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TÍTULO: Características de la adaptación social y psicológica y la tolerancia al estrés de los refugiados en Azerbaiyán.

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RESUMEN: El artículo se refiere a aspectos como la adaptación social y psicológica y las características de resistencia al estrés de las personas desplazadas internas, que viven en Bakú y sus distritos circundantes. Esos aspectos se ven ampliamente afectados por las características psicológicas individuales de los desplazados, las diferencias sexuales, la frustración a largo plazo, el número de niños en la familia y los conflictos en la familia. La migración, siendo coercitiva, es un factor que dificulta la adaptación. Aunque no se han encontrado indicadores considerados importantes sobre la exposición de los desplazados en ese contexto al estrés de los impactos locales; por el contrario, las violaciones de naturaleza postraumática son altas, lo que reduce las indicaciones de resistencia al estrés y adaptación.

PALABRAS CLAVES: ciudad de Bakú, personas desplazadas internas (PDI), adaptación social y psicológica, resistencia al estrés.

TITLE: Features of social and psychological adaptation and stress tolerance of refugees in Azerbaijan.

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ABSTRACT: The article concerns about aspects as social and psychological adaptation and stress resistance characteristics of Internal Displaced Persons (IDPs) living in Baku city and its surrounding districts. It was determined that these aspects are comprehensively affected by IDPs' individual psychological characteristics, sexual differences, long term frustration, number of children in the family and conflicts in the family. It is taken into consideration that migration, being coercive, is a factor that makes adaptation difficult along with many aspects. Although indicators considered important about the exposure of IDPs living in Baku city and its surrounding districts to stress from local impacts have not been found; on the contrary, violations of posttraumatic nature are high, reducing the indications of stress resistance and adaptation.

KEY WORDS: Baku city, internally displaced persons (IDPs), social and psychological adaptation, stress resistance.

INTRODUCTION.

The end of the 80s and the beginning of the 90s of the last century were the most tragic years of the Azerbaijani people. Involvement in a forced war with the Republic of Armenia resulted in the infringement of territorial integrity of our country, occupation of 20% of our lands by the aggressor and formation of the army of more than 1 million refugees and internally displaced persons.

Traumas from the war, IDPs living in unbearable conditions for several years, delay in the process of returning back, paved the way for the decline in stress resistance and the emergence of different psychological and psychosomatic diseases seriously influencing the socio-psychological condition of refugees and internally displaced persons.

If we would put aside the stressors arising from the local condition and adaptation opportunities, exposure of internally displaced persons to forced migration, their expulsion from native lands should be considered as an important factor. If we'll take into consideration that this part of population makes up 10 – 15 % of total population and lack of research works related to their socio-psychological assessment in recent years, we can conclude that the necessity for the assessment of impacts caused by this process on the gene pool is high from psychological point of view.

It is known, that migration is a set of replacements occurring for the purpose of changing any person's place of residence (Maksimov, M.A., 2013). Migration processes are characterized with the indicators such as public welfare or unfavorable conditions having a mass character. However, if we'll take into consideration the forced nature of migration, including its trauma creating nature, its impact on the society and psychology of those exposed to the process can be assessed in a negative direction. Numerous studies show that forced migration reduces stress resistance and the ability of adaptation.

Studies show that stress resistance – is the ability to overcome stress without negative results for one's own mental. The definition given by M. Tishkova helps to open the psychological essence of stress resistance. According to him, stress resistance is:

1. The ability to resist the high level of an activity without any obstacles for the activity.
2. The ability to resist intense or unusual incentives which lead to changes in behavior and reflect the signal of danger in itself.
3. The ability to resist extreme alertness and emotional tension arising under the influence of stressors (Tyshkova, M., 1987).

People are grouped as follows for the degree of stress resistance:

1. Those resistant to stress. They easily accept any changes, so they are flexible against any stress factors. Therefore, they are always ready for changes and easily overcome critical situations.

2. Those not resistant to stress. Events' failure to comply with their scenario though slightly leads to a strong stress on them. Changes suddenly seize them, and it is very hard for people who are not accustomed to such adaptation. It is difficult for them to change their opinions, instructions and behaviors.
3. Those used to stress. As if they are ready for changes, but they will gradually adapt to environment. They will change, but it will occur slowly. They will react more calmly to it with the repetition of stress conditions each time.
4. Persons resistant to stress. They will not change under the influence of environment. So, they stand firmly in their positions and have personal point of view. In exceptional cases, they try to change the area of life that can cause mental injury once and for all. They may lose themselves in cases when stress accompanies them on an ongoing basis (Tyshkova, M.,1987).

Stress resistance of refugees and IDPs manifests itself in their psychological condition, in the process of adaptation and in the level of health. The most important mechanism among these mechanisms which is supported by the researchers is the socio-psychological adaptation. In this regard, the study of stress resistance and socio-psychological adaptation, in our opinion, is one of the important conditions for the assessment of socio-psychological condition.

Forced displacement or forced migration reflects necessary adaptation mechanisms in itself, which faces with a completely new, unknown condition in this process. Encountering with such a situation evokes stress and also forms the necessity for the activity creating the mechanism of active interaction with it changing the environment in accordance with its demands and needs. In this case, it also changes in this process of interaction.

According to G.U. Soldatova, "Unlike voluntary migration aimed at improving the living conditions, forced migration – is such a type of movement of people that in this case, they are forced to leave their homes in order to get rid of the danger to life or other persecutions and they seek shelter in other

territories – in the borders of the country to which their citizenship belong or beyond its borders” (Soldatova, G.U. 2002). At the same time, G.U. Soldatova shows that “traumatic practice and life difficulties of internally displaced persons (IDPs) determine the violations completeness and integration of their identities. The complex of problems that reflect the transformation of personality can be called as identity crisis” (Soldatova, G.U. 2002).

“Identity crisis is formed as a result of events caused to migration of internally displaced persons, as well, cultural shock in a new environment and the adaptation to a new environment. The foundation of an individual’s personality collapses as a result of events occurred – the transformation of that world picture which includes the comprehensive range of images, ideas, visions, faith, relationships which are formed from the date of birth occurs” (Soldatova, G.U., 2002).

Generally speaking, social and psychological adaptation means a condition of stress that causes to some concern and requires the mobilization of all energy resources of the body. Adaptation gets difficult under the influence of many factors such as psychological climate, cultural, social, linguistic, ethnic and religious differences, financial and domestic problems, and also such other factors within the conditions of migration process. These factors including in the adaptation process which is not so easy affects the individual as a whole and forms such a condition of stress that it can be called an extreme situation.

According to I.M. Mammadli (2013), there are two types of adaptation. The first type is accompanied by the prevalence of active – initiative impact on social environment. More precisely, the person who has come to a new place of residence tries to comfort. The second type is a passive type in which conformist tendency dominates. Accepting the requirements, norms, rules and values of social environment without starting up the process of active self – change in a conformist, passive way characterizes non – adaptation, more precisely, the feelings of discomfort, being dissatisfied with himself/ herself and incompleteness. The person who necessarily obeys the values and norms of

society and doesn't try to change them and affect them is mainly not adapted (Mammadli, I.M. 2013). It should be taken into consideration that though change in cultural values occur during forced migration, as internally displaced persons are in their homelands, the probability of a significant change in national values is low.

According to T.G. Stefanenko, social adaptation of migrants is characterized as a result of interaction between personality and social environment which leads to the optimum ratio of aims and values of personality and group (Stefanenko, T.G.,1999).

V.V. Konstantinov considers that "the interaction between the two sides is clearly reviewed during the adaptation of forced migrants to new life conditions: adaptation of internally displaced person to new life conditions and adaptation of social environment to the personality of internally displaced person" (Konstantinov, V.V., 2004). In this case, the concept of process means "re-formation of psychological characteristics, behavior of personality and the activity of adaptation subject in accordance with the requirements of new social environment for the purposes of complete interaction between the personality and social environment and its development and changes occurring in social environment itself in the provision of adaptation requirements of internally displaced person" (Konstantinov, V.V., 2004).

As well, Neuhts, N.P identifies the social and psychological adaptation of migrants as a complex, multistage process of interaction directed to the investigation of behavioral mechanisms (adaptation methods) that are considered acceptable in accordance with the personal and group potential of migrants and changed living conditions of person or group. Migrant gets adapted to the parameters such as natural climatic conditions, social and cultural environment, foreign ethnic environment, foreign religious environment, culture of the population accepting, mutual relations with local population and manifestation of the crisis of individuality (Neuhts, N.P., 2006).

E.A. Klygina identifies the psychological adaptation of internally displaced persons (IDPs) as the process of formation of new positive social identity (common with local population) being adequate for changing social conditions, complex multidimensional process of interaction between the representatives of different cultures, the presence of conditions for ensuring the needs of migrants for different activity types - first and foremost professional activity, interpersonal relations system, social and socio – political life of the country where they are placed, self-esteem and self-realization, the process of development of personal potential for active involvement etc. (Klygina, E.A., 2004).

Every man is striving to achieve a positive individuality – his/ her positive image in the context of the theory of socially becoming individualized (Maksimov, M.A., 2013). According to researchers, positive individuality enables to accept the world as a place where stability and justice dominate. If the positive individuality is lost, not only the discipline of inner life, but also imaginations about the outside world is violated (Maksimov, M.A., 2013).

N.S. Palagina, who brings the problem into the center of attention considers, that “if internally displaced persons can’t adapt to a new ethnic environment, in this case, they face with negative transformation. Their psychological situation changes, physical health is deteriorating, social arrangements are destroyed and attitude towards the world and people change. Such a transformation can lead to different results starting from separatism and ethnic nihilism to serious fanaticism and nationalism and these stem from the formation of distinct negative image of the ethnic group causing to such behavior” (Palagina, N.S., 2007).

One point should be taken into consideration that unlike voluntary migration, as internally displaced persons (IDPs) have been forcibly displaced from their lands, an image of “enemy” is formed in their minds. If empathy doesn’t dominate towards them in their settlements, then their socio – psychological expectations in their homelands are subjected to frustration. As a result, aggression is transformed inside, that’s, into those close to them and imaginations about themselves develop in a

negative direction and leads to an increase in the elements of self – accusation which breaks both the adequacy of adaptation and reduced stress resistance.

So, forced migration is one of the extreme impacts on the personality requiring the solution of new problems which are not faced previously by internally displaced persons, the elimination of stress conditions and behavior management. It is necessary for them to find strength in order to readapt and form new values, beliefs and behavioral forms that are characteristics for that environment.

The main objective of the study is to study the mechanisms of social and psychological adaptation and stress resistance of internally displaced persons (IDPs) in urban and suburban environment.

The object of the study is internally displaced persons with different ages.

The subject of the study, the characteristics of stress resistance and socio – psychological adaptation of internally displaced persons.

Research methods.

The survey (questionnaire) method, stress resistance and socio – psychological adaptation methods have been used in the context of socio – psychological approach in the study. Internally displaced persons settled in Baku and its surrounding districts - Masazir and Mushvig have been participated and the following methods are used in the study:

1. Methods of social and psychological adaptation by K. Rogers and R. Diamond.
2. Stress resistance method of Thomas Holms and Richard Raux.
3. The questionnaire method.

The assumptions of the study.

1. Stress resistance and socio – psychological adaptation of internally displaced persons settled in Baku city, as well as, Masazir and Mushvig settlements is conditioned by different reactions towards this or that stress cases faced by them in their daily lives along with a number of factors.

2. Stress resistance and socio – psychological adaptation of internally displaced persons depends on the ability to adapt to new conditions, the level of strength of traumatic impacts, educational level, family environment and the number of children in the family along with their individual and psychological characteristics.

The number of those who participated in the study.

200 internally displaced persons settled in Baku city, including Masazir and Mushvig settlements participated in the study. Qualitative and quantitative analysis were used in the study, information obtained for the determination of stress resistance and socio – psychological adaptation of internally displaced persons was developed with the help of SPSS 17 software. 200 internally displaced persons participated in the study.

Qualitative analysis of information of psychological methodology was conducted with the help of criteria of Independent Samples T-Test, One Way ANOVA SPSS 17 in order to identify the psychological features of stress resistance on the sex, family peculiarities, age, as well as, educational level among the groups in Baku city, Masazir and Mushvig settlements for the determination of stress resistance and socio – psychological adaptation of internally displaced persons settled in Baku and its surrounding districts.

DISCUSSION.

Statistical analysis was conducted with the help of Independent Samples T-Test SPSS15 in order to identify the sexual differences of stress resistance of internally displaced persons settled in Baku city, as well as, Masazir and Mushvig settlements.

Table 1. Group statistics of sexual differences of stress resistance of internally displaced persons.

Age	Group	Quantity	Standard deviation	Standard error
25-55	1.00	103.5840	85.35621	4.25634
25-55	2.00	100.4235	80.756233	2.68235

Table 2. Information obtained with the help of independent samples T-Test criteria.

	Equality of dispersions		T-Test						
	F	Reliability	T	Standard deviation	Reliability	The difference of quantities	Standard error	95% difference interval	
	Low	High	Low	High	Low	High	Low	High	Low
Equal deviation	0.83	664	546	768	356	6.06256	4.46352	-8.63327	16.8766
Equal deviation			523	627	384	6.06256	7.68543	-8.68760	19.2243

According to the results of Tables 1 and 2, significant differences are weak on the gender signs of stress resistance of internally displaced persons settled in Baku city, as well as Masazir and Mushvig settlements. This shows that responses to these or those stress conditions which male and female respondents of internally displaced persons settled in Baku city, as well as, Masazir and Mushvig settlements face within their daily lives are the same.

Table 3. Average indicators of stress resistance and social adaptation of internally displaced persons settled in Baku city, as well as, Masazir and Mushvig settlements.

No.	Regions	The number of respondents	Indicators
1	Baku city	82	156.61
2	Masazir settlement	43	141.92
3	Mushvig settlement	75	183.20

Table 4. Indicators of identification of significant differences of stress resistance between groups of internally displaced persons.

	The sum of the squares	Standard deviation	Quantity in square	F	Reliability
Intergroup	241194.756	20	8967.734	1.506	144
Within the group	5703387.205	752	60120.637		
Total	5944581.961	772			

According to the results of Table 4, there isn't any significant difference between the characteristics of stress resistance and socio – psychological adaptation of internally displaced persons settled in Baku and its surrounding districts depending on the regions in critical war conditions or places from where they came. However, it becomes clear from the analysis conducted with the help of One-Way ANOVA SPSS 17 criterions (Table 3) that not significant, but the high-stress indicators (183. 20) among internally displaced persons of Mushvig settlement prevail among average statistic indicators of stress resistance and socio – psychological adaptation. In other words, internally displaced persons coming from war zones and directly participating in wars give a more severe reaction to stress conditions of the city which shows itself in their psycho-emotional situations as a probability and the probability of their psychosomatic illnesses is high.

Table 5. Comparative analysis of average indicators of stress resistance of internally displaced persons according to age characteristics.

Age group.	The number of participants of survey.	Stress indicators.
16 – 25	75	106.61
26 – 35	58	101.53
36 – 45	43	72.37
46 – 55	24	110.56

As it can be seen from Table 5, we witness the decrease in the level of stress burden of internally displaced persons between the ages 36 and 45, and respectively, the increase in older and younger individuals. And this, in its turn, is conditioned by long – term stresses of age contingent of internally

displaced persons who are more sensitive to stress factors and the problems of socio – psychological adaptation to modern conditions.

Table 6. Indicators of significant differences of stress resistance characteristics of internally displaced persons according to age.

	Sum of squares.	Quantity in square.	F.	Reliability.
Intergroup	76381.029	26542.457	2.198	0.038*
Within the group	5301453.824	6922.776		
Total	5377834.853			

Note: * It shows significance in the level of $P= 0.05$.

As it can be seen from Table 6, that significant differences of stress resistance characteristics of internally displaced persons according to age shows itself in the level of $p = 0.05$.

Table 7. Indicators of the impact of psychological situation in the family on stress resistance and social adaptation.

Psychological situation in the family.	The number of participants of survey.	Indicators of stress resistance and socio – psychological adaptation.
Normal	57	103.3187
Conflicting	43	130.8791

Significant differences were found in average statistical analysis of dependence of social adaptation and stress resistance in normal and conflicting families of internally displaced persons on the parameter of psychological situation in the family. Stress resistance in conflicting families showed itself at the low level which respectively brings the problems existing in socio – psychological adaptation to the center of attention. Additional surveys showed that the low level of stress resistance in conflicting families stemmed from psychological climate in the family and additional stress burdens made it more severe.

There isn't any significant difference in the levels of social adaptation and stress resistance depending on the number of children, as well as, migrants who have children according to the calculations carried out in SPSS software and average statistical information of notes on stress resistance for the number of children in the conducted study.

Table 8. Indicators of the impact of the number of children in the families of internally displaced persons on stress resistance.

№	The number of children.	Indicators of stress resistance and socio – psychological adaptation.
1	One child	120.56
2	Two children	102.32
3	Three children	105.00
4.	Mature children	115.45

However, as it can be seen from Table 7, average statistical indicators of stress resistance points to the strengthening of stress factors in internally displaced persons with one child (120.56), as well as, those with children in adult age (115.45). Maybe, it is related to the fact that there is a necessity to adapt to a new role – the role of parent in addition to being adapted to a new environment in the mentioned category of internally displaced persons. And this requires new adaptation resources, at the same time, migrants with children in adult life not only face with the age crisis of growth, but also, they are concerned about their children with social and economic difficulties.

Table 9. General indicators of social adaptation and stress resistance of internally displaced persons with the level of education.

The level of education.	The number of participants of survey (%).	Indicators of stress resistance and socio – psychological adaptation.
Higher education	38.85	103.40
Vocational	46.15	103.41
Secondary education	12.57	106.08
Other	7.05	111.79

General indicators of social adaptation and stress resistance of internally displaced persons doesn't depend on their level of education. The assumption put forward was not confirmed.

Table 10. Indicators of stress resistance of internally displaced persons settled in dormitories and private homes before being moved to new houses depending on the duration of residence.

Duration of residence.	The number of participants of survey (%).	Indicators of stress resistance and socio – psychological adaptation.
Five years	19.2	115.22
Ten years	18.8	121.36
More than ten years	62.00	140.27

As it can be seen from Table 9, the resistance of internally displaced persons to stress factors increases due to the improvement of adaptation mechanisms with the increase in the duration of their settlement according to average statistical indicators of stress resistance under conditions which are not normal for a long time. However, significant differences in the social adaptation and stress resistance characteristics of internally displaced persons have not been found ($p=0.05$).

Table 11. Indicators of social adaptation and stress resistance among internally displaced persons depending on the settled regions.

Settlements	The number of participants of survey (%)	Indicators of stress resistance and socio – psychological adaptation
Baku city	35.6	97.18
Masazir settlement	38.7	138.54
Mushvig settlement	25.7	127.80

As it can be seen from Table 10, stress indicators of internally displaced persons settled in Masazir settlement (138.54) and Mushvig settlement (127.80) significantly prevail in the average statistical range of indicators of stress resistance and social adaptation. Lower stress factor indicators (97.18) have been identified for internally displaced persons settled in private houses and public institutions in Baku city. It can be directly explained with the proximity of workplaces to places of residence.

Table 12. Indicators of stress resistance among groups of internally displaced persons on their settlements.

	The sum of the squares	Standard deviation	Quantity in square	F	Reliability
Intergroup	174206. 898	8	234189. 887	3. 755	000*
Within the group	5174329. 153	546	5880. 540		
Total	5348536.051	549			

Note: * It shows significance at the level of 0.05.

As it can be seen from Table 11, indicator of stress resistance among groups of internally displaced persons on the settled regions is significant at the level of $p = 0.05$. So, the determination of significance of the indicators of stress resistance among groups once again confirms that the level of stress resistance of internally displaced persons is generally low, and this thoroughly affect their socio – psychological adaptation.

CONCLUSIONS.

Our research showed that the degree of stress resistance of internally displaced persons settled in Baku city and its surroundings were different. Enough stress resistance to current state is observed in some places, and in others, enough stress resistance in local conditions lacks. This factor depends on the characteristics of local cultural - social conditions in which internally displaced persons have grown up and got education.

Moving to a region different from social and psychological point of view requires additional adaptation sources, and this, surely manifests itself in the decrease of stress resistance limits. In addition, the research showed that the indicators of norm limits dynamically decrease in younger and adults representatives. Regarding this, it should be noted that the fact that internally displaced persons face with the necessity of re-adaptation is an important condition in terms of the significance of socio – psychological adaptation. They are obliged to break out the previous, accustomed forms of interactions with environment and form new ones.

In addition, internally displaced persons are obliged to form new values, beliefs, behavior inherent in their environment for themselves. In this case, they must find the strength for them to reject the previous ones and sometimes it is more difficult to do this. For this reason, an extensive period of time is spent requiring the re-establishment of external conditions of the personality and also adaptation of migrant qualitatively for the adaptation process of migrants.

Taking into account the above – mentioned, adaptation difficulties of internally displaced persons, especially those living in suburban districts can be logically understood.

Public and cultural conditions in the regions from where internally displaced persons come are quite different from the culture and mentality in a big city. So, there are special “living” rules which are more complex and highly competitive in large cities and it is necessary to develop new forms of behavior and establish new public relations in order to be adapted. It should be taken into consideration that socio- psychological adaptation of internally displaced persons is mostly conditioned with more subjective factors, but not objective ones. Such a condition confirms the theoretical provision about non – dependence of re-adaptation processes on individual psychological characteristics of internally displaced persons and at the same time, conditioning with social environment to which they should be adapted.

It becomes clear as a result of the conducted research that sexual characteristics and education doesn't affect seriously the process of social adaptation and stress resistance of internally displaced persons living in Baku city and its surrounding districts. However, though weak, there is dependence. Conflict of psychological climate in the family causes the increase in impact degree of these factors.

In addition, though high indicators that can be considered significant about the exposure of internally displaced persons settled in Baku city and its surrounding district to stress have not been found, it has been determined that this dependence is weak. This provision is also confirmed with the theoretical provisions of B. Masud which points that unlike the first one, volunteer migration would be a means

for faster and less damaging adaptation. B. Masud determines that “forced or purposeful migration situation with the factor of ethnic and cultural identity has superior and corrective impact on the size of the cultural distance, subjectively the level of satisfaction with the change in life conditions, psychological health condition of personality and the effectiveness of its social and cultural adaptation being a complex set of economic, social and psychological conditions and parameters” (Bagheri, M., 2005).

At the same time, according to the conclusion revealed by the study of B.Masud: “The settlement of personality in a purposeful and deliberate way in a strange country in accordance with the general perspective of its life leads positively accepting a new culture and being more satisfied with this culture which, in its turn, increases the effectiveness of adaptation to strange cultural conditions. The settlement of personality in a strange country which violates the integrity of its life without any perspective causes to negatively accepting a new culture and leads inevitable disappointment, discontent and unsatisfaction which, in its turn, reduce the effectiveness of adaptation to strange cultural conditions (Bagheri, M., 2005).

N. S. Palagina reveals non – adaptation of internally displaced persons, hypotim type of reaction, activity of mixed nature, directed to receive protection and external and escapism properties. Emotional properties of forced migrants are at a low level, they are emotionally intense and tend to become anxious, sensitive and concerned about less significant issues (Palagina, N.S., 2007).

As a whole, we can't talk about the successful adaptation of internally displaced persons in Baku and surrounding districts based on questionnaire data. However, if we consider that a part of survey participants are required for job and another part has been employed, we can say that this process is successful in a certain part of internally displaced persons, but it is not free from trauma. May be, work activities can somehow compensate the psychological disorders and mental gaps coming from trauma and previous impressions. In addition, moving them to new houses and solving a part of their

housing problems makes the socio – psychological adaptation process easier. However, as a whole, we cannot say this about everybody.

If we are to determine the main aims of young IDPs (internally displaced persons), then such a consideration can be put forward according to survey data that the main motifs are professional development, obtaining material well – being and getting higher education and of course, these increases the socio - economic attractiveness of Baku city.

Stress resistance in surrounding district is sharply different from city life and reveals some problems in the process of adaptation. Of course, factors such as children in the families of internally displaced persons, especially, the presence of the only child or children at the age of maturity in the families increases psychological factors that reduces their stress resistance and this is mainly related to psychological characteristics of progress of family relations and the dynamics of change in parents' roles, not being associated with the adaptation processes and of course, affect the general dynamics of stress resistance and weakens the social and psychological adaptation.

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