

7. Findings

Of the forms received back, 468 forms were correctly completed and used in the data. Of these forms, 360 were hard copies and 108 were received by e-mail. It is important to note that the 360 forms were directly received from the 7 Afrikaans churches of the ACK in New Zealand and these people will be more inclined towards the church as a support system in their lives, this is 76.9% of the respondents. Of the known amount of forms that was given out 68% were returned. The findings are based on 468 respondents with 256 being female (54.7%) and 212 males (45.3%).

7.1 Age

Of the 468 forms, 2 men and 2 women didn't give their ages. Out of 464 that did supply age, the average overall age of the respondents were 42.48 years. The youngest respondent was 12 and the oldest 84. The average age of the females (n=254) were 41.40 years and those for the males (n=210) were 43.8 years. The average overall age of the respondents (n= 464) when they immigrated were 38 years and 3 months. The average age of the females when they immigrated were 36.69 years and of the males 40.13 years.

7.2 Gender

The researcher expected some notable differences in the response between female and males however in the important aspects with higher values there weren't any notable differences. The only two lower values that showed any notable difference was with family and friends as a positive factor as a second choice, females scored 18.08% and males 27.14%. With getting permanent residency as a negative factor and as a fifth choice males scored 36.36% and females 26.32%.

7.3 Time in new country

The average time that the respondents have been in the new country were 4.24 years. The females average was 4.68 years and the males average 3.72 years. This ranged from people being here for only two weeks when they completed the forms to a responded that have been here for 35 years.

7.4 Protective factors when immigrating

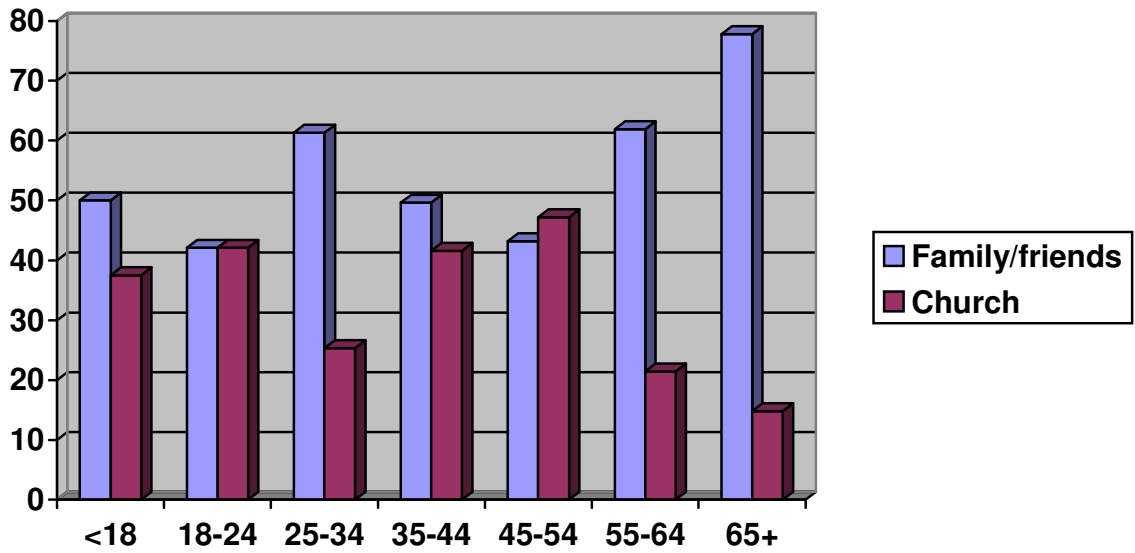
52.52% of the respondents (n=240) placed family or friends that have already been here as their first choice that have helped them the most with the process of immigration while 36.54% (n=167) placed the church as their first choice. 50.79% placed the church as being the second most helpful, with 22.08% placing family and friends second on their list.

The age group 18-24 gave equal values to family and friends 42.11%, and the church 42.11%, as their first choice. The age group 45-54 were the only group giving the church a higher value as their first choice at 47.2% and 43.2% of them rating family and friends their first choice.

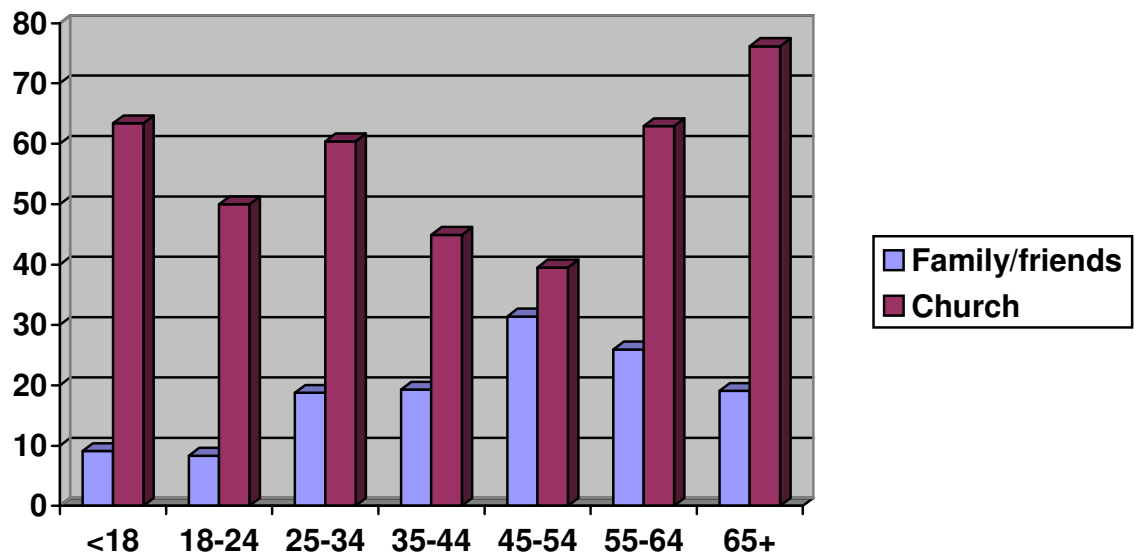
The age group 65+ gave family and friends the highest rating as first choice with 77.78% and only giving the church 14.81% as their first choice.

The relation between age groups and what they chose regarding family / friends and church as a first choice and second choice regarding support in their immigration can be charted as follow;

First Choice:



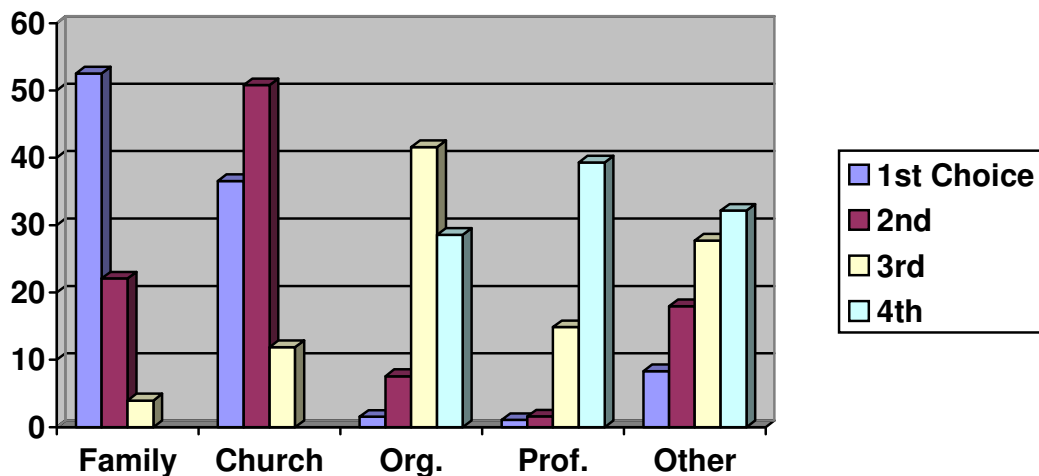
Second Choice:



Only 1.53% gave culture and/or other organisations a tick as their first choice however 41.58% (n=42) made it their third choice of those that responded to this factor. Very similar were the category for counsellor / other professional help with only 1.09% choosing it as their first choice however 39.29 choosing it as their fourth choice.

Of the 134 respondents that chose the "other" category 26.12% (n=35) stated that their work helped them and 27.61% (n=37) stated that new friends they made with the New Zealand people helped them.

A chart depicting what helped people the most:



Family = Family / friends already in new country

Church = A church (Pastor / church members)

Org.= Culture and/or other organisations

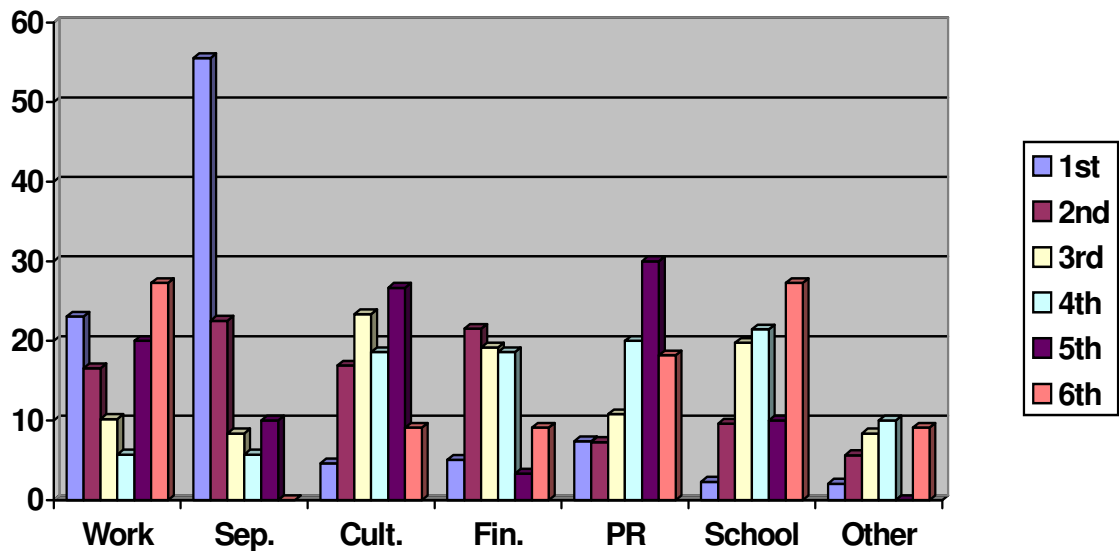
Prof. = Counsellor / other professional help

Other = Other factors to be specified.

7.5 Negative factors of immigration

As a first choice, the separation from family and friends in the country they immigrated from was the highest with 55.53% followed by work related problems with 23.04%. The next one after that were problems obtaining permanent residency in the new country with 7.37%, however when looking at a fifth choice the problems with obtaining residency reached 30%.

The negative factors of immigration:



Rated according to the respondents' choices with the most negative factor as their 1st choice up to 6th choice, with the percentage of respondents who chose that specific factor in that position.

Work = Work related problems

Sep. = Being separated from friends/family

Cult. = Cultural / language problems

Fin. = Financial problems

PR = Obtaining permanent residency

School = Children having problems adapting to schools

Other = Other, to be specified.

Respondents were given the option to indicate other factors that contributed to making their immigration more difficult. Of those who chose this option the three aspects that scored the highest, all with 8.33%, were:

- a) High house prices,
- b) Medical problems
- c) People being taken advantage of by other immigrants from their own country because of the new immigrant's ignorance regarding the new country.

After that 6.25%:

- a) Unfinished business in South Africa
- b) Marriage problems through the stress of immigration.

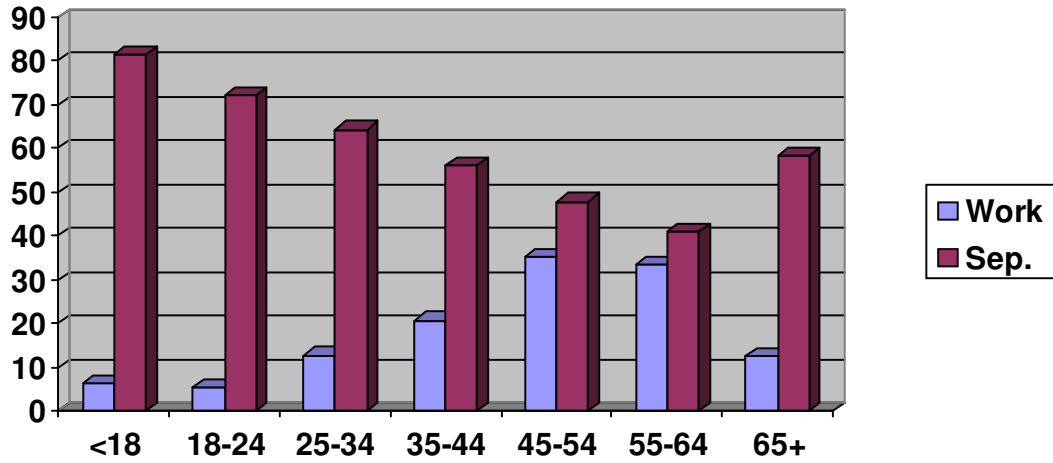
The following all scored 4.12%:

- a) The weather,
- b) Difficulty in settling into New Zealand churches,
- c) People forming closed groups making it difficult for new ones to be included and d) incorrect information received.

Other aspects worth mentioning with (scores of $\leq 4.12\%$ but $> 2\%$):

- a) Feelings of guilt for being in a safe country while family and friends are in danger, (Survivors Guilt),
- b) Guilt placed on them by family and friends staying behind,
- c) Lower income,
- d) Bad exchange rate,
- e) Difficulty and/or bad treatment at immigration offices and

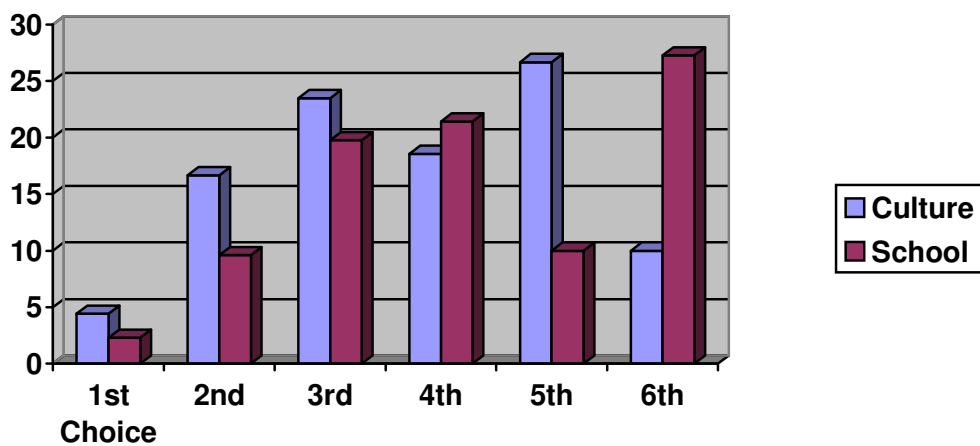
Interesting to note that the two biggest factors, work and the separation of family and friends are notable influenced by age. Work as a problem in immigration peaks with the 45-54 age group (35.29%) while the separation from family and friends are the highest with the under 18 group (81.25%) and then tends to become higher again for the 65+ age group (58.33%).



Work = Work related problems

Sep. = Being separated from friends/family

Other aspects that figured notable in the other values were the cultural and language problems and children's problems adapting to a new school. Cultural and language problems with 23.49% as a third choice and peaking at 26.67% as a fifth choice of making immigration more difficult and school problems at 27.27% as a sixth choice.



7.6 Suggestions how to help and support immigrants

At the end of the form respondents were asked to make suggestions that could help future immigrants to settle in better. 55.77% (n=261) completed this section. The one single aspect that was most suggested was getting real, good and up to date information 24.14% (n=63). The suggestions varied from anything from a website to a brochures that people could receive when arriving on the airport or even before leaving their country of origin. The one aspect that seems to create the most controversy is immigration-agents. There is a 50/50 split between people thinking that getting an agent was one of the best thing they could have done to help with the process while the others feel they have been ripped off and their money taken without getting any support from the agents, some even reported that agents made it more difficult by losing important documents or just “disappearing” after taking their money. Some strong feelings were reported in this regard.

Some of the other suggestions that were well represented were the following:

- a) Helping new immigrants with furniture and other necessities until their container arrives,
- b) Getting involved with a church as soon as possible,
- c) Getting involved with a local sports club or other organisation,
- d) Getting “buddy families” to support new families,
- e) Developing support groups that meet regularly,
- f) A network that can help with finding jobs,
- g) More information available in the churches of the country of origin regarding churches in the country they are immigrating to and
- h) Doing your own “homework” and research well before attempting to immigrate.

Concluding the findings the following can be highlighted:

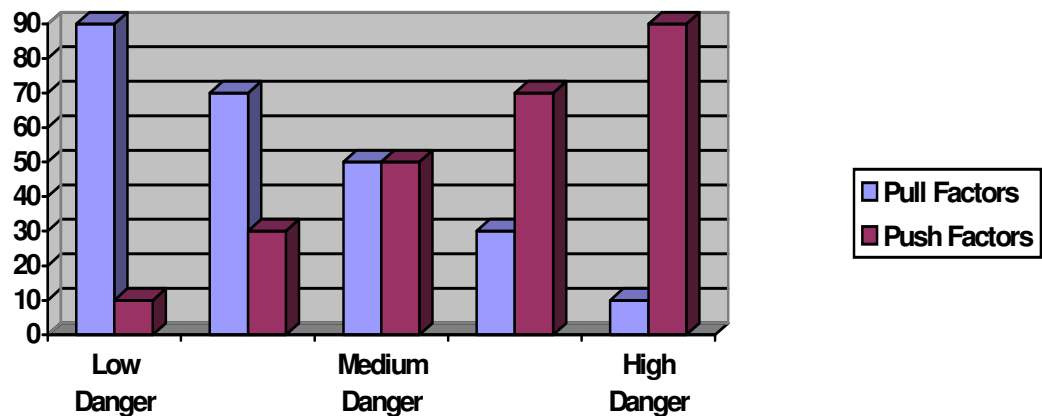
1. There doesn't seem to be a great difference of the findings in relation to gender.
2. Age however does seem to play a more important role in the experiences of people when immigrating.
3. Family and friends that are already in the country people are immigrating to, are likely to be the biggest protective factor.

This is reflected in the study of Aroian K and Norris A (2003) p427 "Those who remained depressed were less likely to have family in the area".

4. In the same sense the biggest negative aspect of immigration was indicated as the separation of family and friends with a score more than double as high as the next most important factor, which is work related problems overall.
5. Although the church as a protective factor function strongly as a second choice after family and friends with 50.79%, it is to be noted that 70% (n=360) of the respondents were directly involved in an Afrikaans church in New Zealand.

Out of the literature research and the feedback received, it seems that the “Push and Pull” factors are the core determinant in how people might respond to the stresses of immigration. The higher the pull factors the less the impact might be and the higher the push factors the bigger the negative impact could be.

Schematically it could be illustrated as follow:



If a person is offered a high profile job with excellent fringe benefits and he and his family is shifting to a beautiful and safe country thus there is very high pull factors, the danger of experiencing negative mental health issues might be much lower. However on the other hand when the push factors are very high for example with refugees, Rashbridge L, (1991), the danger of developing mental health issues and/or even disorders are much higher. It is important then for counsellors and the church in New Zealand to remember what Rebecca Todd wrote, in an article in The Press of Saturday, 28 June 2008. She quoted Massey University lecturer and researcher Dr Carina Meares saying “It was push factors in South Africa that led people to migrate rather than pull factors in New Zealand.”

The problems identified with immigration could vary from a “normal” feeling of grief and loss right through to severe PTSD. Some that seem to stand out was Depression, again varying from just being part of the grieving process to severe clinical depression. Different intensities of Survivors Guilt were identified and varying intensities of Grief and Loss because of the separation of family and friends. The separation of family and friends being the highest single factor that made immigration difficult. (See chapter 7.5 of this study).

The protective factors that scored the highest were family and friends first and the Church second highest. Personal contact and support seems to be vital in the support of immigrants. The Church as a caring and supportive environment also has a vital role to play here.

Appendix 2 (More detailed information about the respondents)

	Age	Time here	Age at arrival
Average Female (n=254)	41.40	4.68	36.69
Standard Deviation	12.74	4.23	11.79
Median	42.00	3.71	36.79
Mode	44.00	1.50	45.50
Min/Max	12 - 84	0.038 - 35	5.58 - 78.5
Average Male (n=210)	43.80	3.72	40.13
Standard Deviation	12.73	3.55	11.88
Median	44.50	2.13	40.75
Mode	42.00	0.50	40.50
Min/Max	16 - 75	0.038 - 14	11.25 - 71.25
Average Overall (n=464)	42.48	4.24	38.25
Standard Deviation	12.78	3.96	11.94
Median	43.00	3.00	38.00
Mode	44.00	1.50	40.50
Min/Max	12 - 84	0.038 - 35	5.58 - 78.5
	Male	Female	
Male to Female ratio (%)	45.26	54.74	

Note: Of the respondents (n=468), two females and two males did not supply their age therefore the n=464, on the overall average regarding age.