

An impressionist painting of a rainy street scene. A person in a dark coat and hat stands in the center, holding a light-colored umbrella. The street is wet and reflects the light from street lamps. The background shows trees and buildings, all rendered with visible brushstrokes and a warm, muted color palette of yellows, oranges, and browns. The overall mood is quiet and somewhat melancholic.

# Loneliness knows no borders: exploring loneliness among non-Western older migrants

NEDA BAYAT

Dept. of Social Psychology, Maastricht University

IMISCOE conference Care for and social well-being of older migrants

19 February 2019, Leiden, the Netherlands

# Introduction

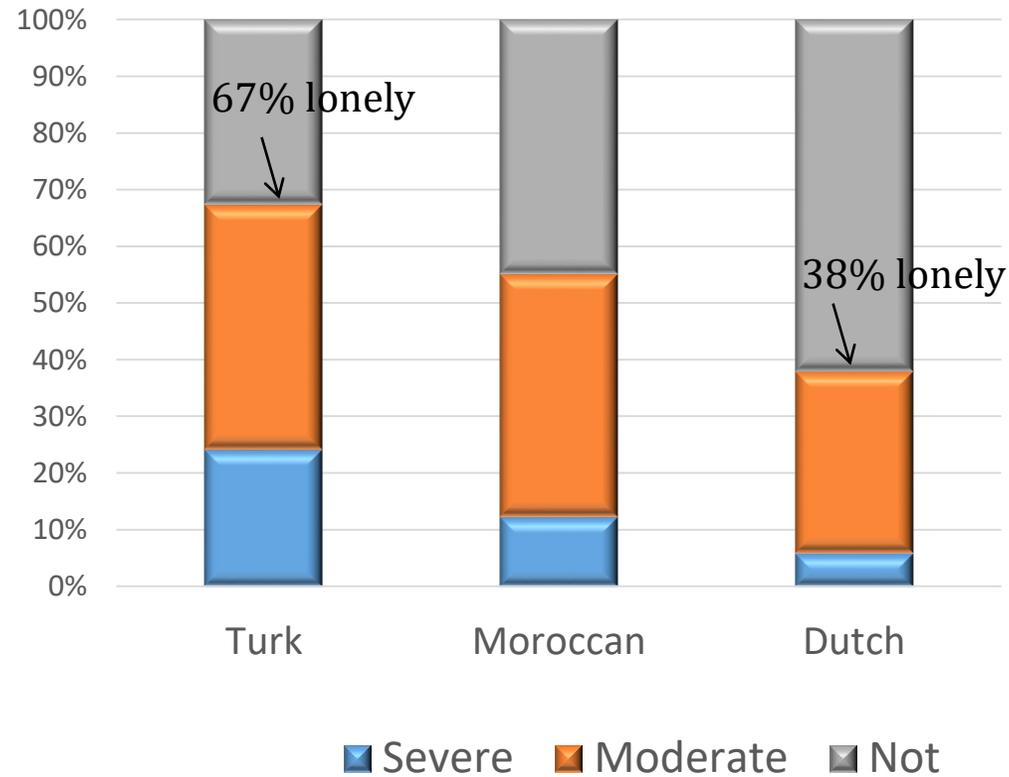
- *Loneliness*: unpleasant feeling that takes place when one's network of social relations is deficient in some important way, either quantitatively or qualitatively
- Migration, old age, and loneliness...



# Loneliness among older migrants

- The focus of this presentation is on two older migrant groups: Turks and Moroccans
- Loneliness in these groups are investigated in 3 aspects:
  - 1) Difference between migrants and non-migrants
  - 2) Difference within non-western migrants
  - 3) From GPs and district nurses perspective

# 1) Difference between migrants and non-migrants

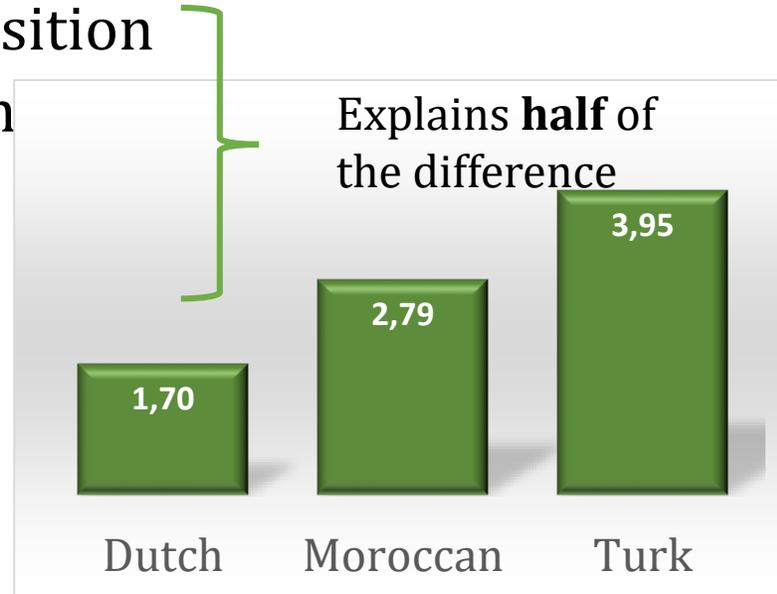


Symbol study, low SES neighbourhoods in four Dutch big cities, 55+ years old, Uysal-Bozkir, Fokkema, MacNeil-Vroomen, Van Tilburg, & De Rooij (2017)

# 1) Difference between migrants and non-migrants: risk factors

- Predictors:

- Socio-economic position
- Social participation
- Mastery
- Health



- Other factors?

- **Expansion of social participation care**

Loneliness (0-11) by migrant status

van Tilburg & Fokkema (2018)

## 2) Difference within non-migrants

- Why some non-migrants are lonelier than others?
- A protective factor: **Belonging**
  - To main society
  - To own group
  - Transnational belonging



National and transnational belonging among Turkish and Moroccan older migrants in the Netherlands: protective against loneliness?

Klok J, van Tilburg TG, Suanet B, Fokkema T, Huisman M

# From GPs and district nurses perspective

Higher loneliness among Turks and Moroccans was **invisible** to all GPs and district nurses.

## Why?

- Strong family tie
- Anxiety or shame
- Concept of loneliness
- Religious dimensions
- Language barriers
- Long time staying in the country of origin
- Unaware the existing care offer
- Unaware of ways to access home care
- Unaware of financial aspects of home care



© Cecilia Paredes

Fokkema et al. (2016)

# Specific emotional problems among older migrants

- Desire for return
- Exhausted
- Lost generation
- A feeling of guilt
- Expectation from children



# Reducing loneliness: changes in the care system

- Integrated health centers
- Recognizing hidden forms of loneliness
- Culture-specific/sensitive facilities
- More information and other methods to get older migrants better acquainted with the rules on professional home care
- Adapted definition of vulnerability



# My PhD project: Loneliness among migrant in NL

- Study loneliness in broader groups of people with regard to age and origin:
  - Youth, young adults, older adults
  - Other non-Western migrants and Western migrants
- Understanding of the causes and effects
- Within group comparisons
- Prevention programs and coping strategies



ROB RUITER



TINEKE FOKKEMA

Population of the Netherlands by country of birth, 2016, CBS



SUHRETA MUJAKOVIC

Thank you for your attention



Contact:

[n.bayat@maastrichtuniversity.nl](mailto:n.bayat@maastrichtuniversity.nl)