles. Research was contained a lot

of different headings and design, so review had a tabulation to cover some of the main topics and themes that most of the theses and articles mentioned.

Quantitative, qualitative, and mixed methods studies were included that focus on acculturation and cultural aspects designed to enhance psychosocial wellbeing of Syrian who were in the status of protection or refugees or asylum seekers or migrants.

In data extraction process, Mendeley was used and the last eligible articles were in an Excel table. The researchers criticized on them and all studies were on process there. Three researchers were sure whether all relevant data was captured, and all irrelevant ones were eliminated or not. After that, when all were on consensus, they collected all full-text articles they have chosen in a GoogleDrive file for next steps for coding, tabulation and deep analysis.

3.1.8 Analysis/ Synthesis / Tabulation

All Syrian Refugees was analyzed together firstly. Then, Syrian Refugees living in different countries such as the USA, Canada, Europe and Middle East (including Turkey) was analyzed separately. In addition, the populations' acculturation strategies were also categorized separately as well (like integrationists, assimilationist etc. according to Berry (1960)). Characteristics of samples were also important when it comes to migration journey. The age, gender, legal status, duration of migration were all important aspects in terms of analysis of subgroups or subsets. Tabulations and common perceptions have been created and put in the following chapters.

Primary outcome(s) of this study was analyzing the psychosocial and psychological wellbeing of refugees under the concept of acculturation phenomena. Psychosocial well-being includes integration, inclusion, adaptation, adjustment phrases which were understandable within acculturation strategies. These positive

effects helped refugees in the sense of cohesion, sense of identity and in the sense of belonging. Whereas psychological wellbeing was thoughtful with the phrases like positive mental health, wellness, quality of life, resiliency, mindfulness.

Secondary outcome(s) of this study was considered as more social outcomes rather than individual impacts. It consisted of cultural integrity, social cohesion, sociocultural competence. In the long term, it would help to build multicultural, peaceful society and increase prosperity within societies if cultural adaptation applies well.

3.1.9 Writing Up / Editing

On screening process all three researchers carried out looking at title and abstract of all articles and in which they were applicable, they have been chosen full text articles for further steps. Three reviewers were screened a sample and according to consensus they went ahead of all others separately. At least two reviewers screened full-text records (the researcher and thesis supervisor), unless they had a consensus, they asked to the third reviewer for consultation (thesis advisor).

3.2 Measures and Tools Using for Thesis

There were so many tools while systematically review the articles and analyze them at the end. Every step needed some different specific tools in this sense. In general, a computer and an Internet access were must. A word-processing package to write up the different stages of the review, software packages assisting with data management, data storage, structured thesis template examples were all helpful tools to do a systematic review. Aiming to manage the references, it was crucial to use some form of bibliographic software package to facilitate storage.

All databases mentioned below were used while searching of the articles, besides that Mendeley to put most of the articles into the pool and Excel to eliminate some of the articles were also used.

3.2.1 Prisma Diagram

Prisma Diagram was a tool to help see the general extraction system from a general table. It could also be seen at the end of the thesis in appendices.

3.2.2 Mendeley

Mendeley is a reference system like RefWorks, EndNote, Citavi which helps to collect all the articles into a pool and help to make them systematized.

3.2.3 Prospero

Prospero could be the first step of the systematic review. We could see that as a protection status to prevent overlapping research areas. The sample of thesis protocol draft could also be found in the appendices.

3.2.4 BASE (Bilgi Academic Search Engine)

BASE is the name of the university's academic search engine including plenty of databases. It is a single search engine and used for searching all print and electronic resources including Bilgi Library catalog records, e-journal articles, databases, newspaper articles, e-books, dissertations, etc.

3.2.5 Checklists:

CASP (Critical Appraisal Skills Programme) and MMAT (Mixed Methods Appraisal Tool) have been used and they helped to analyze the results.

Procedure: Step by Step

Luckily, there were so many different universities' facilities available when searching. The researcher could reach through academia with the help of researcher network not only in Turkey but also all over the world. The researcher used not only her own university's library which is Bilgi University (especially the research engine called BASE), but also the libraries of Boğaziçi University and KOÇ University to have massive research pool.

Bilgi Academic Search Engine (**BASE**) is a single search engine and used for searching all print and electronic resources including Bilgi Library catalog records, e-journal articles, databases, newspaper articles, e-books, dissertations, etc. BASE includes (Bilgi Academic Search Engine) MEDLINE/ PubMed, U.S. National Library of Medicine, PsycINFO, American Psychological Association, WOS/ Web of Science, Online Wiley Library, ERIC, OVID LWW, Pro Quest, Scopus, Project MUSE, Science Direct, SAGE Journals Online, JSTOR, Taylor & Francis Online, Springer Link, Psychoanalytic E-Publishing, PsyCritiques, PsycArticles, Oxford University Press Journals, Cambridge Journals Online.

Databases namely CINAHL (Cumulative Index to Nursing and Allied Health Literature), PILOTS (The Published International Literature on Traumatic Stress), ASSIA (Applied Social Sciences Index & Abstracts) were not in BASE list, that's why it has been searched separately and added Mendeley pool later. Moreover, Campbell Collaboration, Cochrane and Prospero were the systematic review services and they all have been searched with specific keywords just to check if there was any related systematic review exists before this and there was none.

For Turkish databases, YÖK TEZ, Tübitak Ulakbim, Dergi Park, Türkiye Klinikleri, Ideal Online, TR Dizin, Harman have been searched.

According to systematic review methodology every single article related to chosen keywords should have been gathered into a specific pool via a reference management pool. However, the researcher searched in two different languages and from very different databases and websites with different search strategies. Some Turkish databases such as IdealOnline, YÖKTez, TRDizin, Harman did not have any advanced search skills, so searched terms were written with basic search techniques.

To explain them in detailed, all databases listed below separately.

In TR Dizin, the terms namely were ‘Kültürleşme or Akültürasyon (both meaning Acculturation)’ and ‘Suriyeli (meaning Syrian)’ and ‘Suriye (Syria)’. It gave the results 28, 2,169 and 636 in order. Twenty of these articles had right to stay at the end but only two of them have been found as most relevant according to the topic.

In Harman, the term ‘kültürleşme’ was chosen and the results were 68 articles. ‘Akültürasyon’ was another term and it gave only a result. When ‘Suriyeli’ was written, it gave 660 results.

In Dergi Park, the advanced search methodology has been used and it has been found 73 results. In addition to this, with ‘acculturation’ terms, 65 results have been found. With Turkish keywords, results also changed. With the phrase of ‘kültürleşme’ there were 34 articles, whereas with ‘Suriye’, there were 1030 articles in the database. In addition, when it is written ‘Suriyeli Mülteciler’, 748 articles came up to the stage. Four of the articles have been observed well and half of them were the last checklist.

In YÖK Tez, the terms searching namely ‘Kültürleşme’, ‘Suriyeli Mülteci’, ‘Suriyeli Mülteciler’ and ‘Ruh Sağlığı’ and with the order, 24 thesis, 119 theses, 78

theses and 209 theses came to the list. All of these has been examined. With the phrases namely ‘Mülteci’, ‘Suriyeli’ and ‘Suriye’, there were 396, 482 and 999 theses in order. Only 11 of them were more related to consider and add into the last elimination checklist, at the end 5 of them were in the list.

In Ideal Online, preferring to use the sample terms to cover all the articles was the method and it has been written ‘Göçmen veya Sığınmacı veya Mülteci veya Geçici Koruma Durumu ve Suriyeli’, the results were 81 articles. In Ideal Online, last 7 articles has been observed more deeply and only one of them were in the last checklist.

In Türkiye Klinikleri, there were so little data. ‘Kültürleşme’ gave a result and the word ‘Suriye’ had 18 results while ‘Suriyeli’ had 11 results. When it was written the terms like ‘akültürasyon’, ‘mülteci ruh sağlığı’, ‘sığınmacı ruh sağlığı’, ‘göçmen ruh sağlığı’ or ‘Suriyeli mülteciler’ there were no results according to them.

In KOÇ University’s own advanced search tool was used and the terms ‘Syrian’ AND ‘migrant* OR asylum seeker* OR refugee* OR temporary protection status’ have been written. 146 results have been obtained and the most related ones have been downloaded for further selecting. They were both in Turkish and English languages. All have been analyzed and just three of them were in the last elimination checklist. Apart from KOÇ’s own data search tool, the researcher has screened Hathi Trust Digital Library, Harman, Web of Science, Emerald Insight, Digital Public Library of America, HeinOnline, JAMA Network, Ovid, Oxford Academic Journals, Open DOAR, OATD.org, Oxford Reference, Lexpera, Project MUSE just not to miss any articles related to the topic and it has not been found any relevant studies.

CINAHL Plus has been searched with all the keywords and 489 data has been collected and added into Mendeley pool. 2 were Turkish and 487 were English. The search was limited from March 2011 to March 2020.

World Cat has been searched with keywords and 383 articles has been observed in total, 198 articles were in English and only 2 of them were in German and the rest were in Turkish. They all were studiously examined and 15 of them were permitted and afterwards none of them stayed to the last elimination checklist.

In British Library, the keywords were namely Syrian AND migrant* OR asylum seeker* OR refugee* OR temporary protection status, between 2011- 2020 and it has been found 391 results which were combined 348 books, 15 audio and 26 theses. It has been examined very closely, however there were no results which were suitable to the thesis content.

In Boğaziçi University Library, ICPSR has been analyzed but could not been found any related articles. EBSCO Host found 6.767 articles with advanced search methodology with all keywords. ProQuest has found 7.629 articles and studies with the same method, but it was restricted, with specific timeline from 10th of March 2011 to 10th of March 2020 which make sense because the beginning gives an idea about Syrian Civil War and the end was the time finishing the research. ULAKBİM (Ulusal Veri Tabanları) gave 107 articles (86 English and 21 Turkish) with the same methodological research. Academic Search Complete had 1062 articles in its database. Boğaziçi was providing IdealOnline database but fortunately the researcher searched before that's why the researcher did not search again. Wiley Online Library had the same story because it has been looked via BASE from the university's facilities. JSTOR, Emerald Insight, Oxford Academic, DOAJ (Directory of Open Access Journals), SOBIAD are the specific database facilities that Boğaziçi University provided for this research.

In BASE, MEDLINE/ PubMed, U.S. National Library of Medicine, PILOTs / PTSDPubs, PsycINFO, American Psychological Association, Web of Science, Online Wiley Library, ERIC, OVID LWW, Scopus, Pro Quest, Project MUSE, Science Direct, SAGE Journals Online, JSTOR, Taylor & Francis Online, Springer Link, Psychoanalytic E-Publishing, PsyCritiques, PsycArticles, Oxford University Press Journals, Cambridge Journals Online were in the list. YÖK Tez,

TÜBİTAK Ulakbim, Dergi Park, Ideal Online were the resources as Turkish databases. Moreover, Prospero and Cochrane were also important databases and systematic review libraries to check. BASE was checked with all keywords and it has been found 13.775 articles and related documents without any restrictions. They all could be related with keywords and the research area that's why the researcher added them and it has been found 4.235 articles in English and 37 in Turkish at the first sight and with date restrictions from March 2011 to December 2019, 2.007 articles in total has been held. It has been written all keywords that have been determined before and the researcher put some restrictions not to include irrelevant studies broadly. It has been restricted the disciplines with Health and Medicine, Public Health, Psychology and Social Sciences and Humanities. It has been restricted the time from 2011 March to 2020 December. At the end, it has been found 1.820 English studies and 71 Turkish ones with deduplication. (The researcher was planning to add all databases into Mendeley at once and then when the researcher collected all articles, she was planning to deduplicate but BASE had the system to deduplicate by itself automatically so there is no need to do that manually at the end.) When it removed the duplicates, it has been added 1184 articles into Mendeley pool.

The **PTSDpubs** Database (formerly PILOTS) is an extensive PTSD resource produced by the U.S. Department of Veterans Affairs although it is not limited to literature on PTSD among Veterans. It is part of ProQuest database system and it is updated with output in academic world related with current issues as well. It has been found 27 English articles with research keywords in this database with the date restriction from March 2011 ahead and checked over them all.

The researcher has searched **ProQuest** from Boğaziçi University because it has a direct access to all databases provided by ProQuest so it is preferred to look from there. At the end, 7636 articles have been found with the restrictions of language in English and there was none in Turkish. The time restriction was from

03th of March 2010 to 10th of March 2020. **ASSIA** have not been searched separately because ProQuest contains ASSIA database.

In **Mendeley** pool, it has been tried to collect 107 articles (86 Turkish and 21 English) from ULAKBİM thanks to Boğaziçi University Library facilities, 1184 articles from BASE means Bilgi Academic Search Engine, 36 articles from PTSD Pubs (in another name PILOTS that is one of the databases provided by ProQuest), 6954 articles from ProQuest itself, 1062 Academic Search Complete and 6767 from EBSCOHost. There were some automatic deduplications in the process. At the end there were 8300 articles in Mendeley before deduplication and after it there were 8167 articles to go over. It is too crucial to remember to remove duplicates before citing and referencing. In the period of screening titles and abstracts only 128 of them stayed as more related with what researcher were looking for exactly, at most, at least, themes related the mental health and acculturation of refugees in a generic way. The rest 7939 articles were less related or irrelevant and off topic. They were mentioning so many different aspects of literature or various fields. At the very end of this search process, only 51 articles have a right to place in the last elimination checklist with the purpose of double check and analyze most relevant ones for the review.

Apart from this, the researcher created an Excel Sheet to collect other sources that is inconvenient to add into Mendeley pool. In that one the articles that has been searched in Cambridge were 101 and none were directly related to it. From the last eleven thesis abroad, two of them were related. From 38 Ideal Online articles, just 7 of them were related while from 40 thesis in Yök TEZ, it was chosen only four to add into the list. In KOÇ's self-database articles, it was chosen 3 of the 146 articles to analyze. In TR Dizin, 20 articles have been chosen from 197 articles. Lastly, Dergi Park gave a chance to choose four articles from 52 articles.

In the very last list, there were only 12 to read and analyze. At the very last part of the search, researchers decided on 6 studies containing 5 unpublished thesis and an article to deeply analyze and synthesize for systematic review.

CHAPTER FOUR

RESULTS

4.1 Findings of the Study

In this part of the thesis, the main goal was mentioning about how many articles have been assessed at the end, which tools and databases have been used, which results and what kind of tabulation has emerged, what was the main result in general with the interpretation of the researchers and what kind of analyses have been made as a conclusion.

4.1.2 Characteristics of the Study

In this systematic review, after using the advanced search methodology, PRISMA Diagram tool have been used to rethink the steps. Analyzing the studies which fitted as most eligible ones are sought to draw a framework about acculturation phenomena in case of Syrian Refugees in recent years.

4.1.3. Reason of Selecting

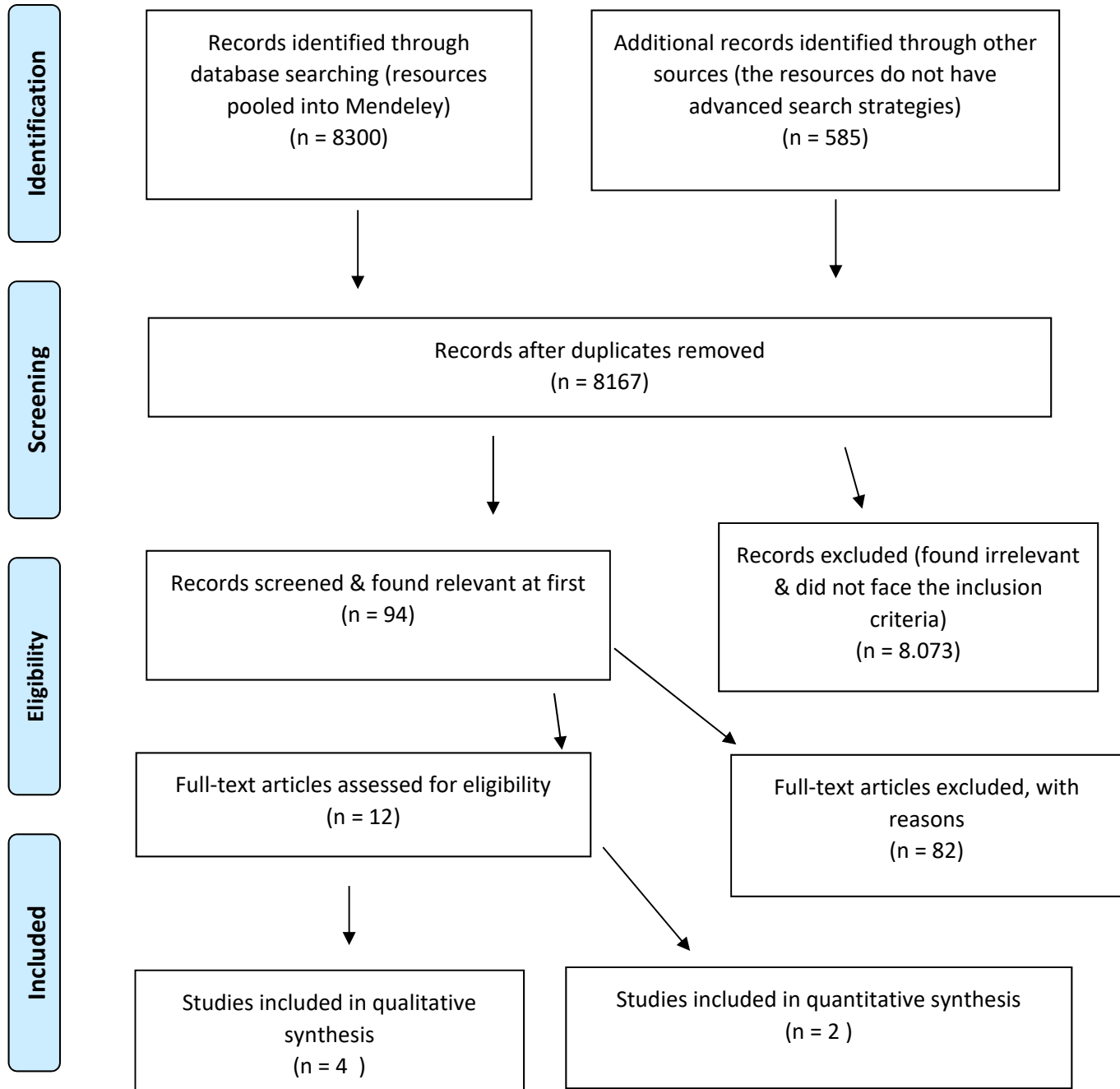
The main reason in selecting the last six studies were the relatedness of acculturation in terms of psychology and the effectiveness of migration in an individuals' life.

In implication of the study, there were general indicators which affected the acculturation level of individuals and acculturation strategies they have chosen.

Prisma Diagram was used to demonstrate the elimination and selection process in a bigger scene. After picking relevant studies according to eligible criteria, table and summary of the articles have been presented in the chapter.

According to Prisma Diagram Tool, in the identification phase all studies within the help of related keywords with the topic have been included into the process. Because of using both languages and using different search techniques like basic and advanced, there would not have any chance to collect them all into the pool. Then, in the screening process all duplicates have been eliminated and in the eligibility phase, the irrelevant ones have been excluded by looking at titles and abstracts in two phases. At the end, the last six studies have been included because of their relatedness with acculturative stress and mental health in more appropriate way.

4.1.4 Prisma Diagram:



4.2 Tabulations of the Study:

Author- Title of the Study	Population- Sample	Study Design- Method	Outcome- Measures	Result- Evaluation
<i>Alghamdi, F. S., Examining the Acculturation Experiences of Syrian Refugee Emerging Adults in the United States of America</i>	12 Syrians living in Pittsburgh, 18-25 aged	Qualitative - Interview	experienced war, tackled in educational, work system, felt acculturative stress	different acculturation strategies according to what they lived and their conditions were
<i>Balta Ozgen, A., Refugee Integration in Comparative Perspective: Syrians in Canada, Germany, Turkey, and the United States</i>	98 Syrians and 32 key informants from four countries	Qualitative - Interview	loss of socio capital, legal status and feeling acceptance	temporary vs permanency; having determined legal status

<p><i>Altunay Yılmaz, H., Adjustment Experiences of Syrian Refugess in Turkey: Findings from a Community- based Participatory Research</i></p>	<p>7 Syrians Qualitative- Interview Ankara</p>	<p>pre migration, difficult life transition and experiences, post migration settlement period challenges in consequences new country, future plans</p>
<hr/>		
<p><i>Öztürk, S., The Evaluation of Syrian Adolescents’ Psychological Adaptation and Acculturation Process in Turkey: Altındağ Case, Ankara</i></p>	<p>347 Syrian Quantitative adolescents living in Ankara, 11- 17 aged</p>	<p>PTSD, anxiety verbal, sexual related or physical disorders, violence in the emotional and school; a behavioral perception difficulties that they are and subjective excluded or wellness; ignored in the quality of life society in regarding to daily life; low life conditions acculturation and eating level habits</p>

<p>Karataş K., <i>Syrian</i> Baloğlu M., <i>Refugee</i> Syrian <i>Students</i> Students in terms of Acculturative Stress</p>	<p><i>Theoretical</i> <i>Framework,</i> <i>Review</i></p>	<p><i>undetermined</i> <i>status, mental</i> <i>status,</i> <i>cultural</i> <i>identity and</i> <i>features</i></p>	<p><i>Acculturative</i> <i>stress,</i> <i>adaptation</i> <i>challenges,</i> <i>language and</i> <i>cultural</i> <i>difficulties,</i> <i>problems with</i> <i>facilities and</i> <i>services</i></p>
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<p>Yangın, E., <i>283 Syrians</i> The Analysis <i>living in</i> of Socio <i>Hatay</i> Psychological Factors that affects Acculturation Strategies of Syrian Refugees: Hatay Case</p>	<p><i>Quantitative</i></p>	<p><i>ETKÖ (Host</i> <i>Culture</i> <i>Acculturation</i> <i>Perception</i> <i>Scale,</i> <i>National</i> <i>Identification</i> <i>Scale,</i> <i>Identification</i> <i>with Arab</i> <i>Identity Scale,</i> <i>Identification</i> <i>with Alavid</i> <i>Identity Scale,</i> <i>11-</i> <i>questioned-</i> <i>form about</i> <i>Syrian Crisis'</i></p>	<p><i>social</i> <i>psychological</i> <i>factors of</i> <i>acculturation</i> <i>orientations of</i> <i>host</i> <i>community</i> <i>toward the</i> <i>Syrian</i> <i>refugees</i></p>
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source,
Similarity
Perception
Between
Groups Scale

There are some common grounds in these six studies. For instance, five studies are unpublished thesis whereas an article exists. Four of them have been written in Turkey and the rest have been written in the USA universities, but all of them are related within Turkish context. Their publication years are recent also. Three of them are completed in the year of 2019 whereas two of them are completed in 2018 and the last one in 2017.

4.3 Summary of the Results of the Selected Studies:

1- Alghamdi, F. S. (2019). Examining the Acculturation Experiences of Syrian Refugee Emerging Adults in the United States of America:

According to Alghamdi's (2019) research on refugees in the USA, IPA (Interactive Phenomenological Analysis) model has been used. IPA was introduced as a qualitative research approach and it focused on experiences and people's understanding and meaning from the experiences that people gain (Smith, 1994). In addition to this, IPA has been established in health psychology as experiences of illness and people's understanding on it, and it is useful in counseling, clinical and social psychology (Brocki & Wearden, 2006). According

to Smith and Osborn (2007), there are four main categories in this research analysis and they are searching for themes in the first case which involves reading and rereading transcripts and making meaningful notes and transforms themes into more psychological terms; then connecting the themes; continuing to analyze of other cases and lastly writing them narratively and reflect participant's experiences.

This thesis is primarily focusing on the experiences of Syrian refugees emerging adults aged from 18 to 25 years old, 7 men and 5 women experienced Syrian Civil War without looking at their religion, gender, and educational background. The research design was qualitative and data collection part was chosen from an NGO called Ansar of Pittsburgh, Pennsylvania where refugees are seeking help for settlement in the USA. Lack of generalizability was a limitation for this study due to sampling was in a very limited size, society and geography. Thus, it could be said the results were transferable but not generalizable.

One of the importance of this study is having an emphasis on acculturation process of refugees who transited from different countries to resettle, qualitatively by touching their lives while many others are focusing on refugees' mental health problems and traumatic stress factors quantitatively in the mental health field. Moreover, there are not enough research in North America in this topic, so it could be a leading one.

The participants have been in Jordan, Lebanon, Turkey or Egypt before settling the USA and three of them in the USA high schools, four of them are seeking English language programs and the rest had applied to the community college. The reason the researcher has been focused on this age and sample could be summarized with some titles. Firstly, they have experienced the war, secondly, they tackled with so many challenges not only in the educational system but also in the workplaces and thirdly they could experience acculturative stress in multiple levels because of family, peer pressure and US culture.

The main reason for becoming refugees in the USA was seeking protection because of the atmosphere in their hometown due to political conflict and they have experienced traumatic events including near-death experiences that impact an individual's mental health, physical health, financial status, and relationships with others. They have experienced continual bombings and their families has a big life-threatening and a traumatizing event. In addition, two participants were arrested and tortured in the prison. When they have settled down to the USA, they had also difficult times and challenges related to acculturation such as mental health problems, familial responsibilities, education, employment facilities and rules and regulations in the country towards them. Their coping strategies were so diverse but when we looked at them very briefly, we could list them as strategies like assimilation, integration, marginalization or rejection (separation); interpersonal skills like enhancing resiliency capacity, improving social skills; seeking community support and coping thanks to social network like family, neighbors, friends, peers, teachers, coworkers, colleagues and community volunteers.

After she looked at coping strategies and acculturation challenges qualitatively in-depth interviews with IPA model, she has interpreted them one by one by combining the literature knowledge she has.

2- Balta Ozgen, A. (2019). Refugee Integration in Comparative Perspective: Syrians in Canada, Germany, Turkey, and the United States:

In this dissertation, researcher focuses on four major goals that she wants to contribute into academic field. They are using a comparison internationally with qualitative data to see the development of variety of countries' reactions to refugees in the acculturation process. Not only putting Germany (a European country), Canada and the USA (developed migrant countries by its nature) but also adding Turkey as a new actor as a recent immigrant-receiving-country, she reached bigger network of refugees. Turkey's relatively unstructured integration policies and its open-door policy in the very beginning of the war should be

criticized and provide insights in migration literature. Next, this migration process covers lots of heavy life stories, traumatic life-threatening events and challenging migration journeys comparing the other migration types when it comes to speak about integration. Thus, this study helps to conceptualize refugee integration which is different from immigrant integration. Thirdly, this study was released to demonstrate short-term integration journey. Because of the time consideration, it is difficult to interpret integration outcomes in the long period of time. That's because questions about systems' opportunities and threats for refugees' socio-economic integration experiences, whether social policies exist or not especially for regaining social capital and welfare of refugees were all questioned with a comparative research design in this thesis. In addition to all, this thesis criticizes the meaning and applications of temporariness by locating classical dichotomy of temporary vs permanency. When it comes to construct policies to offer migrants or refugees, their perceptions are ignored. The researchers' aim is filling this gap in the literature by being voice of refugees.

From each country, she picks a city in which to sample respondents: Toronto, Canada; Buffalo, New York U.S.; Istanbul, Turkey; and Berlin, Germany. She examines SES and relatedly education, employment, poverty and welfare dependency and residential/ legal status, social and cultural life to observe the level of acculturation refugees have. She uses snowball sampling and time is excluded because in four countries times that refugees living in were so different. She prefers to study with the same origin group, and it is Syrian refugees which has the most recent and largest population globally. However, she is aware that coming from Syria means they could be Arab, Kurdish, Turkmen Syrians ethnically and Sunni, Alawite Muslims or Christians religiously. Even she interviewed mostly with Sunni Arab she was more focused on gender, SES, education or family status in terms of migration. She sampled different variations so that she could see the diversity and differences in terms of acculturation.

The researcher believes that successful integration means not only for a change in migrant population but also in the host society. Governments, NGOs,

resettlement and residency agencies, all parts of the society are responsible in this process. According to her humble amplification, the most vulnerable or the most educated refugees are selected for the USA and Canada whereas those who were able to pay smugglers went to Germany and who could not afford to stay in Turkey.

Thanks to evidence (Alba and Foner 2014; MIPEX 2015), we could observe Canada has an immigrant integration's policies and perceptions to integrate well. In the USA, there is also a well-developed refugee resettlement system that let immigrants' access to fiscal and social support. The federal states' political and local actors spend plenty of resources to integrate refugees than other immigrant groups (Singer and Wilson 2006). Unfortunately, there is no comprehensive immigrant integration policy comparing to Canada at all, they tend to apply a *laissez-faire* approach. Apart from refugees, the government does not play a formal role in immigrant integration (Bloemraad and de Graauw 2011). On the other hand, Germany, another country that was on the list, has a relatively new integration policy after an ethnic nationalism history for a long period of time (Meier-Braun and Weber 2013; Koopmans 2013; Kurthen and Schmitter Heisler 2009; Alba and Foner 2014; Brubaker 2001). Comparing to all, in Turkey, there isn't any immigrant or refugee integration policy, because newcomers are temporary guests under protection status (Kirişçi 2007; Biehl 2015).

In this dissertation key findings could be listed into three categories as researcher sorted. First issue is all refugees experience loss of socio-economic capital in some senses and their competency would depend according to size of their losses and the new countries' facilities which they are living in. Secondly, legal status matters and if they have a given permanent legal status and residency, it helps to feel more integrated for them. Last but not least issue is about feeling acceptance in the new country, if they have a sense of belonging in this regard, they feel more integrated.

Looking at the whole picture, it depicts that Canada has a various integration services available to refugees like orientation, reception and housing, employment, language, health and counseling, and family support. Naturally, there must be a correlation that Canada is the second largest refugee settlement country in the world. Canada could celebrate to achieve better integration results than most other countries primarily because of its multiculturalist approach (Harles 2004). Alba and Foner (2014) define Canada as least problematic in parts like employment, electoral success, identity, and intermarriage for migrants among six countries in their study of acculturation. Canada is noticing to have in well-educated and highly skilled workers. According to Alba and Foner (2014), there are lots of different migration models based on their nations, cultures, historical traditions. For instance, France is strongly associated with assimilation, Canada with multiculturalism, Germany with ethnoculturalism, and the U.S. with partially assimilationist and partially de facto multiculturalist principles (cited by B. Ozgen, 2019)

3- Altunay Yilmaz, H., 2018. Adjustment Experiences of Syrian Refugees in Turkey: Findings from a Community-based Participatory Research:

As Bhugra (2004) emphasizes, migration is already troublesome and complicated by nature and it consists of difficulties and different experiences before, during and after migration. In Syrian case, refugees are forced to flee from their homes at the cost of their belongings, families, countries because of political chaos, human right abuses, repression and unrest both internally and externally. Adaptation to a new, unknown culture is difficult with this kind of a background. Adjustment is defined as people's reaction to the demands of social environment by Sharma in 2016. Researcher prefers to use the phrase of adjustment as a general term, she believes adjustment is a process and it takes place in the mutual and harmonious interaction between individual and society, that's why she gathered all under this roof. In general, researcher makes an emphasis on adjustment issues of Syrian refugees with a small group of them by interviewing and deeply analyzing their conversation in terms of socially and psychologically.

The researcher used qualitative methodology and made interviews with participants. She asked about their migration process with the help of questions inquiring their past experiences, present experiences in Turkey, questions about self and questions about their expectations from the future. The main aim was learning about their difficult life experiences and traumatic events they had experienced in the past with the first question. Second was intended to ask about their settlement process and adjustment problems bringing acculturative stress, challenges they have had and psychosocial support mechanism if they have. The last two questions were to understand their perception about themselves and how they plan their future afterwards in this time period with this acculturation process and what kind of aims they must fulfill their wishes. We know from other study (Goodman, 2004) that hoping for the future and planning their lifetimes help refugees to endure hardships they have experienced.

The researcher has been examined findings from interviews in four parts. They were immigration and resettlement experiences of Syrians, future expectations of them and suggestions from them. Researcher also refers to similarity between Turkish and Syrian culture and how it helps refugees to feel more integrated to the society rather than feeling alienation. It also makes easier to adjust the new atmosphere that they have been living in. Researcher believes that findings of this study would be helpful to go further from the needs-based model towards the strength-based model. It was offered suggestion on what helps refugees to keep alive with future expectations and their experiences and to find out what kind of factors may hinder their adjustment processes. Thus, providing a deeper understanding about their resettlement period with the strengths and struggles are from goals of this dissertation. It is so crucial to have tailored intervention program for Syrian refugees.

4- Öztürk, S., 2019. The Evaluation of Syrian Adolescents' Psychological Adaptation and Acculturation Process in Turkey: Altındağ Case, Ankara:

Research conducted in eight school with Syrian adolescents between ages from 11 to 17 in Altındağ region in Ankara for 4 months from October 2018 to January 2019. Variables like PTSD, anxiety related disorders, emotional and behavioral difficulties and subjective wellness are analyzed with t-test to see if there are any differences with gender, age groups, language barriers, perceived discrimination, exposure to violence in schools and also ANOVA has been applied to see quality of life regarding to life conditions and eating habits. Analysis are made by parametric and non-parametric statistics with t-test, ANOVA and Chi-Square and some others in SPSS 24 program at all.

Previous research about refugee adolescences demonstrates if discrimination exists, there would be problems in physical and psychological health, lower self-esteem and higher stress and anxiety (Vedder and Geel, 2012). According to a study (Birman and Ho, 2005) acculturative stress could be seen if students feel discrimination in the school environment by their peers and teachers. Perceived discrimination has a negative correlation with psychological adaptations we see in the study (Berry, Phinney et. al, 2006).

According to this dissertation, a quarter of participants are told that they have experienced verbal, sexual or physical violence in the school and 37% of the participants have a perception that they are excluded or ignored in the society in daily life. Moreover, more than half of the participants do not find enough of Syrian cooperation. Psychological adaptation indicators are related to each other and Syrian adolescents' level of psychological adaptation is low. Looking at the case gender-based, women's psychological adaptation level is lower than men. Social attitudes like biases, discrimination and exclusion are found in acculturation process and it has expected them to affect negatively by creating acculturative stress. The children perceived discrimination could have anxiety problems, emotional and behavioral difficulties and subjective wellness according

to statistics. According to results Syrian emerging adults in this research feel exclusion in school with the rate of 34.6 % (n:120) and feel exclusion and discrimination by 37.2 % in Ankara.

It is confirmed that there is a significant effect on psychological adaptation with the perception of discrimination and exclusion. If social attitudes are covering and supportive, it would increase psychological adjustment. It is important to increase psychological adjustment in emerging adults by planning activities for them, especially with the awareness of their vulnerability. Especially, solving the language barrier and issues like school phobia, adaptation problems, perceived discrimination, alienation hindering psychological adjustment could overcome thanks to integrative and preventive projects and multicultural experiences.

5- Karataş K., Baloğlu M. (2018), Syrian Students in terms of Acculturative

Stress:

These two researchers have been an emphasis on acculturative stress on Syrian students and related problems in the phase of psychological and socio-cultural adaptation. There could be lots of different coping mechanism towards stress reactions before, during and after migration. This paper is a theoretical study highlights higher acculturative stress among Syrian students in Turkey and it demonstrates relevant issues while adapting to the new environment.

Acculturation journey could be longer continuing beyond generations and it depends on the culture migrants have and culture that they are going to live in. The elements of our feelings, behavior and attitudes are coming from the culture in which we were born as well. That's why, this cultural codes and patterns are always with us even we change the place, atmosphere etc. Humans as a natural representor of culture tend to continue their cultural codes and carry values and behavioral patterns in any another cultures, because it is known that human makes their existence sensible with their culture (Uygur, 2013). In this regard, it is clear that culture is a crucial and dynamic phenomenon in identity acquisition and

development. Acculturation is the change when a group comes up with another group for a specific reason (Flaskerud, 2007). After migration, this cultural confrontation brings cultural adaptation problems and acculturative stress reactions in individuals.

Cultural process could be defined in two main categories namely cultural identity and feature (duration and to some extent) and cultural adaptation and interaction. If something happens in this process, it is the cultural stress which makes people's lives difficult. Thus, cultural stress includes socio-demographic features, pre-migration process, social context in the dominant culture, post-migration process and acculturation process. Amayo (2009) and Kosic (2004) signify the intense acculturative stress on migrants because of adapting to a new culture and environment.

Kosic (2004) claims that coping with acculturative stress splits up in three categories as problem-focused, emotional-focused and avoidance. In this regard, researcher mentions about the importance of psychosocial support and gives enriched examples. According to Karataş and Oral's ideas (2016) cultural diversity in education creates intellectual and psychological benefits not only to the individuals but also to the society.

Torres, Driscoll and Voell (2012) mention that if language acquisition increases in the adjustment process, acculturative stress decreases. In addition to this, if refugee students feel that they are successful and satisfy with it, it helps more healthy engagement and to develop social skills and to decrease in psychological negativity (Karataş, Adıgüzel, & Ünal, 2018).

Cultural adaptation is a stressful process rather than a tensionless process and acculturative stress depicts psychological, somatic and social difficulties that migrants experience at the acculturation period. To balance acculturative stress and protect it in a stable position, it is important to give an opportunity for Syrian as psychosocial support. In this paper, the sample they focus was Syrian Refugee

students and after giving a theoretical framework about a topic, they focused on psycho-social support facilities for Syrian students.

6- The Analysis of Socio Psychological Factors that affects Acculturation Strategies of Syrian Refugees: Hatay Case, Esen Yangin, 2017

In the last thesis it has been read, the main aim was researching the possible influence social psychological factors of acculturation orientations of host community toward the Syrian refugees. She compares Turkish Arab Alavid (Nusayri) identity and Syrian People. She prefers Hatay as field practice because the population with Arabic Alavid identity was bigger than other places in Turkey.

That's why, she has started to work by adapting Host Community Acculturation Scale of Bourhis et al.'s (2016) into Turkish. Bourhis et. al developed this scale in 1997 at first but the last version is in 2016. This scale has been applied in Israel and Paris and with this thesis reliability and validity in Turkey has been searched. She has conducted a pilot research in İzmir Ege and Dokuz Eylül Universities in İzmir to see reliability and validity of this scale as well. She has applied pilot study with 302 University students aged between 17 and 30. She used 5 scales and they are:

- *Host Community Acculturation Scales (Ev Sahibi Topluğu Kültürleşme Ölçeği) (2004)*
- *Threat Perception Scale (Tehdit Algısı Ölçeği) (McLaren et al 2003)*
- *National Identification Scale (Ulusal Özdeşleşme Ölçeği) (Reicher 2009)*
- *Social Distance Scale (Sosyal Mesafe Ölçeği) (developed by Bogardus and adapted by Çarkoğlu and Toprak)*
- *Feelings Towards External Group (Dış Gruba Yönelik Duygular) (Stephan et al)*

As a flow, she explains Berry's theory at first. She is presenting Berry's four categories with Interactive Acculturation Model. Berry's theory (2001) tells if host culture wants to assimilate newcomers, 'melting pot' strategy occurs in the society. If they want to exclude them, they tend to use the strategy of segregation and if they

want to support marginalization it brings 'exclusion' to them. Integration is multiculturally possible one as well.

Looking deeply at the literature, it could be easily seen that Bourhis et. al (1997) developed Interactive Acculturation Model which consists of four categories of Berry' theory and plus Individualism. Bourhis et. al (1997) reported that followings are possible outcomes in terms of acculturation period: safe or unsafe identity feelings, communication in two languages or interculturality, hatred discourse, ethnic biases between groups, prejudice, discrimination, acculturative stress, changes in languages and culture between generations, hatred crimes.

In the year of 2016, Bourhis brings new phrases as transformative-integrative into the literature. Bourhis and Al-Galdhi (2016) criticizes different strategies happening during acculturation and they are host acculturation strategy towards newcomers, newcomer's acculturation strategy towards host and both groups interactions and relations. According to Host Community Acculturation Scale, there are mainly six acculturation strategies. Integrative, transformative and individual strategies could be welcoming whereas assimilation, segregation and exclusion are assumed as rejecting. Apart from them, three main categories namely perception of threat, multiple identities and identification with social groups has been examined. The concepts like social identity, social categorization and distinctiveness between groups have been emphasizes and explained well.

According to the results, acculturation strategies adopted for Syrians are found related to mutual identities, threat perception, ingroup identification, similarity perception between groups and attributions. In Hatay case, she has conducted research in four districts, Arsuz, İskenderun, Antalya, Samandağ. The sample size were 283 people (154 women and 129 men) and their age mean was 32.49. 44% of them were emerging adults, 39% of them adults and %15 were elderlies. There were 8 sections while conducting research and it does not take too much to fill in. They are;

- *Demographic Variables (they were asked as gender, age, ethnic/ religious identity, income per month (categorically))*
- *ETKÖ (Host Culture Acculturation Scale)*
- *Threat Perception Scale*
- *National Identification Scale*
- *Identification with Arab Identity Scale*
- *Identification with Alavid Identity Scale*
- *11-questioned-form about Syrian Crisis' source*
- *Similarity Perception Between Groups Scale*

Some of the results that could be emphasized is that assimilation is high when people identify themselves both with Arabic and Alavid identity. If Arabic identification is high and Alavid is low, assimilation is lower level.

283 participants have been included in Hatay from different towns and results demonstrates that Syrians are adopting acculturating strategies in which they have found relations to mutual identities, threat perception, ingroup identification, similarity perception between groups and attributions.

CHAPTER FIVE

DISCUSSION

This chapter is mainly written about Syrian Refugees' Acculturation and its effectiveness for their lifetime after searching different databases and approximately 8500 research, articles. After selecting the most relevant six studies which mention acculturative stress and mental health status to some extent, their analysis and synthesis have been made according to systematic review methodology in terms of researcher's ideas and interpretations in this section.

5.1 Themes Related to Acculturation

Human is the real and main actor of adjustment process in migration when it comes to effects and reflections in their lives both in the short and long term (Akıncı, Nergiz, & Gedik, 2015). Especially undetermined status in work, loss of the status in social life, language barriers, loss of loved ones and social support, acculturation and adaptation problems are all effects not only adults' psychologies but also children's and adolescent's mental status. For children, related with stress they are in, they experience difficulties in the new system and language, conflicts in ethnicity and religious identity and problems occurring like discrimination and social exclusion (Stevens & Volleberg, 2008).

While examining the studies with different senses, some general concepts are expected to be seen by researchers like discrimination, alienation, adaptation, cultural integration and surviving in difficult life conditions.

Acculturation strategies that is used by samples could be interpreted without looking deeply into theories. Even the articles' main theme does not say about Berry's acculturation strategies or the concept of acculturative stress, they all say something about two cultures' living conditions and status within the analyses of

socio-cultural perspectives and psychological concerns within their own disciplines.

There are so many evidences in the literature which says acculturation brings so many difficulties and it creates acculturative stress not only on individuals who experiences migration but also individuals who starts to live with the newcomers into the society. This process leads mental health problems, conflicts, stress and anxiety for each side. However, for the migrants, feeling alone, excluded, separated and valueless are apparent issues and language barriers, racism and discrimination are the other major issues to cover. Lack of facilities, delimitative steps and substances are the other titles in this research area to consider and focus on. In all included studies, there were mentions about points with different phrases and discourses. In general, it should be categorized refugees' facing problems in terms of legal status, services facilities that they receive, psychological conditions and acculturation challenges in general. It is important to take into consideration of risk and protective factors which affects vulnerability and resiliency. They lead to use acculturation strategies and it triggers individual's coping mechanisms. According to strategy that they chose, their settlement and belonging, receiving support from family and friends, reaching out to the community resources, community organizations, NGOs government and public facilitators, their sense of belonging, their security and support change or vice versa.

5.2 Systematically Review of Studies

When articles have been selected, it was clear that there were not too much well organized and comprehensive articles that encounters what is needed. When quality assessment part has been done, there were some conclusions and concepts came into sight roughly. The researcher had doubts about the methodological process, because it was not determined as a definition of systematic review. However, the methodology and steps were all designed according to systematic review approach, so it was a systematic review regardless of its consequences.

In assessment and evaluation phase, the researcher tried to read all the studies in a more neutral way by taking notes and combining ideas which empierce all parts of the research like literature supporting the main idea and research question, methodology part giving the path that researchers follow and results and discussion demonstrating the conclusion ideas step by step. It was well-planned and applied in a systematic way.

There were so many different articles from very different disciplines and backgrounds to discuss migration and acculturation phenomena with different senses and approaches. Especially international relations, sociology, political theory, public administration and education were cumulated of work except psychology. There were no restrictions about the field of work, but the including criteria were mostly based on individual's acculturation journey and the focus was how well they accultured and how to acculturate. Therefore, acculturation strategies and the concept of acculturative stress mean a lot. According to including criteria, the last twelve researches have been examined closely again and at the end the half of it have been kept for further examination and review. The rest were not mentioning about acculturation in terms of mental health and psychology perspectives that researcher was intended to look at. Acculturative stress, adaptation problems, acculturation strategies are some of the key concepts that helps to qualify.

Most of the articles have written qualitatively and their methodology was weak to analyze and compare and synthesize in a more sophisticated way. There are just a few quantitative studies. One of the theses has included a pilot study and an adaptation of a scale and another thesis were quantitative one. The rest of the studies were qualitative.

5.2.1 Existing Situations

According to studies that are reviewed till the end, Syrian refugees that have been mentioning in the aforementioned studies have all experienced conflict in their

country, most of them have experienced torture, prisoning and felt unprotected, they all have settled to a new country and some of them have transited different countries and experienced different migration journeys on the way, they all have acculturative stress in a sense and challenges in terms of system.

In every part of migration journey has different difficulties and challenges. Before migration and during migration the refugees had near death experiences, traumatic events, heavy life stories, traumatic life-threatening events and challenging migration journeys. It affected **their mental and physical health**, so there should be some facilities especially on health and counseling when they start their new lives in a new environment.

Hui et. al (2015) describes acculturation in the general and individual level. They emphasize **cultural distance**. In the general level there are some aspects like social, cultural, environmental, institutional etc. and in the individual level behaviors and attitudes, values could be counted. They approach acculturative stress factors in five groups, and they are the size of host culture, type of acculturation groups, the acculturation strategy and methodology, demographical, psychological and social features of individuals.

Financial status and socio-economic situations of refugees are capital importance in their lives, and they all related with education, employment, welfare dependency and poverty, reception and housing, employment status in the bigger picture.

Social environment and relationship with others are also crucial in an individual's life and all papers have been mentioned about the importance of social and cultural life and they exemplified it with family support, peer existence, parenting attitudes, loss of loved ones etc.

Another important point in this regard is **residential/ legal status of refugees**. Lots of the countries have been affected with these refugee waves directly or undirectedly and they implemented different rules and regulations towards

refugees in terms of their migration background, adaptation policies and societal level.

Orientation is another subheading that needs to be covered when it comes to acculturation. Unfortunately, there is not enough policies or implementations so that needs to be counted as an important phase of acculturation period helps both of societies to accustom each other.

Language is one of the most highlighting titles that researchers mentioned about. Language problem is the biggest problem in Syrian refugees' education according to Human Rights Monitoring Organisation Research in 2015. According to Kirmayer et al (2011), language and cultural differences brings acculturation problems in terms of psychological maladjustment. Angay (2012) mentions that migrant children are feeling psychological pressure and not able to express their feelings and ideas because they do not know the language. The ability to speak local language and time and facilities to learn it really matters in terms of acculturation period.

5.2.2 Attitudes towards them in the host country

There are some main points that make sense out of reviewed studies. They might be listed as perceived discrimination, alienation, biases, traumatized and perceiving as strangers and they all trigger acculturative stress in a sense. Their SES level, working in low quality jobs, and worse life conditions than before are other factors that may cause rise of acculturative stress level in refugees. Family and peer pressure in their social environments and cultural distance between societies are other main points to take into consideration. Problems because of language deficiency may also cause acculturation problems in the new environment and it decrease the level of acculturative stress. Hui et. al (2015) claims that age, gender, educational level is some of the effects of the perception of acculturation and acculturative stress.

Their voices are ignored when it comes to policies about them, the decision makers decide what to do. Acculturation strategies that they are using are changeable and dynamic according to time, location, population, cultural sensitivity and distance and life experiences.

5.2.3 Attitudes towards host country residencies

In the post-migration period and beyond, adapting to a new culture brings differences and abnormalities on assumptions and perception of norms. It does not affect only migrated culture but also the host society. In acculturation process cultural changes would be in both sides (Kılıçoğlu, Acat, & Karadağ, 2015).

Saygın and Hasta (2018) acclaim that host culture's acceptance and interaction with the newcomers affects positively as well as migrant's effort to acculturate in the new society. However, members of mainstream culture have also feared and had their biases towards newcomers because they might be a threat for their values, faith and cultural codes and ethics (Croucher, Galy-Badenas, & Routsalainen, 2014). Besides, biases and discrimination, not only bring negativize ideas but also bring negative feelings like inferiority, hatred, unliking, avoidance (Göregenli, 2012). Therefore, biases, perceptual differences, misunderstandings, negative stereotypes and ethocentric approaches are also hindering factors for healthy communication (Aksoy, 2012).

With the help of studies showing correlations between migration and psychopathologies emerging in post-migration period, it is needed to increase psychological, social and fiscal mechanisms to decrease acculturative stress (Carswell, Blackburn and Barker, 2011). Perceived threat and feeling insecure are not specific into one part, it could be detected for both sides. In addition, all individual could have an acculturation level and they all could have acculturative stress without separating them as host and newcomers. Most of the studies mention that feeling close and having little cultural distance takes an important step if they

have the same faith or if they have short cultural distance or geographical atmosphere.

Coping thanks to social network like family, neighbors, friends, peers, teachers, coworkers, colleagues and community volunteers make them at ease and it reflects both sides.

Their interpersonal skills could be effective through enhancing resiliency capacity, improving social skills; seeking community support and applying inclusion strategies and eliminating the idea of becoming far, exclusion or separation.

5.3 Challenges and Problematics in the Study

The first problem that should be mentioned was the words' interchangeable usage in general when it comes to acculturation and migration. It has been placed in literature so many decades and keywords, phrases that different disciplines use are not the only confusion, also academicians, researchers use the phrase very complex as well. In this thesis, title and general tendency were to use 'refugees' however, because of referring to so many academic research.

Another important point, that is worth to share is the neutrality of the language that researcher used. Because all the researcher in the study came from host country's culture at some point, the language was not neutral enough when it comes to speak, criticize and write.

It is important to thrive to understand realities and facts about migration rather than using the phrases that are rooted in academia for years. To exemplify it, perceived discrimination phrase could be used. This concept contained an understanding that migrants or newcomers are feeling discrimination at some point but was it giving concrete outputs with scales, surveys, interviews etc. or was it only generally accepted statement that has been used in academia and seen to be

appropriate to use. Another argument could be the discourse of references and ideas that researcher mentioned, it needed to be more neutral and it needed to show different ideas and diverse approaches.

Migration journey not only creates tragic cases but also it could be helpful people to increase their resiliency and at the end post traumatic growth could exist rather than post-traumatic stress disorder. Also, we focused on migrant phrases such as refugees, temporary protection status etc. but there are some different special cases like special migrant visa status for some occupational clusters such as cultural or art specialties.

While looking at most of databases, research and study pools, it could clearly be seen that there is not enough research specifically on Syrian Refugees' Acculturation, adaptation problem which is triggered by acculturative stress and acculturation challenges and related mental health issues. There is not a systematic or standardized method to interpret the whole case as well.

Even approximately ten years have passed from what happens, the learning of Arabic language is so weak than expected in Turkey and it could also be a challenge to do more research to make social policy or understand the situation. The researcher had also very little Arabic and it blocked not only academic path and data she has reached but also her contribution in the practical side.

5.4 Recommendations for Further Research & Social Policy Advices

To the researcher's point of view, there were few subheadings to discuss in general. The more improvements exist in these different areas, the more acculturation could be smoother. From the psychological perspective in the reviewed studies providing psychological first aid, providing psychosocial support are prerequisite for understanding and acting for refugees in terms of their psychological status and their mental health. Moreover, the host country should also

provide education, job and health facilities to all equally. Another point is providing necessities of human rights, facilities and services, specifying and improving rules and regulations according to newcomers. It would help to increase relationship skills with others in diverse societies in a more harmonious way. Determining legal status also affects to apply integration policies and adaptation projects in a broader way. Another important point that has the importance is acquiring the new language and providing facilities in both languages so that refugees easily adapt.

Some countries like Canada, Germany have very structured integration policies for newcomers, and they apply it step by step. There should be some examples for Turkey in this regard even they a different cultural atmosphere and even it is not the first refugee wave into their countries.

For the specific purposes and development areas like retail, marketing, trade or higher education, there should be guidance and structured rules and regulation for migrants.

There are so many different types of migration as it is already discussed in the literature chapter and it has been categorized into four main phrases. On the other hand, there are some other different and specific migration types with special visa. For instance, the UK has a Tier1 Exceptional Talent Visa for refugees and their acculturation process should be different from others. Some European countries have also accepted Syrians with different special visa types as qualified workforce such as artists, academicians, doctors etc. There is also evidence in the literature that some develop countries like Canada also chose migrants who has specific skills and qualifications. Having the same job title or feeling accepted with individual's talents and backgrounds facilitates adaptation and integration process, so Syrians should be referred to their main occupational areas rather than seeing as unskilled labor. It could be a win-win situation for both sides.

There are so many researches about migrant mental health and some of them are specifically focuses on acculturative stress and related mental health problems. However, there is lack of study on acculturative stress and Syrian Refugees in

general and some points should be clarified not only for cultural cohesion and enhancing the public services for migrants but also for individual's health related needs specifically. This could be because of time restrictions; a decade might not be enough to discuss this topic, or another possibility could be the lack of interest in this topic in the field of psychology comparing the other social sciences. Further research and enhanced integration projects and adaptation facilities are all needed in this regard.

Another point is the experiences of specific involuntary migrants, such as asylum-seekers, are very much neglected in acculturation studies. (Kuo, B., 2013) There should be more focus research and further studies especially on this topic as well.

In the migration process loss of loved ones, entities and belongings make so much burden on individuals. In this regard, social support, protective factor like religious coping, spiritual coping, cultural codes, optimism and hope are some main themes which could be helpful as variables to look at main areas like vulnerability-resiliency, post traumatic growth. In this regard, it could be exemplified some thesis (Sağır, 2018) and studies.

Equally important to what we should be measuring is the question of how we should measure acculturation. (Palinkas, L. A., Pickwell, S. M., 1995). This thesis is not focusing on psychopathologies and migrant related problems in a clinical sense. There are variety of acculturation scales and therapeutic interventions with different techniques in this topic. It has not been measured acculturation process of Syrian Refugees in the context of Turkey in a very scientific and objective way. This point of view and approach is more subjective and interpretative according to evidence pyramid. The scientific and proof-approved side could be also helpful to make a different systematic review with a clinical approach with meta-analyses and qualitative synthesis.

5.5 Limitations for the Study

In the whole research process the researcher would want to focus on more psycho-social approaches and multidisciplinary studies to look at the issue from a broader perspective and understand migration journey up one side and down to the other so that it could be set forth a social policy at the end.

A limitation in this study is not being able to reach files about integration policies that are amplified in the Ministry level in terms of migration. Lack of facilities and covering only Syrian Refugees status in Turkey also complicated the case because Turkey carries most of refugees after the unrest in 2011.

Because it was a systematic review, there was not any change to analyze books. Therefore, the researcher would want to mention that there were some comprehensive books written on this topic and she benefitted from their perspective even she would not have any chance to include them into the review process. In addition, they were written mainly in the field of international relations and sociology and the researcher was focusing more on acculturative stress regarding to mental health and psychosocial approach.

When closely look at the migration studies and research related to these issues in Turkey, it has been seen adaptation and integration policies or scientific research on adjustment was comparatively new research area in the academia. There was not enough research in worldwide as well but comparing to other countries Turkey had more research on this topic. In Turkey, the articles were more focusing on adjustment whereas in the world we could find more mental health related studies. There were some specific studies to the pointed populations or as pilot scheme. Unfortunately, comparison studies, prevention studies were barely found in the literature. Especially when talking about adaptation and harmonization studies, sociology, political science and international relations are the most productive research fields and the concept of acculturation was embracing in the field of history, economy besides ones. Yet the field of psychology, health and education are coming from behind. Thus, it is a crucial fact that different fields need

to be merged and variety of disciplines should focus on refugee mental health and hardly ever specifically acculturative stress. Moreover, there should be a transdisciplinary approach rather than multidisciplinary approach to gain power not only scientifically but also put effort into the practical field.

5.6 Contributions to knowledge about the experience of acculturation

Focusing on acculturation is also helpful for other perspectives and fields about migration like sociology, international relations, politics, anthropology and psychology and other related fields covering traumatic life events, pathologies and acculturation of individuals at a glance. On the other hand, there is a different approach in relatively emerging field which is named as cultural studies and it pleads to mention about minorities and different cultures which have a potential to be melted in diverse and multicultural environments under the control of more hegemonic and majority population. The cultural studies exist to behold cultures and draw a framework containing contrary views. According to all these perspectives, this thesis' aim is to examine and review at academic studies and research in terms of Syrian Refugees' Acculturation in a multidisciplinary manner.

That's one of the most important justification for the researcher to prioritize this topic as a member of the society that welcomes Syrians from the beginning but unfortunately, there is not any structured policies for both societies. Another rationale could be looking at the studies which are written in English and Turkish because of author's language competency in these languages. It makes sense because Turkey is one of the most important actors in this conflict as a neighbor and the number of people coming from Syria was remarked also academicians and there is massive research in Turkish in this regard. Furthermore, English is the academic language accepted all over the world and reaching academic world easily without language barrier helps to wrap the issue more inclusively.

With this thesis, one of the aims was to collect scattered information in academia and exclude grey literature in terms of Syrian Refugees' Acculturation. The researcher did not add a new information or result of their acculturation ceremony. Endeavoring to understand what kind of acculturation strategy has been seen in Turkey and its comparison in the world was the case.

Conclusion sentences could be so downcast, and the integration is the least experienced one and Syrian Refugees are exposed to discrimination, separation and according to some studies, they could be marginalized soon. That means there must be some social integration policies for both sides.

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