Chapter 20

I Am Safe While Playing; I Know You Feel the Same Emotions

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ABSTRACT

In this study, games were prepared in order to reduce the traumas that immigrant children experienced during migration or where they migrated, socialization, development of empathic skills, and adaptation to the new surroundings. It is thought that prepared games will provide positive contributions to the physical and mental health of children.

INTRODUCTION

Due to wars in the Middle East, many individuals have had to migrate from their places of residence. Whatever the religion of an immigrant is, regardless of age, national identity, gender, reason for migration, level of education, cultural and social background, great turbulence arises in the inner world. On the one hand, in a foreign country or in the region, while on the other side the feeling of longing is somewhere in the individual. Individuals who have been forced to leave their homelands, their environment, their homes, their possessions, their friends for a long time, and find themselves in a different world. Being forced to have the safety of life from one side, struggling to survive is overwhelmed by the difficulties of staying between the other side and trying to adapt to the culture, social life and language of the country where it is sheltered. These heavy burdens also lead to a number of demolitions, psychological, social and bodily. Taking these into consideration, especially young children and elderly people feel the migration and the pressure of new places more and more. It is most important to adapt to a new environment and make new friends. Is it possible to reduce the traumas brought on by these difficulties, to attract them to social life, and to live in harmony with their new environment? It is thought that some of the difficulties with the games prepared in this study will come from its superiority.

Immigrant

The notion of migration as a sociological phenomenon that society welcomes throughout its history; it can be defined as the settlement of a new territory by separating the geographical regions of individuals or societies (Kurt, 2006). The mass immigration movement is both political and democracy. Immigrants are escaping from their countries due to terrorism, civil war and poverty (Wit and Albath, 2016).

Migration, even in the best conditions, is an alteration of the near and far periphery for an individual. Events that cause migraine can be a source of trauma for children (Topçuoğlu, 2014).


*States Parties shall ensure that a child who, alone or in partnership with his or her parents or any other person, who is seeking to obtain refugee status or who is considered to be a refugee under international or domestic law rules and procedures shall be bound by this Convention and with respect to human rights or humanitarian issues, They shall take all necessary measures to enjoy protection and humanitarian assistance in order to exercise the rights recognized and applicable in other international conventions to which they are a party.*

Immigrants are the names given to people who go to other countries to settle by leaving the country they are affiliated with for various reasons (political, religious, economic, custom, etc.). Immigrants are left behind with the needs of the new place they are migrating, their integration with the society, how they are received by society, and trying to survive in their new places, bringing an imbalance situation to themselves (Urk, 2010).

Mthethwa-Sommers and Kisara (2015) also state that immigrant students living in countries face bullying. As a matter of fact, Cornea, Valez and Giftard (2010) stated that immigrant youths who were exposed to bullying among their peers had very low happiness levels and expressed immigrant individuals’ bullying behaviors and their effects. As a result of the sorption, they have a negative effect on psychosocial welfare in general.

According to Arayıcı (2002), the most important problems of immigrant children are education and training, teaching on the mainland and culture, and language teaching. According to McBrien (2005), people may face situations such as anxiety or depression when they try to achieve a new cultural fit. This situation can become more difficult for children to overcome.

Children who migrate to a country that is very different from their own culture can experience a psychological trauma even if they can continue their education even if they can continue to communicate with their peers that they do not speak the same language. Expressing themselves is a very difficult situation for them. These individuals are highly likely to be inactive individuals. At the same time, these individuals are also faced with the fear of exclusion. Urk (2010) states that immigrants can sometimes remain silent in the face of any ill-treatment at the expense of surviving in the countries where they are often refugees. Given this belief, Cornea, Valez and Giftard (2010) support this work because the level of happiness of immigrant youths who have been subjected to extreme peer pressure is very low. Having a burglary generally has a negative effect on psychosocial welfare.

In addition to, they have to start working at an early age in very difficult and bad conditions, which is also a traumatic situation for these individuals. While their peers were playing games, these individuals were forced to earn money.
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