

A PROFOUND STUDY OF TRAIT EMOTIONAL INTELLIGENCE AND LIFE SATISFACTION AMONG NATIVE OF PAKISTAN AND AFGHAN MIGRANTS

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ABSTRACT: *The Main objective of the study is to examine the difference between trait emotional intelligence and life satisfaction among natives and Afghan migrants. The Sample of present cross-sectional study is comprised of 200 male and female (Refugees =100 Natives = 100) of ages 30 to 40 years. The mean age 34.75 and SD is 2.83. sample of the study was selected from refugee Baluchistan by applied systematic random sampling technique. The measures used, are: Personal Information form, "Trait Emotional Intelligence Questionnaire-Short Form (TEIQue-SF; Petrides, & Furnham, 2006), and Satisfaction with Life (SWLS; Diener, Emmons, Larsen, & Griffin, 1985)." Results showed that there is a significant difference in emotional intelligence of natives and migrants ($t = -3.355$, $df = 198$; $p < .05$) but there is no significant difference in life satisfaction of natives and Afghan migrants ($t = 1.782$, $df = 198$; $p > .05$). Findings of the present result revealed that Afghan migrants living in Pakistan can easily adjust anywhere throughout the world because they are emotionally intelligent therefore they have high adaptation qualities and can easily adopt any environment due to this they can resolve their mental health issue.*

KEYWORDS: *Trait emotional intelligence, life satisfaction, mental health, natives and Afghan migrants.*

INTRODUCTION

An ordinary sense of war is conflict among political groups while war migration is procedure of social change where an individual's travel starts with one social setting to next settling down either for extent or eternal period. Such movement might be multiple reasons, usually, political or educational improvement. Several studies have found that war migration effect negatively and generate complexes which lead mental health issues for migrants and receiving population. Afghanistan's situation remains the largest and most complex refugee's crisis in recent history. Most Afghan refugees were born and raised in Pakistan from last 35 years but they are still counted as Afghan's citizen. (Khattak, 2011) The first wave of Afghan migration into Pakistan began during the 1980s from Soviet war in Afghanistan. According to UNHCR country operations profile - Pakistan from December 2012, approximately 1.7 million Afghan nationals were reported to living in Pakistan. "This area is bounded on the south by the Arabian

Sea; on the north by Afghanistan and the North-West Frontier Province”. (Quddus, 1990 & Embree, 1988) Majority of them belongs from Pashtun and Persian heritage. Some of them came from strong political background and they are financially strong while other belongs to low socioeconomic status and have barrier to follow modern trends and achievements. This major group constitute about 70 percent of the refugees are ordinary Afghans who arrived with nothing and most of them depends on Pakistan. “They are under the protection and care of the United Nations High Commissioner for Refugees (UNHCR), and have been given legal status in Pakistan by the Government of Pakistan till the end of 2017 (UNHCR Feb. 7, 2017). Afghan migration is different because there is no immense difference between Pakistan and Afghanistan’s social norms and customs, while in other countries refugees face difficulties due to variation of culture, adaption of language and customs. In current situation due to non proper – existence of refugees camps natives and migrants are integrate in different cities and towns. Right now, the greater part of refugees in Pakistan lives outside camps, as indicated by the “March 2005 Census of Afghans in Pakistan around 80 percent of the refugee’s fusion occur somewhere around 1979 and 1985.

Pakistan is a country where multiple ethnic, tribal, social and political groups reside. Smaller refugee’s communities live in different cities of Pakistan. In 1954 Leon Fistingner described that “people usually compare themselves to others who are similar to them rather than those who are dissimilar. Social change is an important aspect for adjustment. Process of war migration adjustment is manifest anxiety and stress while emotional loss can cause depression” (Bronson & Merki; 1994). Which initiate maladjustment as kontras between traditions and adjustment this starts revenge. Optimistic and negative life changes generate stress, while positive life changes seem to be less disruptive. Significant challenges related to traumatic situation, behavioral issues, adapting new norms and treatment problems seems among migrants and natives while emotional intelligence incorporate adjustment difficulties and endeavor to life satisfaction among natives and migrants. Emotional intelligence is aid to heal and relieve mental health concern and emotional sufferings among natives and migrants, while it works as a coping skill to manage or controlling personal traits, mental health and heal psychosocial discomforts.

Researchers and experts compiled literature on the basis of occurrence and risk factors for mental health issues associated with migrants and native’s emotions. Mastumoto (2000) found that “People of different cultures are dissimilar to perceive emotions of others” while emotionally intelligent people are easily understand and manage their problems. Moore et al; (2005) describes that individual define their environmental sensitivity in terms of general behavior instead of specific (objectivity measureable) behaviors their self – evaluations are likely to be inflated. Mayer & Salovey (1997- 1990) proposed that “emotional intelligence is essential ability to perceive, understand and express the emotion.” (Narine, 2003). Muchinsky (2000) studied “People those who are high in emotional intelligence they are socially poised, outgoing and cheerful. They are comfortable with themselves, others and social environment they live in groups”. Sam Lackland (2010) has examined the degree of life satisfaction among immigrants

factors predict level of satisfaction in diverse samples of 506 adolescent with immigrant background from Vietnam, Pakistan, Chile and Turkey and 209 Norwegian youth were also included. Study reported that adolescents with immigrant background to extend quality of adjustment and positive cultural support to enhance their life satisfaction. Pinquart & Sorensen (2001) describes “subjective wellbeing is usually assessed with measured of life satisfaction, happiness and self- esteems. (Kail, et al; 2004). Life satisfaction is judgment of feelings and thoughts about life at a particular point in time variety from pessimistic to optimistic. It is one of three major indicators of wellbeing positive effect, negative affect and satisfaction. Subjective wellbeing raised with experience of individual includes the measurement of both positive and negative factors.” (Diener et al; 1994). Study done By Esther -zafra (2014) among 129 Moroccan and Spain immigrants, regarding culture of honor (social) and emotional intelligence (individual) acculturation revealed that no significant differences appear in the scores given for culture of honor and the acculturation strategy of the Moroccan immigrant women, Although women who supported the integration plan scored highest on emotional intelligence (EI) whereas the assimilated immigrants showed the lowest scores for EI. Another study conducted by Spradly (1982) among 145 Vietnam’s refugees who were suffering from home sickness and grief over unbelievable losses, sign of depression and anxiety and psychosomatic problems. Murry & Terry (1999) “people those who have exclusive active problem solving approach may handle the emotions and control stressors but find themselves nearly helpless in the face of uncontrollable ones” (Bernstein, 2008). “Most experts agree that intelligence as a trait construct associate with cognitive or intellectual capacity and direct related to the potential or ability to learn (Venn, 2000). “Number of Afghan doctors and medical students has gone back inside to work and establish their clinics” (Girardet, 1985). Fistingner (1950) Rosenberg& Hovland (1960) emphasized the “integral independence of individual and group’s attitudes are ‘Predispositions respond to some class of stimuli with certain affective cognitive and behavior response” (Richard Gross. 2009). Bianchi et al. (2012) report that “the majority of the natives in OECD (Organization for economic cooperation and development) countries express worries about the impact of migration on social security, with the proportion of respondents in line with this view ranging from a low of 40% in the United Kingdom to a high of 80% in Norway” (Martinez and Lee, 2000; Bauer et al., 2001). “Various studies have been confirm that expression of trauma-related feelings and thought impact positively on the health indicators” (Nyklicek et al; 2004 & Nevid; 1997). Leersnyder et.all (2011) have studied that emotional understanding of nation who live together tend to be parallel results expose the migrants’ emotional associate to the host group, their individual emotional patterns were correlated to the average pattern of the host group. Migrants’ experience to and commitment in the host culture, but not their acculturation approach, and calculated emotional acculturation.

METHOD

Sampling

This study was carried out from Afghan refugees and natives reside in Baluchistan province. 100 refugees and 100 natives were included. All the participants were between 30 to 40 years age groups.

Design

No determination was made on the basis of gender. Researcher explained the procedure in detail. Cross-sectional research design was applied.

Measure

The measures, was used, are: a) Personal Information form b) Trait Emotional Intelligence Questionnaire-Short Form (TEIQue-SF; Petrides, & Furnham; 2006), and c) Satisfaction with Life (SWLs) Diener, Emmons, Larsen, & Griffin; 1985).

Procedure

Test was individually administrated to migrants and natives in Baluchistan. Researcher approached the migrants and natives to get consent for data gathering. After getting consent from them, examiner briefed about the rationale of the study and sure them data will entirely used for research and their answers will not be exposed to others. During data collection most of the refugees and natives were keenly interested to share their problems regarding migration. Then "Trait emotional intelligence (TEIQue-SF) and satisfaction with life scale (SWLs)" was administered to assess the emotional intelligence and life satisfaction of the participants.

RESULTS

Table: 1

Mean and standard deviation of trait emotional intelligence of two groups

	<i>Groups</i>	<i>N</i>	<i>Mean</i>	<i>Std. Deviation</i>	
TEIQue	<i>1*</i>	<i>100</i>	<i>257.23</i>	<i>3.01</i>	
	<i>2**</i>	<i>100</i>	<i>271.12</i>	<i>2.42</i>	*.Native

population **Afghan refugees

Mean age of Native population is (mean= 257.23, SD= 3.01) and refugees (mean = 27.12, SD= 2.42). The number each group is equal.

Table: II*Independent sample tests for, TEIQue for equality of means*

<i>TEIQue</i>	<i>t</i>	<i>df</i>	<i>Sig.(2tailed)</i>
<i>equal variances assumed</i>	-3.355	198 195.076	.001
<i>equal variance Not assumed</i>	-3.355		.001

Table 111: Shows satisfaction with life of two groups

SWLS	t	Df	sig (2-taild)
Equal variance assumed	1.782	198	0.076
Not equal variance assumed	1.782	198	0.076

DISCUSSION

Table II indicates that test was found to be statistically significant ($t = -3.355$, $df = 198$; $p < .05$) means values of two groups are significant. Result indicates that there is a significant difference in trait emotional intelligence (*TEIQue*) among natives and migrants. Hypothesis is accepted. Table III was found to be statistically non significant ($t = 1.782$, $df = 198$; $p > .05$). Migrants and natives are not satisfied. Hypothesis is rejected.

This study conducted on the basis of Afghan refugees and Pakistan native's life satisfaction, their emotional intelligence and self-understanding problems, requires careful interpretation on international level. Findings indicate that mean age of participants is 34.75 and SD is 2.83. Without gender differences, male and female both are included from both population. The

response rate to the both scale remained at 97.32 % which reveal the interest of natives and migrants to point out their problems. Result shows that natives and refugees both are emotionally intelligent but there is difference. Native's emotional intelligence is high than refugees which specify that they are living in their homeland and they can manage, recognize and tackle their problems by their own manners. Study proved that natives with high emotional intelligence develop rational approach to modify the behaviors, and attitude formation which clearly seems in native's patience towards Afghan irregular migration. Native control their sentiments according to reasonable constant of emotional performance and easily understand their problems and justify different stance and difficulties. Afghan migrants are also emotionally intelligent and sensible therefore they are surviving and achieving their benefits from different countries. Migrants playing intelligent role and have additionally acquire work occupations which they first did low rates after that they close work yet now they have mass control over work markets and business in Pakistan. Consistent sign for receiving population of the world to develop and support new valid strategies for migrants and their rehabilitation which is not seen in Pakistan's scenario because international pressure is there. Besides, this research has various other multiple findings that would help in suggesting ways and means for improving the mental health status of both population and all such countries those who have similar situations.

Study reveals that migrants have various confusion, contradiction and indefinite image about their resettlement in Afghanistan worries and indecisive situation lead to disturb them and they suffer insecurity related to business, education and adjustment therefore they are not satisfied but remarkable international support is there which cannot seen throughout world's war migration cases and their resettlements. Majority of the indigenous population suffer in different socio political environment and psychological unrests. Significant mental health issues increasing emotional sufferings and disappointment among natives which cause dissatisfaction. Acknowledgment by the accepting society also influences trade, social status, wellbeing and incorporation. International support to Afghan migrants for getting benefits and easily travels to adjust throughout the world remains feeling of rejection, anxiousness and irritate attitude among natives. Influx of Afghan refugees and Pak Afghan border issues created number of problems related to peace and conflicts thus there is no life satisfaction among natives. Another cause of native's dissatisfaction is international support and inappropriate circulation of funds between refugees and receiving population. Crime rate has extraordinary increased in Pakistan. Especially from last two decades different criminal movements' rate like robbery, snatching of important things, kidnapping for payoff, supply of narcotics, killings and suicidal attacks are increasing in Pakistan's problems. Worst law and security situation of Afghanistan affecting Pakistan's harmony which is high risk for peace and development for this region. Native and migrants experience insecurities due to the present situation which leads them towards dissatisfaction. Before arrival of Afghan refugee's financial status of Pakistan was exceptionally but after the invasion of refugee's economic condition of Pakistan was bothered and there is perpetual strain exists between distinctive ethnic groupings. Burden on budgetary status of Pakistan particularly persuades day by day life of natives other than broad outcome on the territory's economy. Due to

Afghan war financial status of Pakistan not only affects also neighbor countries were fall down. Similarly unemployment rate increasing in Pakistan which generates anxiousness and disappointments among receiving population and directly affects their life which provoked anxiety and they are not satisfied. In different countries refugees are not allowed to do jobs but in Pakistan number of refugees reached and they have no record while they are entered in different departments and doing jobs. Those Afghans, who are residing in Afghanistan, regularly cross the border line to get the compensation of relatively for better health, trade and profitable services accessible in Pakistan. These irregular practices increase stress and generate number of disturbances to maintaining peace and risk for law and order situation and restrict host country's services. Different environmental troubles as well as internal and external disputes initiate various mental and peace related issues being confronted by the migrants and natives, therefore they are not satisfied. Study found that complex, contributing factors for psychological unrests and discomfort in the connecting border areas of Pakistan due to this cultural assault and disruptive activities of the migrants manipulate the native traditions. Migrants join with local population in distinctive towns, and significant urban areas due to non-presence of camps this effect indigenous population. Refugees those who migrate from Afghanistan has put an intense burden on the economical condition of the receiving population regarding influence of the vagrants on local assets and additionally on vocation, training, wellbeing and different situation which is reason for clashing and confused conduct motivate the local persons towards dissatisfactory condition slanting up with self-esteem, lack of maturity and hopelessness. They face many social psychological and financial problems. It concern to quickly increasing poverty in the country which has now arrived at distressing situation. Migrants and natives ability to understand the situation and they support them to manage their problems wisely. Research inquiry illustrates that in Southeast Asian Refuges having serious problems trying to adjust in culture shock of living in United States. Most refugees are uncertain about to face and expressed their plan to go back their country.

CONCLUSION & FUTURE IMPACT

War migration is barrier for peace and harmony. Finding of this current study revealed that receiving population and migrants both are emotionally intelligent but there is difference. Native's emotional intelligence is better than migrant because they realize that they are living in their motherland and they can handle and cope their troubles by their own conduct. Afghans faced massive period of war in their country and migrated throughout the world but an enormous amount of migrants were shifted to Pakistan and gradually they settle down. Very soon they realized to get opportunities from all over the world regarding their adjustment. They are also emotionally intelligent and majority of them were completed their education and started their jobs and business. International support with them and they get chance to adjust themselves all over the world. Moreover study revealed that migrants and natives are not satisfied with their life. To sum up, these results explain that Afghan war migration is critical because it affect world's peace, politics, security, and economy. Natives and migrants both feel dissatisfaction to

including blaming each other which increase tension between two countries and which is dangerous for harmony of this region. Yet most immigrants do well with adaptation of replacement. Systematic inquiries about migration pursue and consequent records on ethnically correct sign of social and professional activities. People will allow implementing clinicians to identify problems in variation and commence mental health plans, anticipate or management interference in an appropriate manner. These issues can be tended to through particular request, and counsel with group associations. Education and specialized instruction for occupation improve and correspond suitable for the Afghan because they have limited resources.

Research is needed to increase and assess plan to heal mental health issues and prevent mental illness which is necessary not only for Afghans also neighboring countries development. Investigation of replacement impacts is hard to study in Pakistan in light of the fact that dominant part of the dislocate inhabitants are not confined and they are settled with the Pakistan natives. Financial statuses of the neighborhood population are completely fall down due to Afghan War. It also comprises those refugees trying to be settled in abroad while in Pakistan they resist to merge with natives. This resistance generates impact and shows requirement for new systems for managing deport Afghan migrants. Study impacts stay that refugee's misapprehension of detachment, putting them at danger for not perceiving conflicting situation. Worries and indecisive situation lead refugees to disturb emotion and the suffer insecurities. This brought disintegrating about financial state of existent nearby work that fall underside and insufficiency procession similarly boost the unemployment rate making a bothered circumstance among local population. Major impact of the influx was unexpected amend in demography of the Pakistan. Number of refugees reached in Pakistan those who have no record. The overburden budgetary status of area distinctively influenced the day by day life of natives other than general effect on the territory's economy. Hundreds and thousands of internal "Afghan refugees" who have fled to Kabul and other towns are ignored both by the communist government and the UN agencies still in Afghanistan. Converges of Afghan outcast has made various issues for the particular neighborhood population both as far as there.

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