The Homeland Separation as an Example of a Social and Psychological Migration-Related Problem

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Abstract

Objectives: This article presents empirical research results concerning a psychological phenomenon of the migrant homeland separation. Indian students of Penza State University, Russia, took part in the study of their homeland parting experience and their emotions during different stages of adaptation. Methods/Analysis: This research is based on correlation principles of questionnaire results, writing essays, and the HTP test results for each participant. The complex of methods used allows repeated results verification because the questionnaire results confirm results of writing essays and the HTP test. Findings: Moving between countries of residence is accompanied by multiple losses and requires acculturation and integration into the new surroundings. Separation as a social and psychological action is tied to destroying familiar communication forms and makes changes in interpersonal relationship. There is a correspondence between nostalgic emotions and a level of adaptation to new living conditions. At the same time, successful social and psychological adaptation represented by establishing new contacts and achieving professional success usually turns into nostalgic emotions resurfing, willing of reuniting with old friends and, as a result, a migrant may wish to return back to his or her country. Novelty/Improvement: Information concerning appearance of nostalgic emotions is especially important because social and psychological adaptation level and intensity of the homeland separation feeling can be relatively unpredictable and unambiguous.

Keywords: Acculturation, Homeland Separation, Migration, Nostalgia, Social and Psychological Adaptation

1. Introduction

A general trend in interpersonal communication research assumes a social and psychological analysis of different communicational phenomena such as conflict, manipulation, confidential communication, conformity, etc. Parting with something or somebody can be treated as one of the most common interpersonal interaction phenomena tied to its destruction and deformation. Communication is necessary for social life and personality development, so any deviation in it can cause negative influence on a person. Being a forced loneliness factor, parting means a limited emotional contact opportunity, i.e. limitations in one of the basic human needs. A person faces impossibility of satisfying his or her inner needs that exemplifies broken conceptual compatibility of that person’s identity and life. Infringement of familiar environment and forms of meaningful communication definitely indicate that parting is a critical situation.

The homeland separation, both forced and voluntary, has special personal influence because its object includes mixed factors. In this case, the object can be referred to as a certain area or sphere with destroyed social contacts. Separation from the homeland occurs simultaneously with a lack of communication with a particular person, reference group or some groups (that means deformations in family relations, friendship, and love) as well as missing of home, nature, and a country in general. The particular person, group, or country is examples of the object of parting, and they can be combined.

Today, the majority of studies focus on some aspects of parting only. It can be a maternal deprivation syndrome or principles of psychological relations’ destabilization. In view of the complexity of this problem, it is possible to
say that scientific results in parting phenomenon research are still scattered and incomplete.

Now, the cross-cultural migrant adaptation problem becomes topical. Scientists’ interest to this issue is growing from year to year. Ways of migrants’ adaptation to their new cultural environment are widely discussed, and attention is mostly paid to deviant or delinquent behavior and psychosomatic disorders. An indicator of adaptation success is a subjective sense of harmony with the current environment\(^2\). The phenomenon of culture shock is also actively studied worldwide. The *culture shock* definition has appeared after Oberg’s works\(^2\) where he considered social and cultural environment adaptation as a process tied to serious psychological discomfort in migrants with their social status loss, tremendous change in their social orientation system, and loss of their personal and group identity\(^2\).

During social and economic instability periods, representatives of certain social and demographic communities which are deprived of their rights are the most unprotected\(^4\). In modern conditions, migrants are the population group that needs specific and effective aid including psychological assistance. To support migrants more effectively it is important to understand their psychological status correctly. In this respect, the migrants’ homeland parting phenomenon research is a big step to estimate a lack of understanding of the homeland separation destructive role in migrant experience.

Thus, importance of the homeland separation concept research is determined by, on the one hand, undoubted personal impact of this phenomenon, and on the other hand, by insufficient presence in modern social psychology research.

### 2. Methods

The representative selection for this empirical research consists of 150 respondents. All of them are the Penza State University students from India participating in the study of the homeland separation in university lecture rooms (the city of Penza, Russia). We have split all the participants into 4 groups depending on their time of living in Russia, according to the following research objective. The 1\(^{st}\) group includes 35 respondents who have been to Russia less than a month. 44 respondents with their less than a year of residence in the country are included in the 2\(^{nd}\) group. The 3\(^{rd}\) group consists of 40 respondents (1 to 2 years of residence), and the 4\(^{th}\) group consists of 31 persons (more than 2 years of residence). Research was conducted in the Russian language.

The main social and demographic characteristics of participants are presented in Table 1.

First, the participants have completed a group questionnaire intended to measure certain social and psychological constructs. The 1\(^{st}\) group of constructs includes adaptive processes characteristics, i.e. sense of assurance, optimistic expectations, sense of discomfort, a lack of social contacts, active interaction and orientation to professional achievements. The 2\(^{nd}\) group of constructs reflects direct and indirect nostalgic emotions such as reminiscences renewal, desire to see old friends, desire to return, religious values actualization, and native cultural traditions importance.

Diagnostics of a real person’s position concerning the homeland separation in new society conditions and estimation of adaptation process successfulness were made using the graphic House-Tree-Person (HTP) test. Particular features of images allowed splitting them into different categories. One category can be determined as negativism and demonstrates one-dimensional view of a house image, a person with clenched and pressed to a body fists as well as with too long and widely placed legs. Another category shows communication difficulties because a pictured house has no door or the door is too small and has no handle, windows are missing or very small and closed; additionally, the schematic style of a pictured person or even a person’s side view are noticed. The category reflecting aggression and hostility was selected by the view of too dense tree foliage, a person’s grin, threatening posture and long sharp fingers which can be splayed out and even redundant). The depressiveness category is determined by enormously small or weakened-lined pictures positioned on the sheet bottom and demonstrated persons with too narrow or too sloping shoulders\(^2\).

This research is based on correlation principles of the questionnaire results, a writing essays analysis, and the HTP test results for each participant. This complex of methods allows repeated results verification because the questionnaire results confirm results of writing essays and the HTP test.

As mentioned above, research was conducted in Penza State University lecture rooms in an individual form. A researcher had an opportunity to supervise stu-
dents while their drawing and to ask some specifying questions. The survey and the HTP test results processing was made with the SPSS 16.01 software package. The Kruskal-Wallis nonparametric H-criterion was applied to assess differences in nostalgic emotions on different levels of migrants’ social adaptation.

Table 1. Social and demographic characteristics of research participants, N = 150

| Characteristics | Group | 1     | 2     | 3     | 4     |
|-----------------|-------|-------|-------|-------|-------|
| Number of people|       | 35    | 44    | 40    | 31    |
| Gender          | Male  | 18    | 26    | 19    | 15    |
|                 | Female| 17    | 18    | 21    | 16    |
| Average age     |       | 19.5  | 21.8  | 23.6  | 26.5  |
| Average time of living in Russia | month | 0.6   | 0.8   | 1.9   | 2.8   |

3. Results

According to the questionnaire results, adaptation processes in the 1st group of Indian migrants can be described as readiness for integration in active social interactions while the 2nd group representatives take a passive point that can be characterized as the ‘positive communication’ indicator. The 2nd group participants have the reduced ‘sense of assurance’ indicator, lowered ‘optimistic expectations’ and ‘orientation to professional achievements’, but the ‘feeling of discomfort’ indicator is still increased. They have a small acquaintance circle in comparison with the 3rd group of migrants, and this circle consists mostly of similar origin people. The acquaintance circle size and the sense of assurance accompanied by adjustment to a new residence are important indicators of adaptation process optimization, and they are more common for the 4th group representatives who were living in Russia for more than two years.

All the examined migrants experience more or less nostalgic emotions regardless of time they live in Russia because of their strong reminiscences about old friends and relatives they have left. There were noticed some insignificant distinctions in the ‘desire to see old friends’ indicator, which was less in the migrants of the 1st group. Desirable frequency of visiting their country has the following density in groups: representatives of the 2nd and 4th groups have especially strong desire to visit their homeland. When asked ‘How often would you like to visit your country?’ 86% of those living in Russia for over two years and 74% of those living in Russia for about a year have answered: ‘As often as possible’. Besides, the mentioned 74% of respondents had more strong desire to return than others.

The House-Tree-Person test confirms social adaptation and nostalgic emotions expression. After the statistical analysis, results reveal some predominated features dynamics on drawings depending on the groups Table 2.

Data shown above proves that migrants of the 3rd and 4th groups demonstrate reduced quantitative value of ‘communication challenges’ and ‘feeling of insecurity’ symptom complexes. The ‘feeling of inferiority’ symptom complex has higher quantitative value in the 2nd and 4th groups.

The 3rd group participants’ drawing can be interpreted as a decreased amount of ‘communication challenges’, ‘depressiveness’, and ‘feeling of inferiority’ signs. However, the 4th group has increased quantitative values of the ‘depressiveness’ and ‘feeling of inferiority’ indicators on the background of decreasing tendency in quantitative values of the ‘communication challenges’ symptom complex.

The analysis of the homeland separation expressions we can particularly emphasize the following stages.

(i) Positive attitude (ignoring of nostalgic emotions).
(ii) Understanding of loneliness and isolation pressure; a passive social position and increasing nostalgic emotions.
(iii) Finding positive side of parting and social adaptation optimization; a decreased level of nostalgic emotions.
(iv) Social and psychological adaptation and reactivation of nostalgic emotions.

These phases, correlating with time of residence and describing homeland parting experience in the mentioned migrant groups, were specified according the following theoretical points and research. The proposal of the U-shaped adaptation curve considers specific content in each stage of adaptation like optimism, disappointment, culture shock, and optimization of adaptation. Supposing that the starting period of residence (about a month) will correspond with the optimism stage, we can explain reasonable ignoring or replacement of nostalgic emotions. The next period (approximately a year) can be tied to social disappointment and culture shock, so it can
bring loneliness feeling and nostalgia\textsuperscript{15}. Optimization of social adaptation process (1 to 3 years) can be expressed like success in educational or professional activities and new relationship building, so all of that can help reduce intensity of nostalgic emotions.

Nostalgic emotions studies note that nostalgia can be become stronger during late periods of living in a new country regardless of individual adaptation to new conditions\textsuperscript{15}. This fact can be interpreted as follows: resolving the life adaptation problem by elimination of the main needs, both sociogenetic (concerning professional achievements, recognition, love, and friendship) and material (homeownership and steady income) can cause necessity to resolve new-level issues such as keeping cultural and national identity, etc. It can be observed after 3–5 years in a new country of residence.

The questionnaire and drawing test prove a qualitative peculiarity of psychological content at every stage in dynamics of nostalgic emotions.

The categories ratio based on participants’ writing content analysis at their positive attitude stage, i.e. at the 1\textsuperscript{st} stage of the loss of their homeland feeling, is presented in Figure 1.

According to Figure 1, predominated categories are the ‘will’ (21%), ‘motivation sphere’ (16%), ‘surrounding perception’ (18%), ‘consciousness’ and ‘social thinking’ (11%). The 1\textsuperscript{st} stage questionnaire data show the lowest presence of the following indicators: the ‘reminiscences renewal’, ‘desire to see friends’, ‘desire to return’, ‘sense of discomfort’, while the ‘orientation to professional achievements’ indicator has the highest value Table 3.

Figure 2 presents the content analysis of the homeland parting experience at the 2\textsuperscript{nd} stage, i.e. at the stage of nostalgic emotions objectivities.

The 2\textsuperscript{nd} group writing has shown that the leading categories are the ‘parting perception’ (14%), ‘close person perception’ (12%), and ‘communication’ (11%). The ‘homeland perception’ category also begins representing more influential percentage comparing to the positive attitude stage. The ‘orientation to success in professional achievement’ and ‘communication activity’ categories are of the lowest value. The ‘sense of discomfort’, ‘desire to return’, and ‘desire to see old friends’ get higher Table 3.

Figure 3 demonstrates the 3\textsuperscript{rd} stage, or the stage with finding of positive sense in homeland parting.

The homeland separation sense at the 3\textsuperscript{rd} stage can be mostly described by categories like ‘communication’ (18%) and ‘social thinking’ (13%). Some categories like ‘motivation sphere’, ‘will’, and ‘close person perception’ (11%) are notable and evenly distributed. The questionnaire results demonstrate increasing trends for the ‘orientation to success’, ‘optimistic expectations’, ‘sense of assurance’, and ‘active interaction’ indicators.

Figure 4 proves significant impact of the ‘psychological time’ category (17%), the ‘homeland perception’ (13%), and the ‘motivation sphere’ category (14%). It is worth mentioning that the ‘will’ category takes only 2%. At the same time, value of the ‘religious values actualization’ indicator and the ‘importance of cultural traditions’ increases, while the ‘desire to return’ and the ‘desire to meet old friends’ become more current. The ‘active interaction’ indicator is still steady Table 3.

Table 2. Distinctions in symptom complexes of the HTP test results in Indians with different time of living in Russia (according to the Kruskal-Wallis H-criterion)

| Symptom complex       | Group of migrants | Amount of indicators’ value ranks | χ-square | P    |
|-----------------------|-------------------|----------------------------------|----------|------|
| Feeling of insecurity | 1                 | 60.53                            | 85.249   | .015 |
|                       | 2                 | 138.88                           |          |      |
|                       | 3                 | 74.64                            |          |      |
|                       | 4                 | 63.01                            |          |      |
| Feeling of inferiority| 1                 | 46.10                            | 69.953   | .001 |
|                       | 2                 | 107.51                           |          |      |
|                       | 3                 | 61.62                            |          |      |
|                       | 4                 | 111.12                           |          |      |
| Communication challenges | 1             | 99.16                            | 131.340  | .000 |
|                       | 2                 | 145.51                           |          |      |
|                       | 3                 | 65.02                            |          |      |
|                       | 4                 | 37.82                            |          |      |
| Depressiveness        | 1                 | 45.30                            | 82.040   | .032 |
|                       | 2                 | 106.22                           |          |      |
|                       | 3                 | 53.40                            |          |      |
|                       | 4                 | 119.40                           |          |      |

4. Discussion

Among the Indian migrants groups, obtained results are changing, confirming the U-shaped adaptation process curve mentioned above. The initial adaptation stage is characterized by optimistic expectations and positive emotions\textsuperscript{17}, then, the next two stages bring negative sur-
rounding impact and some symptoms of culture shock occurring, and after that, optimization of social, psychological, and sociocultural adaptation processes can be achieved.\textsuperscript{18}

**Table 3.** Distinctions in adaptation indicators and nostalgic emotions characteristics in Indian migrants with different time of living in Russia (according to the Kruskal-Wallis H-criterion)

| Indicators of adaptation and nostalgic emotions | Group of migrants | Amount of indicators' value ranks | $\chi$-square | $P$ |
|------------------------------------------------|------------------|----------------------------------|--------------|----|
| A sense of assurance                            | 1                | 83.36                           | 88.809       | .000 |
|                                                | 2                | 31.23                           |              |     |
|                                                | 3                | 102.59                          |              |     |
|                                                | 4                | 119.40                          |              |     |
| Optimistic expectations                         | 1                | 79.51                           | 109.573      | .000 |
|                                                | 2                | 25.28                           |              |     |
|                                                | 3                | 120.61                          |              |     |
|                                                | 4                | 112.90                          |              |     |
| Reminiscences renewal                           | 1                | 78.04                           | 18.294       | .120 |
|                                                | 2                | 108.91                          |              |     |
|                                                | 3                | 84.02                           |              |     |
|                                                | 4                | 120.91                          |              |     |
| Desire to see old friends                      | 1                | 54.50                           | 51.832       | .034 |
|                                                | 2                | 109.39                          |              |     |
|                                                | 3                | 96.45                           |              |     |
|                                                | 4                | 88.33                           |              |     |
| Desire to return                                | 1                | 35.29                           | 103.525      | .000 |
|                                                | 2                | 112.26                          |              |     |
|                                                | 3                | 51.32                           |              |     |
|                                                | 4                | 122.75                          |              |     |

Information concerning appearance of nostalgic emotions is especially important because social and psychological adaptation level and intensity of the homeland separation feeling can be relatively unpredictable and

![Figure 1. Categories percentage at the positive attitude stage (according to the writing essays analysis).](image)
Figure 2. Categories percentage at the stage of nostalgic emotions objectivation (according to the writing essays analysis).

Figure 3. A percentage ratio of categories of at the stage of finding positive sense in parting (according to the writing essays analysis).

Figure 4. A percentage ratio of analysis categories of compositions at the stage of nostalgic emotions reactivation (according to the writing essays analysis).
unambiguous. Each group, regardless of immigrant experience duration, strives to return to old acquaintances and past values (in accordance with a tendency of reminiscences renewal) and to visit the country of origin with desirable frequency. Peculiar intensity of nostalgic emotions in the 2nd and 4th groups is compared with the 1st and 3rd ones. It signals that the 1st group migrants are at their initial stage of adaptation accompanied by euphoria and predominating positive expectations. Depressiveness of the 2nd stage is linked to different negative impacts of new social environment and weak social and psychological adaptation (we see significant signs of hostility, communication difficulties, and accident-proneness). All of mentioned contributes to nostalgic emotions reactivation. The 3rd group representatives are on their way to the stage of full social and psychological adaptation. But since it is achieved, psychological energy can forward again to some nostalgic emotions, what the 4th group of migrants experienced. This result confirms that the fact of local social contacts establishment doesn’t necessary mean immigrant well-being and happiness.

The U-shaped curve hypothesis for adaptation processes assumes fluctuations from positive to negative direction and back again. So, there is acceptable alternation in low and high intensity of nostalgic emotions.

The 1st group participants with their positive attitude and professional result-orientation have typically low nostalgic emotions that confirms by their writing statements like follows: ‘First of all, we arrived here to study … we recognize that we live to achieve some goals’ (36 statements or 78% in the ‘social thinking’ category). The questionnaire also shows that limited possibility of joining social life immediately never accompanied by pessimistic imagination of further professional self-realization; reverse correlation between relevant criteria \(r = -0.6, r < 0.01\); \(r\) is the Spearman’s rank correlation coefficient. This method allows defining force and direction of correlation communication between two signs or two signs profiles.

Nevertheless, professional goals help ignore and replace nostalgia. The ‘parting perception’, ‘homeland perception’, and ‘close person perception’ categories are presented insignificantly – 8%, 5%, and 12% respectively. The ‘communication’ category is slightly expressed.

Nostalgic emotions resistance tendency indicates their elimination, when the ‘will’ category of statement becomes predominating (48 statements or 53%) as follows: ‘It is necessary to try not to think about a home and close people, otherwise you get upset and worry, so you will not achieve success’.

The 2nd stage starts with the moment of nostalgic emotions objectivities, when psychological processes like replacement and ignoring don’t work more. Typical ‘positive attitude’ signs become ineffective. The 2nd phase begins since first attempts of interaction with a new environment failed because of poor social adaptation.

Unproductive social activity causes stress and unexpectedly reveals importance of interpersonal communication, as follows: ‘Sometimes, life is a challenge because almost nobody understands me’; ‘There is another mentality here, so life is hard for me now’; ‘The local people are weird, and sometimes I have no idea how to communicate with them’ (20 statements or 37% in the ‘social thinking’ category). Negative impact of the new surrounding provokes disappointment, frustration, and depression. The new place is perceived like a foreign country with strange indigenous people who don’t wish to establish new contacts (34 statements in the ‘surrounding perception’ category or 72%). That is why the 2nd group migrants’ acquaintance circle consists mostly of the same origin people, as follows: ‘I have no new friends still and communicate only with those who have arrived along with me’ (38 statements of the ‘communication’ category or 43%).

Nostalgic emotions objectivities reveals a crisis-like nature of the migrants’ situation. Crisis as separation from familiar social life exemplifies serious change in human life. The critical point can be understood as ‘… a sign of life uncertainty which is expressed by the most intensive feelings and this situation can be estimated like rather uncontrolled’. This crisis definition totally corresponds with the homeland separation situation as ‘the impossibility situation when a person faces impossibility in inner needs satisfaction in his or her life’. The loss of meaningful objects such as, in this case, the place of origin and direct contacts with relatives is the main reason for broken conceptual compatibility of identity and life that ultimately indicates a critical situation.

The 3rd stage brings values reorientation and vision of new sense in creativeness and professional activities. Nostalgic emotions indicators are decreased by that. Reassessment of parting is recognizable in the ‘social thinking’ category. The ‘communication’ category contains indicators of positive experience in social contacts with locals. At that time, person’s activity is estimated not as a condition for self-realization, but as a necessary
tool that helps achieve wellbeing, and first of all, financial stability: ‘I love my kids and my wife so much, and it is necessary to earn money for them, for their better life’; ‘I have been thinking that study is necessary for me ... if it will be succeeded I find a good job in my country and help my family, so the loneliness issue fades’ (33 statements in the ‘social thinking’ category or 43%).

This changing in parting perception allows optimization of social and psychological adaptation processes. At this stage, a person is ready to estimate the arising challenges of adaptation process, especially in interpersonal communication. Those challenges become easier and look like necessary goals to be achieved for general success in professional or educational activities.

Information received by the House-Tree-Person test shows that active inclusion in social interaction becomes more significant for migrants of the 3rd group compared to the 2nd one. According to the Frankl's opinion, positive attitude can occur as a result of creative values implementation instead of emotional communication with other persons.

The 4th stage with further return of nostalgic emotions coincides with a mostly high level of social and psychological adaptation and obvious achievements in occupation or education.

A phenomenology of nostalgia consists of the following details. First of all, it is occurred an existential vacuum as an important nostalgia-related criterion. It means that a person at the 4th stage don’t see a visible purpose of further living in a foreign country, therefore the future looks for him or her quite senseless: ‘I can't imagine what I will do in five or ten years here ... Whether my life will never change?’; ‘I have become quite successful, but I can't enjoy my success ... Was it my real life purpose?’; ‘I just recognize that I am far from my homeland. It makes me feel insecure in the first place’ (39 statements or 41% in the ‘social thinking’ category). Sometimes, even thoughts about possible death in a foreign country can appear: ‘When the end of my life will be approaching, I will try to come back home in order to meet my doom there’ (15 statements or 16% in the ‘social thinking’ category). Religious values are reactivated at this stage.

The isolation feeling and estrangement may play a significant role in existential vacuum appearance. Studies confirm that estrangement and the loss of life purpose are sometimes equal. The Russian version of the Maddi questionnaire and the MLO test strongly correlate that has been reproduced in different selected groups from clinical selection to professional psychologists. Parting as a situation of forced loneliness when familiar ways of communication are destroyed can be rather accompanied by the loss of life meaning. Studies confirm that estrangement and the loss of life purpose are sometimes equal.

The HTP test results also confirm appearance of nostalgic emotions. Depression signs, such as enormously small images (39 pictures or 67%), fading lines (24 pictures or 41%), and declining lines (16 pictures or 28%), have increasing value. Meanwhile, indicators of social and psychological adaptation difficulties are almost eliminated at that stage. Quantitative value graphical features, such as an enormously small house door (6 pictures or 10% only) and an accented person's face (2 pictures or 3%), revealing communication difficulties, become insignificant.

Second, the painful nostalgic stress combines with predisposition to subjective return to the past (the ‘psychological time’ category). It means the mix of future and retrospective parameters, when a role of the past increases in comparison with the future. This situation can confirm ideas of chronotopic changes of personality in critical, breaking, or catastrophic moments. The homeland separation as a critical situation is able to revive a personal reference communication senses and provoke uprising chronotopic changes.

Subjective return to the past is especially important in circumstances with limited possibility in visiting of homeland. Orientation to the past should be treated as a specific way to create a desirable life, therefore reminiscences have undoubted therapeutic effect.

5. Conclusions

There is a complicated relation between social and psychological adaptation and nostalgic emotions that Indian students deal with. Adaptation to new social reality in order to resolve educational and occupational issues is able to reduce negative impact of homeland parting. Nevertheless, social and psychological adaptation realized in establishing new contacts and professional success usually turns into resurging nostalgic emotions, aspiring to communicate with old friends again, so a person wishes to return to his or her country.

A specific image of homeland parting has four-phase dynamics. At the 1st stage, the study of positive attitude and avoidance of pessimistic thoughts concerning self-realization in educational and professional areas have primary value for a person. Probable return to the coun-
try of origin looks like an obstacle on a way of goals achievement.

At the 2nd stage, nostalgic emotions get objectivities as a negatively significant event. The new surrounding first impact can bring disappointment, frustration, and depression because of feeling of uncertainty which results to low self-esteem and unproductive social activity. Interpersonal communication becomes valuable no less than professional achievements. Recognition of isolation turns into a visible life problem. Strong wish of interpersonal communication and confidential relations is not treated as weakness anymore stopping being an object of inner fight.

The 3rd stage of values reconsideration is characterized by expanding social life sphere and positive experience in social contacts with the local people. For those migrants living in Russia more than a year, an increasing number of new contacts which have no link with study or work become crucial. Social and psychological adaptation processes get optimized. The homeland separation now turns into a tool for altruistic purpose achievement: for example, studying and working abroad is positioned as a way to give financial support to a family.

The 4th stage of nostalgic emotions’ renewal is connected with emerging wish of return. Strong national consciousness and ethnic affiliation feeling make person's life hard without of reference group of contacts. At this stage, return to the homeland seems to be difficult or even temporarily impossible due to educational or professional activity abroad for succeeding financial and social prosperity. In these limited possibility conditions, the future can lose its sense for a person, so the existential vacuum indicates nostalgic emotions reactivation. The homeland separation is estimated like a forced exile, and desire to return plays its predominating role.

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