

## **Psychosocial Adjustment and Its Relationship with Attitudes Toward Migration Among Youth**

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### **Abstract**

Migration has become one of the most significant social phenomena affecting contemporary societies, particularly among young people who increasingly aspire to move abroad in search of better living conditions, employment opportunities, and social stability. The growing interest in migration among youth is not only influenced by economic and political factors but also by psychological and social conditions that shape their perceptions and aspirations. Among the most important of these factors is psychosocial adjustment, which reflects an individual's ability to adapt psychologically and socially to the surrounding environment. The present study seeks to examine the relationship between psychosocial adjustment and attitudes toward migration among youth. Psychosocial adjustment refers to the individual's capacity to maintain a balance between personal needs and the demands of the social environment, including emotional stability, self-acceptance, positive interpersonal relationships, and effective coping with life stressors. When young individuals experience difficulties in achieving such balance, they may develop feelings of dissatisfaction, frustration, or lack of belonging, which may increase their inclination toward migration as a perceived means of improving their life conditions. Conversely, individuals who demonstrate higher levels of psychosocial adjustment may feel more satisfied with their social environment and consequently show less desire to leave their home country. This research aims to highlight how psychological well-being and social integration can influence youth attitudes toward migration and shape their future aspirations. The study also emphasizes the importance of examining migration as a multidimensional phenomenon that includes psychological, social, and cultural dimensions in addition to economic considerations. By analyzing the relationship between psychosocial adjustment and migration attitudes, the study contributes to a deeper understanding of the factors that motivate young people to consider migration as a life choice. The findings may provide valuable insights for educators, policymakers, and social institutions seeking to address the challenges faced by youth and to design programs that enhance psychological well-being, strengthen social integration, and reduce the pressures that push young people toward migration. Ultimately, the research underscores the importance of promoting supportive environments that enable youth to achieve personal fulfillment and social stability within their own societies.

**Key Words:** Psychosocial Adjustment; Attitudes; Migration; Youth



## **Introduction**

In recent decades, migration has emerged as a widespread global phenomenon that significantly affects the social, economic, and cultural structures of many societies. Among the groups most influenced by this phenomenon are young people, who often view migration as an opportunity to achieve personal aspirations, improve their living conditions, and secure better professional futures. The increasing interest in migration among youth reflects a complex interaction of economic circumstances, social realities, and psychological experiences that shape how individuals perceive their environment and evaluate their life opportunities. While economic factors such as unemployment and limited career prospects are often highlighted as primary causes of migration, psychological and social factors also play a crucial role in influencing the attitudes and decisions of young people.

Psychosocial adjustment represents one of the key variables that can help explain why some young individuals develop strong aspirations to migrate while others remain committed to building their future within their home communities. Psychosocial adjustment refers to the individual's ability to achieve harmony between personal desires, emotional well-being, and the expectations of the surrounding social environment. It involves several interconnected dimensions, including emotional stability, self-confidence, interpersonal relationships, social participation, and the capacity to manage life challenges effectively. When individuals experience difficulties in adapting to their social environment or feel marginalized within their communities, they may develop negative perceptions of their current circumstances and begin to consider migration as a possible solution to their problems.

For many young people, the desire to migrate is closely associated with feelings of dissatisfaction with their social, economic, or educational environment. In societies where youth face high unemployment rates, limited opportunities for professional advancement, and restricted access to quality education, migration may appear as a pathway to achieving independence, success, and personal fulfillment. These perceptions may be reinforced by social influences such as media representations of life abroad, success stories of migrants, and the growing interconnectedness of the global world. As a result, migration becomes not only an economic decision but also a psychological aspiration linked to the search for identity, self-realization, and social recognition.

However, the relationship between psychosocial adjustment and migration attitudes is not necessarily straightforward. Some young individuals who experience challenging circumstances may still demonstrate strong resilience, optimism, and attachment to their community, which enables them to adapt successfully without developing a strong desire to migrate. Others may perceive migration as an opportunity to explore new experiences and broaden their horizons rather than as an escape from dissatisfaction. These differences highlight the importance of examining individual psychological characteristics and social experiences when studying migration intentions among youth.

Understanding the psychosocial dimensions of migration is particularly important for policymakers and social institutions seeking to address the challenges faced by young people. By improving educational opportunities, promoting employment programs, and strengthening community support systems, societies can enhance youths' sense of belonging and satisfaction



with their environment. Such efforts may contribute to reducing the pressures that lead many young individuals to consider migration as their only path toward a better future. In this context, studying the relationship between psychosocial adjustment and attitudes toward migration can provide valuable insights into the underlying motivations that influence youth decisions and aspirations.

The present study therefore aims to explore the relationship between psychosocial adjustment and attitudes toward migration among youth. By examining how psychological well-being, social integration, and life satisfaction influence migration intentions, the research seeks to contribute to a deeper understanding of the complex factors that shape youth perspectives in contemporary societies. The findings of this study may help educators, psychologists, and social policymakers develop more effective strategies to support youth development, strengthen social stability, and create environments in which young people feel empowered to pursue their goals within their own communities rather than feeling compelled to seek opportunities elsewhere.

### **1. Concept of Psychosocial Adjustment**

Psychosocial adjustment is a fundamental concept in psychology and social sciences, referring to the process through which individuals achieve a harmonious relationship between their internal psychological needs and the external social environment in which they live. It reflects the individual's ability to manage emotions, establish healthy relationships, and respond effectively to social expectations and life challenges. Psychosocial adjustment is therefore not limited to personal emotional balance but also involves successful integration within social contexts such as family, school, community, and workplace. Individuals who demonstrate high levels of psychosocial adjustment are generally capable of coping with stress, maintaining positive interactions with others, and adapting to changing circumstances in constructive ways. According to psychological research, adjustment is closely linked to well-being, life satisfaction, and overall mental health, making it a central concept in understanding human behavior and social functioning (Hurlock, 1980; Lazarus & Folkman, 1984).

The concept of psychosocial adjustment has been widely discussed in developmental psychology, particularly in relation to how individuals adapt to various stages of life. During adolescence and young adulthood, the need for psychosocial adjustment becomes especially significant because individuals face multiple developmental tasks such as identity formation, independence, and social integration. These stages often involve emotional fluctuations and social pressures that require individuals to develop effective coping strategies and interpersonal skills. Successful adjustment during these periods allows young people to establish a stable sense of identity and develop meaningful relationships within their communities. Conversely, difficulties in psychosocial adjustment may lead to feelings of insecurity, alienation, or dissatisfaction with one's environment, which can affect both psychological health and social functioning (Erikson, 1968).

Psychosocial adjustment is often understood as a multidimensional process that includes several interconnected components such as emotional stability, self-esteem, social competence, and the ability to handle stress. Emotional stability refers to the individual's capacity to regulate emotions and maintain psychological balance in the face of difficulties. Self-esteem involves the evaluation of one's own worth and capabilities, which significantly influences confidence



and motivation. Social competence, on the other hand, reflects the ability to interact effectively with others, build supportive relationships, and participate actively in social activities. When these elements function harmoniously, individuals are more likely to experience positive psychological outcomes and demonstrate resilience in dealing with life challenges (Santrock, 2011).

Another important aspect of psychosocial adjustment lies in the individual's ability to cope with stress and adversity. Life inevitably presents challenges such as academic pressures, family conflicts, economic difficulties, and social expectations, all of which can influence psychological well-being. Effective coping strategies enable individuals to manage these stressors in constructive ways, thereby maintaining emotional balance and social stability. Researchers emphasize that coping mechanisms such as problem-solving, seeking social support, and maintaining optimism play an essential role in promoting psychosocial adjustment. Individuals who develop adaptive coping strategies are generally better equipped to face difficulties without experiencing severe psychological distress or social withdrawal (Lazarus & Folkman, 1984).

The family environment is one of the primary contexts that shape psychosocial adjustment. Families provide the earliest social experiences through which individuals learn communication patterns, emotional regulation, and social norms. Supportive family relationships characterized by affection, trust, and open communication contribute significantly to the development of healthy psychological adjustment. In contrast, family conflict, neglect, or lack of emotional support can create difficulties in forming secure attachments and may lead to behavioral or emotional problems later in life. Therefore, family dynamics play a crucial role in influencing how individuals perceive themselves and interact with the broader social world (Bronfenbrenner, 1979).

Educational institutions also play a significant role in fostering psychosocial adjustment among individuals, particularly among young people. Schools and universities are not only places for academic learning but also important environments for social development and personal growth. Through interactions with teachers, peers, and institutional structures, students develop skills such as cooperation, communication, and conflict resolution. Educational environments that promote inclusiveness, respect, and support can enhance students' psychological well-being and sense of belonging. Conversely, negative experiences such as discrimination, bullying, or academic pressure may hinder psychosocial adjustment and contribute to feelings of stress or isolation (Eccles & Roeser, 2011).

Social relationships beyond the family and educational settings also contribute to the development of psychosocial adjustment. Friendships and peer networks provide emotional support, opportunities for social interaction, and a sense of belonging that are essential for psychological well-being. Positive peer relationships encourage cooperation, empathy, and mutual understanding, all of which strengthen individuals' ability to adapt to social environments. At the same time, peer influence can sometimes lead to negative outcomes if individuals become involved in unhealthy behaviors or experience social rejection. Thus, the quality of social relationships plays a critical role in shaping psychosocial adjustment and overall mental health (Hartup & Stevens, 1997).



Cultural and societal factors further influence psychosocial adjustment by shaping the norms, values, and expectations that guide individual behavior. Each society provides a framework of cultural beliefs and social rules that individuals must navigate in order to function effectively within their communities. Cultural values such as collectivism, individualism, respect for authority, or emphasis on achievement may affect how individuals interpret social roles and responsibilities. Successful psychosocial adjustment therefore requires individuals to understand and respond appropriately to these cultural expectations while maintaining their personal identity and emotional well-being (Triandis, 1995).

Psychosocial adjustment is also closely associated with mental health outcomes. Individuals who experience difficulties in adjusting to their social environment may develop symptoms such as anxiety, depression, or social withdrawal. These conditions often arise when individuals feel overwhelmed by stress or unable to meet the demands of their environment. In contrast, individuals who achieve positive psychosocial adjustment tend to demonstrate higher levels of resilience, optimism, and life satisfaction. Research consistently shows that psychological well-being is strongly linked to supportive relationships, stable environments, and opportunities for personal development, all of which contribute to healthy adjustment (Ryff & Keyes, 1995).

Overall, psychosocial adjustment represents a dynamic and ongoing process that reflects the interaction between personal characteristics and social environments. It involves continuous efforts by individuals to balance their internal emotional needs with external social expectations. Achieving this balance requires the development of coping skills, supportive relationships, and positive self-perceptions that enable individuals to navigate life challenges successfully. As societies continue to evolve and present new opportunities and pressures, the importance of psychosocial adjustment becomes increasingly evident. Understanding this concept provides valuable insights into human behavior, social integration, and the factors that contribute to psychological well-being in contemporary life (Santrock, 2011; Ryff & Keyes, 1995).

### **Attitudes Toward Migration Among Youth**

Attitudes toward migration among youth represent a complex set of beliefs, perceptions, and aspirations that influence how young individuals view the possibility of leaving their home country in search of better opportunities. In many contemporary societies, migration has become an increasingly common aspiration among young people, particularly in contexts where economic challenges, limited employment prospects, and social inequalities affect their life chances. Youth attitudes toward migration are shaped by both objective conditions and subjective perceptions of opportunity, success, and well-being. These attitudes are not merely economic calculations but are also influenced by social expectations, cultural narratives, and personal ambitions that frame migration as a pathway to personal development and social mobility (Castles, de Haas, & Miller, 2014).

Young people often perceive migration as an opportunity to improve their quality of life and to achieve goals that may appear difficult to realize in their local environment. The desire to pursue higher education, secure stable employment, and gain financial independence frequently motivates youth to consider migration as a realistic life strategy. In many developing or transitional societies, unemployment and underemployment among youth contribute

significantly to the perception that opportunities abroad are more promising than those available at home. As a result, migration becomes associated with hope, progress, and the possibility of achieving a more stable future (Massey et al., 1993).

In addition to economic factors, social and cultural influences play a critical role in shaping youth attitudes toward migration. Media representations, stories of successful migrants, and the visibility of diaspora communities often create powerful images of life abroad as prosperous and fulfilling. Social networks also contribute to this perception, as individuals who have already migrated may share their experiences with family and friends, thereby reinforcing the belief that migration is a viable path toward personal success. Such narratives can significantly influence how young people evaluate their future prospects and shape their expectations about the benefits of migration (de Haas, 2010).

Educational aspirations also contribute to migration attitudes among youth. Many young individuals seek opportunities to study in foreign countries where educational institutions may offer higher academic standards, advanced research facilities, and broader career prospects. Access to international education is often perceived as a stepping stone toward global career opportunities and professional advancement. Consequently, the prospect of studying abroad may strengthen positive attitudes toward migration and encourage young people to view mobility as an essential component of personal and professional growth (King & Raghuram, 2013).

Another important factor influencing migration attitudes among youth is the search for personal autonomy and self-realization. Adolescence and young adulthood are developmental stages characterized by exploration, identity formation, and the desire for independence. Migration may represent an opportunity for young individuals to explore new cultural environments, develop new skills, and establish their own identity outside the constraints of their immediate social context. In this sense, migration is not only a response to external pressures but also a proactive strategy for personal development and self-discovery (Arnett, 2000).

However, attitudes toward migration are not uniformly positive among all youth. Some individuals express strong attachment to their home communities, cultural traditions, and family networks, which may reduce their inclination to migrate. Emotional bonds with family members, community ties, and a sense of belonging can create powerful motivations to remain within one's country despite economic or social challenges. In such cases, migration may be viewed as a difficult or undesirable option that involves significant emotional and social costs (Carling & Collins, 2018).

Perceptions of risk and uncertainty also influence youth attitudes toward migration. While migration may offer potential benefits, it also involves challenges such as cultural adaptation, language barriers, legal restrictions, and the possibility of discrimination or social isolation in host societies. Young people who are aware of these potential difficulties may approach migration with caution and weigh the advantages and disadvantages carefully before making decisions. This highlights the importance of considering both the aspirations and the concerns that shape migration attitudes among youth (Castles et al., 2014).

Family expectations and social norms also play a significant role in shaping young people's migration intentions. In some contexts, families actively encourage migration as a strategy to improve household economic conditions through remittances and financial support. In other



cases, families may discourage migration due to concerns about safety, cultural change, or separation from loved ones. The influence of family expectations demonstrates how migration decisions are often embedded within broader social and relational contexts rather than being purely individual choices (Massey et al., 1993).

Technological developments and globalization have further contributed to the formation of migration attitudes among youth. Through digital media, young people are constantly exposed to images and narratives from different parts of the world, which may broaden their aspirations and encourage them to consider international mobility as a normal and attainable life option. The accessibility of information about educational opportunities, job markets, and living conditions abroad can shape perceptions about migration and reinforce the belief that opportunities exist beyond national borders (de Haas, 2010).

Overall, attitudes toward migration among youth are shaped by a combination of economic opportunities, social influences, personal aspirations, and perceived risks. These attitudes reflect not only individual motivations but also broader social and structural conditions that influence young people's life choices. Understanding these attitudes is essential for policymakers and social institutions seeking to address the challenges faced by youth and to develop strategies that create meaningful opportunities for personal development within their own societies (Castles et al., 2014).

### **The Relationship Between Psychosocial Adjustment and Migration Tendencies**

The relationship between psychosocial adjustment and migration tendencies represents an important area of study within psychology and migration research. Psychosocial adjustment refers to the ability of individuals to maintain emotional balance, develop positive social relationships, and adapt effectively to the demands of their social environment. When individuals experience difficulties in achieving this balance, they may develop feelings of dissatisfaction, frustration, or alienation, which can influence their life decisions and aspirations. Migration may then emerge as a perceived solution to these challenges, offering the possibility of improved living conditions, social opportunities, and psychological well-being (Berry, 1997).

Individuals who experience low levels of psychosocial adjustment may feel disconnected from their communities or dissatisfied with their current circumstances. Such feelings can lead to a perception that opportunities for personal growth and fulfillment are limited within their home environment. In this context, migration may appear as a pathway toward achieving psychological stability, social recognition, and a sense of accomplishment. The desire to migrate can therefore be understood not only as a response to economic pressures but also as an attempt to improve psychological well-being and life satisfaction (Bhugra, 2004).

Psychosocial adjustment also influences how individuals perceive the challenges and opportunities associated with migration. Those who demonstrate strong emotional resilience, self-confidence, and effective coping strategies may view migration as an opportunity for exploration and personal development rather than as an escape from dissatisfaction. These individuals are often more capable of adapting to new cultural environments, establishing social networks, and managing the stress associated with relocation. As a result, their migration



decisions may be guided by aspirations for growth rather than by feelings of frustration or alienation (Ward, Bochner, & Furnham, 2001).

Conversely, individuals with lower levels of psychosocial adjustment may perceive migration as a means of escaping difficult social environments or unresolved psychological conflicts. For example, young people who experience social marginalization, family conflicts, or limited opportunities for self-expression may view migration as a way to rebuild their identity and achieve greater autonomy. In such cases, migration becomes associated with the hope of creating a new life that offers emotional satisfaction and social acceptance (Bhugra, 2004).

Social integration and sense of belonging are also critical components of psychosocial adjustment that influence migration tendencies. Individuals who feel strongly connected to their communities and who maintain supportive relationships with family and peers are generally less likely to develop strong migration intentions. A strong sense of belonging can provide emotional security and reinforce commitment to local opportunities and responsibilities. Conversely, individuals who feel socially isolated or excluded may develop a stronger desire to leave their environment in search of acceptance and recognition elsewhere (Berry, 1997).

Life satisfaction is another psychological factor that connects psychosocial adjustment with migration tendencies. Research suggests that individuals who report higher levels of satisfaction with their personal and social circumstances are less likely to consider migration as a necessary life strategy. Satisfaction with employment opportunities, educational prospects, social relationships, and community support contributes to a positive evaluation of one's environment. When such satisfaction is absent, migration may appear as an attractive alternative that promises a better quality of life (Ward et al., 2001).

The influence of psychosocial adjustment on migration tendencies is particularly evident among youth, who are often navigating complex developmental transitions. Young people are in the process of forming their identity, establishing independence, and defining their future goals. During this stage, experiences of success or failure in social and academic contexts can significantly influence their perception of opportunities and limitations. Youth who struggle to achieve psychosocial stability may view migration as a means of overcoming perceived barriers and pursuing new possibilities in different environments (Arnett, 2000).

Cultural and societal contexts also shape the relationship between psychosocial adjustment and migration tendencies. Societies that provide supportive social structures, inclusive institutions, and opportunities for participation can enhance individuals' sense of belonging and reduce the psychological pressures that encourage migration. In contrast, environments characterized by social inequality, limited mobility, or lack of recognition may weaken individuals' connection to their communities and strengthen their motivation to seek opportunities elsewhere (de Haas, 2010).

It is also important to recognize that migration itself can influence psychosocial adjustment. The process of adapting to a new cultural environment may present both opportunities and challenges for migrants. Successful adaptation can lead to increased self-confidence, expanded social networks, and improved life satisfaction. However, difficulties in cultural adaptation, language barriers, or social discrimination may create additional psychological stress. This reciprocal relationship demonstrates that psychosocial adjustment and migration tendencies influence each other in complex ways (Berry, 1997).

## **Conclusion**

In conclusion, the relationship between psychosocial adjustment and migration tendencies highlights the importance of psychological well-being and social integration in shaping individuals' life decisions. Migration intentions are influenced not only by economic or structural factors but also by personal experiences, emotional states, and perceptions of belonging within society. Understanding this relationship can provide valuable insights for policymakers, educators, and social institutions seeking to support youth development and reduce the pressures that lead individuals to consider migration as their primary pathway toward achieving personal fulfillment and social stability (Ward et al., 2001).

In conclusion, the phenomenon of migration among youth has become one of the most significant social issues in contemporary societies, particularly in contexts where young people face economic uncertainty, limited opportunities, and social challenges. The present discussion has highlighted the importance of examining migration not only as an economic or demographic phenomenon but also as a psychological and social process shaped by individuals' experiences, perceptions, and aspirations. In this regard, psychosocial adjustment plays a crucial role in shaping how young people perceive their environment, interact with their social context, and evaluate migration as a possible life choice. Understanding the connection between psychosocial adjustment and migration tendencies provides deeper insight into the motivations and expectations that influence youth decisions about their future.

Psychosocial adjustment represents an essential component of psychological well-being and social integration. Individuals who achieve a high level of adjustment are generally capable of managing their emotions, maintaining positive relationships, and coping effectively with life challenges. These characteristics contribute to a stronger sense of belonging and satisfaction with one's environment, which may reduce the desire to leave one's country in search of opportunities elsewhere. On the other hand, young people who experience difficulties in adapting to their social environment may develop feelings of frustration, alienation, or dissatisfaction that can strengthen their inclination toward migration. In such cases, migration may be perceived as a strategy to overcome personal and social limitations and to achieve a better quality of life.

The analysis of youth attitudes toward migration also reveals that these attitudes are influenced by a complex interaction of economic conditions, social expectations, cultural influences, and individual psychological factors. While economic motivations such as unemployment and limited career prospects remain important drivers of migration aspirations, psychological factors such as self-esteem, life satisfaction, and sense of belonging also play a significant role in shaping young people's perceptions of their future. The influence of media, globalization, and social networks further contributes to the formation of migration aspirations by presenting migration as a symbol of success, opportunity, and social mobility. As a result, migration often becomes an attractive option for young people who seek to improve their living conditions and expand their life opportunities.

However, it is important to recognize that migration is not always a purely positive or beneficial solution to the challenges faced by youth. Migration may involve significant emotional, social, and cultural adjustments, including separation from family members, adaptation to new social



norms, and the potential experience of discrimination or isolation in host societies. Therefore, understanding the psychological and social dimensions of migration is essential for developing balanced and effective responses to the issue. Addressing the underlying factors that influence migration intentions can help create environments in which young people feel empowered to pursue their aspirations within their own communities rather than feeling compelled to seek opportunities abroad.

In light of these considerations, several recommendations can be proposed to address the relationship between psychosocial adjustment and migration tendencies among youth. First, governments and policymakers should prioritize the creation of economic opportunities for young people by promoting employment programs, entrepreneurship initiatives, and vocational training that align with the needs of the labor market. Providing meaningful employment opportunities can enhance youth satisfaction with their social environment and reduce the economic pressures that often motivate migration aspirations.

Second, educational institutions should play a more active role in supporting the psychosocial development of students. Schools and universities should not only focus on academic achievement but also promote programs that strengthen emotional resilience, social skills, and psychological well-being. Counseling services, mentorship programs, and extracurricular activities that encourage cooperation, creativity, and community engagement can help young individuals develop the confidence and adaptability needed to face life challenges successfully.

Third, community organizations and social institutions should work to strengthen young people's sense of belonging and participation within society. Encouraging youth involvement in cultural, social, and volunteer activities can help create supportive networks and positive social experiences that reinforce their attachment to their communities. When young people feel valued and recognized within their social environment, they are more likely to develop a positive outlook toward their future within their home country.

Another important recommendation is the need to address the psychological well-being of youth through accessible mental health services and support systems. Psychological counseling, awareness programs, and community support initiatives can help young people manage stress, overcome feelings of frustration or marginalization, and develop healthier coping strategies. Strengthening mental health support can contribute significantly to improving psychosocial adjustment and reducing the psychological pressures that may lead to migration intentions.

Furthermore, media and educational campaigns should aim to present a balanced perspective on migration. While it is important to acknowledge the opportunities that migration can provide, it is equally important to highlight the challenges and responsibilities associated with living and working abroad. Providing accurate and realistic information about migration experiences can help young people make more informed decisions about their future and avoid unrealistic expectations that may lead to disappointment or difficulty.

Finally, collaboration between policymakers, educators, psychologists, and community leaders is essential in addressing the broader social and psychological factors that influence migration tendencies among youth. By adopting comprehensive strategies that combine economic development, educational reform, and psychosocial support, societies can create environments in which young people feel capable of achieving personal fulfillment and professional success within their own communities.



Overall, the relationship between psychosocial adjustment and migration tendencies underscores the importance of supporting youth development in a holistic and inclusive manner. By enhancing psychological well-being, strengthening social integration, and expanding opportunities for personal and professional growth, societies can empower young people to build meaningful futures and contribute positively to their communities. Such efforts not only help reduce the pressures that drive migration aspirations but also promote social stability, sustainable development, and the well-being of future generations.

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