

1993

The relationship between quantity of possessions transported and homesickness in migrants

Rosalynn M. Morrow
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**The Relationship Between Quantity of Possessions
Transported and Homesickness in Migrants**

R. M. Morrow

1993

USE OF THESIS

The Use of Thesis statement is not included in this version of the thesis.

**THE RELATIONSHIP BETWEEN QUANTITY OF POSSESSIONS
TRANSPORTED AND HOMESICKNESS IN MIGRANTS**

BY

R. M. MORROW

A Thesis Submitted in Partial Fulfilment of the
Requirements for the Award of

Bachelor of Arts (Psychology) - Honours
at the Faculty of Health and Human Sciences
Edith Cowan University

Date of Submission: 29th October, 1993

Abstract

The study addresses the relationship between the quantity of possessions transported by migrants from their country of origin and reported levels of homesickness. Eighty-nine subjects from the United Kingdom and Eire participated in the study, which was limited to those migrants who have been resident in Australia for less than 5 years ($M=2.53$). The sample was non random (purposive and accidental), consisting of 51 males and 38 females, and the mean age of the participants on arrival in Australia was 33 years. Participants completed a 32 item, Likert scale, questionnaire which incorporated items from the Fisher (1989) Dundee Relocation Inventory (DRI). Participants were allocated to 4 groups based on the quantity of possessions transported from their country of origin. As the length of time away from home is relevant to homesickness, time was included as an independent variable and a two-way MANOVA was conducted by way of analysis. A statistically significant difference was found on the combined dependent variables for Possessions ($F(12,206)=1.94, p<.05$) and Time ($F(4,78)=2.81, p<.05$). The present study has found that the strongest association, and highest levels of homesickness, exists for those who transport the largest quantities of possessions. This aligns with Canter's (1985, 1990) concept of Rule of Place. The results have also indicated that those who reported the higher levels of homesickness contact family and friends at home significantly more than those who were less homesick. The study has also indicated that time has an association with reported levels of homesickness. A

significant difference ($t(87)=2.29, p<.05$) was found between males ($M=11.03$) and females ($M=12.68$), with females using extended objects, for example writing and telephoning home, more than their male counterparts. A gender difference was not found on psychological health (grieving), which supports Fisher (1989, 1990). A moderate relationship was found between Environmental Appraisal, Routine/Social Relations and Psychological Health, which further supports Fisher's (1989, 1990) assertion that these variables are key indicators of homesickness. Overall, the results of the study concur with the literature reviewed and the inference has been drawn that large quantities of possessions can act as a catalyst for homesickness.

DECLARATION

"I certify that this thesis does not incorporate without acknowledgement any material previously submitted for a degree or diploma in any institute of higher education; and that to the best of my knowledge and belief it does not contain any material previously published or written by another person except where due reference is made in the text."



Signature:

Date: 29th October, 1993.

DEDICATION

This thesis is dedicated to the memory of my beloved Grandfather 'Willie'

who migrated to Australia aged 92.

(William O'Donnell 2nd May, 1897 to 8th August, 1992).

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CHAPTER 1

Introduction

Historical Overview of Homesickness

There are a number of occasions which involve an individual or group leaving home for medium to long periods. Some circumstances which may necessitate leaving home for medium or long periods are joining the armed forces or attending an interstate college or university. Another situation which comes to mind is when an individual or family migrate. Any one of these moves may cause an individual to become distressed, either physically or emotionally, and that person would often be described as homesick.

According to Fisher (1989), reference to homesickness appeared in literature as early as the 17th and 18th century. At this time homesickness was referred to as having strong thoughts of returning home. The symptoms were evidenced by physical changes in habits, food and customs and emotional reactions when the outsider received insults or was ignored by their new countrymen. These emotional symptoms are synonymous with those identified in relation to migrants by Richardson (1974) as reactive non-acceptance, in short "prejudice and discrimination" (p.35). Tausk (1969) found that homesickness played a significant role in desertion during the Second World War. The principal features identified by Tausk (1969) were loss of control, loneliness and preparations to return home. It is apparent that the basic concepts of homesickness, between the 17th and 20th Century, have not changed.

Cross cultural studies of Third World migrants to America identified loneliness, missing family, poor communication and lack of interpersonal

relationships as being causal factors in the homesickness experience (Hojat & Herman, 1985; Nicassio & Pate, 1984). It is difficult to justify the factors of communication and interpersonal relationships as causal, when the subjects in the Nicassio and Pate (1984) study were Indo-Chinese refugees. Arguably settlement and homesickness could have been effected by language difficulties, communication problems with home and unpleasant memories of war (Fisher, 1989).

Background and Identification of the Issue

Surprisingly, in our mobile world of the 20th century, very little is known about the effects of leaving home on the general adult population (Fisher, 1989). Some studies have been located which look at moves from third world countries (Nicassio & Pate, 1984; Eisenbruch, 1990), or countries in which the native language and cultures were categorically different to the new environment (e.g., Vietnamese moving to America). Research specifically relating to migrants whose native language is English and who migrate to an English speaking country is deficient. Research to date has not considered the level or affect of homesickness on migrants from one English speaking country to another.

The Australian Bureau of Statistics figures for 1989 (Kelly, 1991) reveal that 131,060 migrants arrived in Australia to settle permanently. Of this number 19,290 (15%) settled in Western Australia with 11,419 (60%) of those from countries in which English was the native language. This figure represents a significant proportion of the migrant intake by Western Australia.

The Perth Migrant Services Unit reports that very few migrants from countries in which the native language is English approach them for information. The department is aware that these migrants experience difficulties in adjusting. For

example, the descriptions of such things as food differ, the standards of dress vary, and the lifestyle is different. These issues are enhanced by lifestyle changes, such as the focus on outdoor living in Australia (R. Holm, personal communication, 19 April, 1993).

Possessions and Place Attachment

It is clear that the demands of a new environment may affect a migrant both physically and emotionally. Research in America, by Belk (1992) and Bih (1992), found that Indian and Chinese migrants used possessions such as artifacts and photographs from home to facilitate transition and aid settlement. Belk (1992) asserts, although to date there is no literature to support this assertion, that possessions could play a similar role in other migrant groups. The orientation of environmental psychology is the interrelationship between environment, both built and natural, and behaviour (Bell, Fisher, Baum & Green, 1990). A more specific concept within this area, and one which addresses the relationship of possessions and behaviour, is place attachment.

The concept of place attachment is defined as the bonding of people and places. *Attachment* emphasises affect and the term *place* focuses on the environmental setting to which people are emotionally and culturally attached. These are the factors which affect the attachment and disattachment of individuals and groups to places, relationships and possessions (objects) within their environment (Low & Altman, 1992). Examples of these issues are personal and family upheaval (Fisher, 1990), coping processes (Pennebaker, Colder & Sharp, 1990) and loss of rootedness to place (Shumaker & Taylor, 1983). It is important at this stage to consider the distinction between place identity and

place attachment.

Place attachment can be simply described as the meaning a place has for an individual, and this meaning grows through familiarity. On the other hand, place identity is the individual's incorporation of place into the concept of self and is an important dimension of an individual's personality (Gifford, 1987). However, the arguments presented in the literature on the differences between the two concepts are complex and often appear ambiguous. This complexity is compounded by the various terms that appear, for example sense of place, insideness and rootedness. Low and Altman (1992) state that the concept of place attachment incorporates place identity. However, they also argue that the reverse is possible, and that place identity incorporates place attachment.

Proshansky, Fabian and Kaminoff (1983) argue that place identity is cognitive and affective, and involves an interplay of knowledge, belief, behaviours and actions with reference to a specific place. Interestingly, and in contrast, Fried (1963) argues that place attachment is a taken for granted framework until such time as there is disruption. Gifford (1987) supports this concept when he asserts that loss of place attachment is a frequent theme when linked with mobility.

This line of discussion does not aim to simplify an extremely complex and controversial issue, but rather to clarify the stance adopted for this study. A comprehensive discussion of the topic would require a more in depth analysis than is permitted here. It is argued that a person takes for granted their attachment to place (home) until such time as disattachment occurs. For the purpose of this study, place attachment is essentially unconscious (taken for granted), until such time as there is disruption. In the case of migrants,

disruption (loss) of place attachment is manifested as homesickness.

Need for the Study

Previous exploration of migration and mobility has indicated that there is a strong relationship between relocation and physical ill health, such as cancer and heart disease (Stokols, Shumaker & Martinez, 1983; Kane, 1987 cited in Fisher, 1990). Distinctive evidence also exists which indicates that transition by way of relocation can cause various states of psychological disequilibrium, such as grieving (Fried, 1963) and role change (Luthke & Cropley, 1990).

On the basis of this and other research to be reviewed in Chapter 2, it is apparent that migrants represent a group within the community whose psychological well-being is at risk, and as a consequence there can be deterioration in physical health. There is a need to identify those issues which either enhance or adversely affect migrant transition. Examining the relationship between possessions and levels of homesickness offers an opportunity to increase understanding and knowledge of these issues.

Research in Homesickness

Research which considers homesickness as a psychological construct is minimal and there is a deficit in the area of migrants. Certainly the relationship of quantity of possessions on reported levels of homesickness has not been explored.

Studies of homesickness over the past nine years by Shirley Fisher and Associates (Fisher, 1989, 1990; Fisher, Frazer & Murray, 1984, 1986; Fisher & Hood, 1987; Fisher, Murray & Frazer, 1985), a synopsis of which is presented in Fisher (1989), have focused on boarding school, university and nursing

students. The analysis of these studies have resulted in the development of an instrument for measuring homesickness, called the Dundee Relocation Inventory (DRI). The DRI has reliability and validity, however, in its present format it is not totally suitable for measuring homesickness in migrants. An attempt to measure homesickness in Swedish migrants was made by Torbjorn (1982) as part of a larger study. Only two statements were included ... "Sweden is a country to return to in old age [and] ... After some time abroad one does not miss Sweden any more" (cited in Fisher, 1989, p.24). Arguably this type of investigation does not measure the factors which indicate homesickness, and lacks the depth to conclude whether or not homesickness exists. These examples highlight the need to design a more suitable measuring instrument.

Problem Questions

The fundamental question addressed by this study is whether or not there is a relationship between the quantity of possessions transported from the country of origin and reported levels of homesickness in migrants. Other issues addressed are whether the quantity of possessions transported has a bearing on migrant's impression of their new environment, and will those who transport a small amount of possessions contact family and friends at home more frequently than those who transport larger quantities? The study will explore the association of quantity of possessions and the psychological health of migrants. Finally, the study will review whether there is any relationship between length of time away from the country of origin and reported levels of homesickness.

Significance of the Study and Applied Applications

Identifying links in the relationship of possessions and homesickness will lead to increased knowledge, understanding and awareness of migrant

settlement per se. The main goal of the study, and clearly the most important consequence, is to obtain information which will enhance the physical and psychological well-being of migrants, that is to minimise homesickness. It is also important to be aware that world affairs are responsible for many individuals and groups being confronted with loss of their homes and possessions. It is hoped that information gleaned will provide counsellors and caregivers with a deeper understanding and awareness of the psychological implications for those who experience migration, or relocation by way of refugee status.

The study has applied application for those who counsel, care-give or provide information to migrants. Relevant information could be made available to prospective migrants at the point of departure and to migrants on arrival. As research (Bloom, 1968; Wandersman, Wandersman, & Kahn, 1980) has indicated, prior knowledge and understanding of issues which may arise aids transition, particularly when the event is a milestone in one's life (Luthke & Cropley, 1990). The study has implications for the development of important primary prevention strategies (e.g., programs and groups) at the community level, which will reduce stress and facilitate the transition of individuals and groups into their new environment (Heller, Price, Reinharz, Riger & Wandersman, 1984).

From a community perspective, the study offers an opportunity to facilitate action by increasing understanding and awareness at a grass roots level through migrant social organisations and participants in the study (Heller et al. 1984).

Definitions of Key Terms of the Study

Throughout the study, the term *migrant* refers to those who have migrated

from Scotland, England, Northern Ireland, Eire, Wales or the Channel Islands and have been resident in Australia for no longer than 5 years.

At the moment, homesickness is defined in neither clinical or non-clinical psychological terms (Fisher, 1989). The dictionary definitions are simplistic in that they do not extend to the range of symptoms associated with homesickness. For example the Chambers Twentieth Century, Collins Australian and Concise Oxford dictionary definitions state that homesickness is missing home, family and friends and involves some state of melancholy or distress. In the present study *homesickness* is explicitly defined as symptoms which are indicative of missing home, family and friends, routine changes and experiencing distress. These symptoms are measured by self-reported levels of dissatisfaction with the new environment, maintaining high levels of contact with family and friends left behind, lifestyle changes and psychological distress.

The term *extended objects* incorporates all methods utilised by migrants to contact or maintain contact with home such as telephone calls, letters, photographs, videos either of family or television programs, newspapers and magazines.

Outline of the Study

In the first instance, a literature review was undertaken in the area of environmental psychology, as the broad area of interest for the researcher was the relationship of the environment on the behaviour of migrants. The area of focus narrowed to place attachment as it became apparent that the theoretical concepts of this area were particularly pertinent to migrants. A few studies (Belk, 1992; Bih, 1992) were located which highlighted that possessions had a role to play on the transition of migrants, although the influence or relationship

was not defined. At this stage it was theorised that there were conceptual links between possessions and homesickness.

A review of the literature on homesickness revealed that a limited amount of research had been undertaken. The largest amount of research into homesickness was found to have been undertaken by Shirley Fisher and Associates (Fisher, 1989, 1990; Fisher, Frazer & Murray, 1984, 1986; Fisher & Hood, 1987; Fisher, Murray & Frazer, 1985) over the nine year period 1984 to 1992. These studies explored homesickness in adolescents and young adults. The research focused on relocation to educational institutions and did not involve migration per se or the general adult population. It became apparent that there was a research deficit in that homesickness was a construct which had not been sufficiently researched in the context of migrants.

At this stage informal and unstructured interviews were conducted with migrants from English speaking countries. It was found that themes emerged which concurred with the conceptual links identified from the literature.

Following the literature review, interviews and establishment of the research question, the next objective was to design a suitable questionnaire. The questionnaire incorporates some direct and some modified items from the inventory reported in Fisher (1989), while the remainder of the items were constructed by the researcher and relate to those factors which have been identified as synonymous with homesickness.

The questionnaire was tested-retested on a convenience sample of 20 subjects following which the main study was undertaken. The questionnaire was completed by 89 participants who were volunteers obtained from migrant social

organisations, and in response to a radio interview and a newspaper advertisement. Data was then analysed and the results reported and discussed.

Summary

It appears that the symptoms of homesickness, found between the 17th century and the latter part of the 20th century are very similar. During this period the symptoms identified have related to changes in habits, loneliness, and missing family and friends. These symptoms can be manifested by physical illness such as cardiovascular/gastro-intestinal system breakdown, and psychologically by grieving (Fisher, 1990).

Studies are presented which show that objects and artifacts from the country of origin have a role to play in the transition of migrants (Belk, 1992; Bih, 1992). It has been concluded that there are conceptual links between the theoretical premise of place attachment and homesickness. The results of the study for migrants and the community in general have considerable applied and practical value.

It has been identified that studies of homesickness in those whose native language is English, and who migrate to a country whose native language is English, have not previously been undertaken. This study is not about reasoning why this particular group of migrants has not been the focus of previous research, rather it focuses on the current research question into the relationship between the quantity of possessions transported, and reported levels of homesickness for this group.

CHAPTER 2

Review of the Literature

Aspects of Home

Asking people to define 'home' is likely to provoke numerous and diverse responses. Is it the house in which they live? Is it the furniture and possessions inside? Is it the family/friends with whom they share the house and their life? Is it the street and neighbourhood in which they live? Or is it their social life and circle of friends and colleagues? These questions highlight the complexity of the concept of 'home' and responses seem to infer that home is all of these things (Sixsmith, 1986).

Research indicates that home is in fact an integration of many things, all of which have both an emotional and physical role to play in a person's daily life (Tuan, 1974). Fried (1963) argues people take home for granted and have no idea of the feelings, attitudes, values, memories, ideas, behaviours and experiences that are attached to home (Low & Altman, 1992; Brown & Perkins, 1992). Further, Adams (1992) considers that people are unaware that social relations and satisfaction with the physical environment in which they live, and with which they interact, contribute to their psychological well-being. Being known in and around the neighbourhood in which one lives encourages feelings of belonging (Cohen & Shinar, 1985). A person not only becomes an integral part of their house (Csikszentmihayi & Rochberg-Halton, 1983), but also of the physical surroundings which comprise their neighbourhood. Relph (1976) describes this familiarity and belonging as rootedness to place.

Belonging and the Environment

Part of this familiarity and belonging process develops as a result of the social relationships which evolve as part of living in an area (Cohen & Shinar, 1985; Gauvain, Altman & Fahim, 1983). So much is integrated in this process, and feelings of belonging are aided by issues such as assessment of the aesthetic qualities of a neighbourhood and feelings of being safe (Fisher, 1989). Ultimately, satisfaction with the environment is increased when these needs are met (Shumaker & Taylor, 1983). This positive perspective creates a calmness that has a spill over effect on other environments and situations (Kuller, 1991).

As with the physical environment, a person's perspective of the importance of social relationships is taken for granted, and it is not until there is a disruption that people come to realise the role and effect that others have on their lives (Brown & Perkins, 1992). An example of this is the remodelling and demolition of older housing areas. While the new homes are aesthetically pleasing, the new design can change the normal informal social interaction of friends and neighbours (Gauvain et al. 1983). In the past, homes have shared a common entrance (e.g., blocks of flats), which encouraged meeting and social interaction with neighbours. The new homes (villas or units) may give more privacy, but neighbours and friends no longer meet informally. This results in some individuals experiencing feelings of isolation (Marris, 1986), alienation and a sense of loss of control over their environment (Heller, et al. 1984). Research (Csikszentmihalyi & Rochberg-Halton, 1983) has indicated that objects within a person's environment serve to enhance feelings of being in control and also assist in transition (Bih, 1992). These ideas concur with what Canter (1991) terms ... "rule of place" (p.196).

Rule of Place

Canter's (1991) concept infers that specific behaviours will occur as a result of the environment (physical cues) in which a person is involved. Canter (1985) further argues that rule of place is also applicable in cross cultural situations (e.g., a lecture theatre in any country in the world will elicit the same behaviours), and he asserts that domestic patterns will not be influenced by cross cultural moves, but rather domestic patterns will remain stable. The philosophy of the concept is that if the physical environment is stable (e.g., same furnishings) then behaviours will remain the same. The linking of an individual feeling in control of their environment (Csikszentmihayli & Rochberg-Halton, 1983) and Canter's (1985, 1991) perspective of familiar surroundings eliciting the same behaviours is substantiated by research conducted by Korpela (1992).

Korpela (1992) found that the most important room to a child or adolescent is their bedroom. This environment contains favourite possessions and is the space which provides privacy, creates feelings of control, and in which autonomy can be cultivated through dialogue being conducted with self. The bedroom in fact represents the space to which the child or adolescent has the most attachment (Lindberg, Hartig, Garvill & Garling, 1992).

Adults, like children and adolescents, also have specific rooms which they prefer over others. There also appear to be gender and age differences, with females and the elderly identifying with objects of contemplation, while adolescents and males display similar preferences for action items (Csikszentmihalyi & Rochberg-Halton, 1983). Females report preferring the objects and possessions in the living and dining room, although their favourite

room is the kitchen, which indicates the integration of personal and practical items. On the other hand, males have a preference for the den or basement, analogous in Australian terms to the study or workshop/shed, and once again the inference is drawn that these places house emotional and practical items (Belk, 1992; Csikszentmihalyi & Rochberg-Halton, 1983).

In linking the above research findings with Canter's (1985, 1991) rule of place, it is logical to surmise that a person will be in control of their environment when it houses either familiar or favourite objects, and as a consequence behaviours will occur as a result of the environment (Kuller, 1988).

Place Attachment and Disruption

The foregoing discussion conceptually integrates and links theories pertaining to possessions, the environment, and behaviour utilising the complex framework of 'home'. The discussion has addressed and presented a holistic picture of what Low and Altman (1992) define as place attachment. By way of contrast, there is what Gifford (1987) describes as loss of place attachment, and Fried (1963) defines as disruptions which are represented by changes

in one's relationship to the past, to the present, and to the future. Losses generally bring about fragmentation of routines, of relationships, and of expectations, and frequently imply an alteration in the sense of continuity which is ordinarily a taken for granted framework of functioning (p.232).

Fried (1963), as well as more recent evidence by Eisenbruch (1990) and Vernberg and Field (1990), supports the theoretical premise that disruption by relocation causes a grieving process.

Research by Fisher (1989) refers to cases which substantiate Canter's (1991) rule of place and Fried's (1963) definition of disruption and the grieving

process. Fisher describes incidents where emotional breakdowns were spontaneously triggered by the familiarity of the environment to one from the home town. For example visiting a chain store which was very similar to the one in the home town. Self reported diary accounts (Fisher et al. 1984, 1986) have ascertained that these breakdowns are accompanied by thoughts of missing home, family and friends. These incidents are reported by Fisher (1989) as being associated with the construct of homesickness.

Homesickness

Fisher (1989) identifies the key factors which are indicative of homesickness as being:

1. Geographical distance from home.
2. Dissatisfaction with the new environment.
3. Unaccommodating of changes in routine and social relations.
4. Deterioration in physical and psychological health (grieving - missing family and friends). These consequences have been collaborated independently by Brown (1987a) cited in Brown and Perkins (1992).

The variables listed above represent those concepts which have been identified within the environmental model of place attachment. It is therefore argued that disruption to place attachment, by migration, is actually manifested as homesickness. In support of this statement, the following section explores in some detail those factors which are indicative of homesickness.

Geographical Distance

Fisher et al. (1986) found that homesickness was not evident where the geographical distance from home was less than approximately 200 miles, but

was evident in the case of greater distances. As geographical distance has implications for increasing homesickness, it is argued that the further the distance, the more likely one is to encounter cultural differences. Secondly, costs (both financial and time) of visits home could be restrictive. These restrictions could well become prohibitive to the majority of migrants, and even thinking of the distances involved trigger homesickness. Fisher (1989) reported a significant relationship between the desire to go home more frequently and reported levels of homesickness.

Fisher (1989) reports that homesickness does not differentiate between males and females. However as mentioned earlier, participants in the Fisher and Associate studies, were children and adolescents and contrary to the Fisher finding, Richardson (1974) found that adult females reported being homesick more than males. There also appears to be a strong relationship between homesickness and negative appraisal of the new environment.

Environmental Appraisal and Possessions

Negative appraisal of the environment includes not feeling safe, not liking the buildings and lack of satisfaction with the living environment (Fisher et al. 1985). However, due to the fact that a large percentage of the sample in the Fisher and Associate studies (Fisher, 1989, 1990; 1990; Fisher, Frazer & Murray, 1984, 1986; Fisher & Hood, 1987; Fisher, Murray & Frazer, 1985) were children and adolescents, the results could reflect that the sample:

1. did not have a large number of personal possessions;
2. shared a dormitory or room which would not have space for their possessions;
3. were perhaps subject to school or hall of residency restrictions which

did not permit personal items.

Whatever the reason, these issues arguably impinge on homesickness. One of the key variables identified by Fisher (1989), as being associated with homesickness, was missing objects from home. Essentially, this concurs with research conducted by Bih (1992) which found that Chinese students made use of items from home such as tea sets, cassettes, musical instruments and photographs to assist in their transition. Vinsel, Brown, Altman and Foss (1980) also found that students used possessions to ease transition. Interestingly, large quantities of decorations from home in student's rooms were found to be early warning signs of future university dropouts. Students who dropped out by the end of second year were found to have more substantial amounts of decorations that looked like reminders of home than other students (Brown & Perkins, 1992).

Belk (1992) found that Indian migrants to America had more artifacts in their home than their countrymen in India. Belk asserted that such possessions acted as surrogate extended families and could fulfil a similar role for other migrant groups. With reference to migration, Sluzki (1987) advocates that carrying or displaying framed pictures or decorative objects from the old home, represents the boundaries of an individual's personal space and can generate a sense of continuity and familiarity. In relation to this it is pertinent to consider the role of letter writing and telephone calls as a means of maintaining contact with family and friends. These are referred to as extended objects. Extended objects are classified as the various ways by which continuity is maintained with family and friends from the country of origin. Arguably, writing and telephoning home play an important role in migrant adjustment.

Extended Objects

Contact with home by way of letter writing and telephone calls does not appear to have been explored deeply by the Fisher and Associate studies , although there are self-reports by some participants of writing ... "hundreds of letters" (Fisher, 1989, p.27). The lack of an in depth analysis of this idea is possibly due in part to the fact that the sample used in all of the studies were either boarding school children, university students or trainee nurses, who could have been limited in making telephone calls by cost factors, access to telephone or permission not being given to use telephones. It is also likely that the sample were able to return home during term breaks and holidays, especially the boarding school children, which may have reduced the need for contact. In the case of adults who are long distances from their country of origin, it is conceivable that these methods of maintaining contact with family and friends would be more readily accessible and perhaps more affordable. In this context it is argued that high levels of such contact is indicative of homesickness.

Sluzki (1987) contributes further to the discussion on extended objects by addressing the role of ad hoc community organisations which Sluzki argues act as buffers against the impact of migration. Migrants may well become members of associations such as a Scottish Country Dance Society or the Irish Club, which could serve as surrogate extended families. Membership of such organisations may also aid the development of new social relationships.

Routines and Social Relations

Membership of a migrant community organisation may assist in alleviating what has been identified as a major symptom of homesickness, which is missing family and friends. Research (Shumaker & Taylor, 1983; Chalip, Thomas &

Voyle, 1990) has indicated that socialising and becoming involved in recreation and community activities aids settlement and leads to better adjustment in migrants. This lends credence to the summary of the Fisher and Associate studies reported in Fisher (1989) which have shown that in the case of those who were homesick, 80% reported staying in their rooms in preference to going out socially. Those who became involved in new tasks and social activities were found not to be homesick (Fisher, 1990).

Richardson (1974) found that non homesick men reported enjoying their leisure time more than their homesick counterparts. Apparently, socialising and becoming involved in community activities is linked with reduced levels of homesickness. Whilst these issues are acknowledged as being relevant in the literature, they do not appear to have been comprehensively researched (Vernberg & Field, 1990), or have not been central to the research.

The implications of leaving family and friends are extensive. As is indicated in Chapter 1 there is evidence which indicates that migration can be responsible for not only psychological well-being (grieving) but also for physical deterioration in health (Shumaker & Taylor, 1983).

Health Issues

Physiological Health Issues

Physiological conditions such as cancers and cardiovascular/gastro-intestinal system, breakdown leading to ulcers and heart disease, have been identified in association with migration and relocation (Fisher, 1990; Kane, 1987 cited in Fisher, 1989). Research involving children has also indicated that there were more days off school for non-traumatic illness in the group who were deemed

homesick. Also, the homesick group visited a doctor more frequently than those who were not homesick (Fisher & Hood, 1987). These physiological symptoms in children who have migrated have been manifested by changes in sleep patterns, vomiting, bed-wetting and, in the case of adolescents, peer relationship problems (Vernberg & Field, 1990).

While not all those who migrate will experience, or report, a reduction in their physical health as a result of being homesick, a large percentage will report depressing thoughts regarding home (Eisenbruch, 1990; Fisher, 1990).

Psychological Health Issues

These depressing thoughts of home, which are indicative of low levels of psychological well-being, would be evidenced by missing home and wishing you were at home (Fisher, 1989). One of the key deficits in the literature on homesickness relating to grieving is the lack of clarity on the duration of the process. Time is another variable which has been identified as being associated with homesickness. However, the only collaboration in the literature is between Fisher et al. (1985, 1986) and Brown (1987a) cited in Brown & Perkins (1992) who agree homesickness does not necessarily occur immediately and the duration varies, as does intensity, over time. It is contended that there are varying degrees of grieving which occur as a result of different kinds of relocation:

1. Where there is loss of the physical 'home' but contact could be maintained with family and friends (e.g., slum clearance and students).
2. Migrants who lose physical and emotional contact (i.e., the physical 'home' and family and friends), but arguably are able to return to their country origin.

3. Migrant refugees whose homes and way of life have been totally destroyed by war. The inherent finality of this situation could be said to be analogous to the grieving process of the death of a family member or friend as there is no possibility of return.

If one supports this notion, then the duration of the grieving process becomes dependent on several factors and cannot be linked directly to theories pertaining to grief. Therefore, although there is research which shows that homesickness reduces over time (Anthony, 1984 cited in Brown & Perkins 1992). Fisher (1990) has indicated periods of up to 5 years and Brown and Perkins (1992) has inferred that homesickness peaks at 2 years when students 'drop out' of college and return home. The informal interviews conducted prior to this study have indicated various time spans for the duration of homesickness from 5 through to 11 years. It appears that individual differences have a role to play in the duration of the process, and the mean group figure appears to lie in the region of 5 years. While it is acknowledged that depressing thoughts relating to home appear to be a good predictor of homesickness (Fisher & Hood, 1987), these thoughts diminish over time (Anthony, 1984 cited in Brown & Perkins, 1992; Fisher, 1989, 1990). However, the effect of the environment, buildings, parks and landscapes (Fisher, et al. 1985, Low, 1992) and having familiar objects around the home, impact on psychological well-being (Belk, 1992; Bih, 1992; Sluzki, 1987).

Conceptual development of the Links and Themes

On reviewing the literature, it has become apparent that the concept of home is complex and is often taken for granted. As a result, an individual does not

realise how attached they are physically and psychologically to home. Therefore, those who migrate have no notion of how disruptive the move will be, and are unaware of the possibility of serious implications by way of impaired physical and psychological health.

An overview of the theoretical premise of place attachment has highlighted that the opposite process, disruption to place attachment, manifests as homesickness when associated with migration.

Summary

The review has highlighted how individuals become unconsciously attached to home (place attachment) and has acknowledged that disruption to this attachment may have serious implications in relation to health issues. It has been argued that in the case of migrants disruption to place attachment is manifested as homesickness.

Homesickness is an area which has not generated a great deal of research (Fisher, 1989). Certainly issues pertinent to assimilation and coping of migrants have been addressed (Richardson, 1974; Sluzki, 1987), but not homesickness as such. The phenomenon is complex and after 9 years of undertaking research within this area, Fisher (1989) states how difficult it is to draw all the information together. However, it appears that the key variables defined as impacting on homesickness, are the environment, psychological health, changes in social relations/routine and missing family and friends. The literature infers that possessions have a role to play and are therefore associated with reported levels of homesickness. It is the effect of relocation on these variables, which manifests itself as homesickness. It has also been argued that extended objects will be used more by homesick migrants as a way of maintaining contact with

family and friends from the country of origin.

Clearly, there are issues raised by this premise for community psychologists who often have the responsibility of increasing awareness within the community which may facilitate and empower migrants to adjust with minimal physical and psychological hazards (Heller et al. 1984; Rappaport, 1977). The links and themes presented are not only pertinent to migration. It is argued that the psychological factors associated with homesickness (disruption to place attachment) have implications for community psychologists in war torn countries such as Bosnia.

The Present Study

The present study examines the relationship between the quantity of possessions, by quantity, transported from the country of origin and reported levels of homesickness. Arguably, from the literature on place attachment, the more familiar migrants' new home and surroundings are, the more continuity and control there will be in their lives (Canter, 1991; Csikszentmihalyi & Rochberg-Halton, 1983; Sluzki, 1987). However, it seems feasible to assume, from the research in homesickness, that large quantities of possessions and familiarity of one's surroundings could in fact induce feelings of homesickness (Fisher, 1989, 1990; Brown & Perkins, 1992).

The literature review has linked theoretical concepts within the area of environmental psychology by reference to a large number of sources. The area is fragmented and diverse and is steeped in phenomenological research which presents the researcher with the task of linking the themes before conducting a quantitative research.

In light of the literature review the following research questions became the focus of the study:

- Is there a relationship between the quantity of possessions transported from the country of origin and homesickness?
- Does quantity of possessions transported bear any relationship to the appraisal of the new environment?
- Are quantity of possessions associated with psychological health?
- Are extended objects used more by those with higher levels of homesickness?
- Is time related to reported levels of homesickness?

In order to clarify and assess whether or not the ideas of the researcher were pertinent, unstructured interviews and informal discussions were undertaken prior to the main study.

CHAPTER THREE

The Exploratory Study

The exploratory study consisted of two stages:

- Stage 1. Informal discussions were conducted with migrants who had been resident in Australia for at least 5 years
- Stage 2. A test-retest was conducted to examine the reliability and validity of the instrument which has been designed for the main study.

Stage 1

Informal Discussions and Interviews

Following the literature review, informal discussions and unstructured interviews were conducted with 15 migrants who were known to the researcher. The purpose of these discussions was to establish whether or not the conceptual links identified in the literature review were themes pertinent to migrants. The significance was to clarify the research questions by determining whether or not the theoretical themes were relevant in a real world situation. There were three areas of particular interest, which were as follows:

1. the association between possessions and settling,
2. the time lapse between arrival in Australia and thoughts of home diminishing,
3. the impact of the environment on migrants.

These informal discussions lent support to the theoretical framework of the study (i.e., that there is an association between possessions and symptoms of homesickness). One couple stated that, when their furniture arrived some six

months after their arrival, they felt more at home.

Some of those interviewed had brought possessions while others had not. The reasons seemed to vary considerably, for example, one person indicated that they wanted their children to have familiar things around them, therefore everything was shipped from the country of origin. Another person indicated that their children were given the choice of bringing whatever they wanted from their bedroom. In this case, the youngest child brought everything, while the eldest did not bring as much and has regretted the decision since. Some indicated that they chose not to bring furniture (practical items), as they wanted a fresh start and part of this was buying new things.

The literature on relocation highlights the concept of grieving and loss, however the duration of the grieving process is not indicated. Fisher (1989) when discussing homesickness, infers that there is no finite time for the process and while some students in her studies reported levels of homesickness up to 5 years after leaving home others reported non homesickness after 1 year. The preliminary interviews conducted by the researcher did not clarify the issue of how long thoughts of home continued, as these remained for varying amounts of time depending on the individual. One person stated that feelings of being completely at 'home' in Australia did not occur until they returned to their country of origin on holiday, which was 8 years after leaving. Taking into account the qualitative data on the period elapsed before thoughts of home diminish, and the literature review, the residency period for the study was set at a maximum of 5 years.

Another area of interest was membership of social organisations (see Chapter 2). The informal discussions lent support to the theoretical premise that

some members of organisations, such as the Celtic (Supporters) Club, actually join for the fellowship. This group meets and views video tapes of soccer matches involving the Glasgow Celtic Soccer Club. The secretary of the club intimated that fellowship and being with others of the same "ilk" (kind/country person) was important.

An issue which was highlighted during the informal stage of the research, was that membership of such clubs is not exclusively for individuals and families born overseas. Many organisations have members who are first or second generation Australian, who become members of clubs and organisations in order to maintain cultural and heritage links (e.g., the Irish Club and Scottish Heritage Society).

The environment seemed to impact quite substantially on migrants. One migrant from Wales declared that for ... "the first two years I thought Australia was a desert". A few others commented that the streets/neighbourhood were not as 'busy' as at home. A theme which came through from all the discussions, was the amount of space there is around houses in Australia. For example, a few commented that they had lived in terraced houses in England, and here they lived in what they termed 'bungalows'. Two of the interviewees inferred that the sense of space made them feel unsafe. Interestingly, the different terminology also supported the premise that language change, although subtle, could impinge on settlement.

General Aims

The information obtained, in conjunction with the research conducted by Fisher and Associates and reported in Fisher (1989), was used to design the

questionnaire for the main study. In summary, the following key points were identified:

- Household goods did have a role to play in adjustment.
- The amount of time necessary to assimilate varied.
- Migrant organisations fulfilled the role of surrogate families.
- Appraisal of the new environment was significant enough for individuals to remember their first impressions of Australia.

Stage 2

The second stage was an exploratory study which incorporated the design and test-retest reliability of the instrument for the main study as well as establishing its internal consistency. The testing of the instrument also presented the researcher with an opportunity to assess the relationship between the variables used to measure homesickness. It was perceived that the statistical information obtained could assist in confirming the logical ordering of the variables to be used as covariates in the main study (Tabachnick & Fidell, 1989).

Method

Subjects

Twenty subjects participated in the exploratory study, and the sample selected was one of convenience. The sample consisted of 9 males and 11 females, and the mean age of the participants on arrival in Australia was 33.15 years. The mean number of years resident in Australia was 13.42. At the time of arrival 18 were married (14 had children) and 2 were single.

Of the total sample 80% intended to find employment and 20% had

employment arranged prior to arrival. Five participants brought suitcases only, 6 and 9 participants shipped between 1 and 50 % and 51 and 100% of their possessions respectively. None of the sample were members of migrant social organisations.

Questionnaire

The questionnaire (see Appendix A) was designed by the researcher. Ten items were taken directly from the DRI, but generally the questionnaire was designed to suit a migrant sample and reflected the issues which were reported in the literature as being associated with homesickness. To avoid repetition, the complete details of the questionnaire are presented in Chapter 4. However, to aid interpretation of the data, the following are details of the scoring criteria used for both the exploratory and main study:

1. Extended Objects were represented by questions 11 through to 15.
The score range was 4 to 26, with higher scores being indicative of homesickness.
2. Environmental Appraisal were represented by questions 16 through to 20. The score range was 5 to 25, with low scores being indicative of homesickness.
3. Routine/Social Relations were represented by questions 21 through to 27. The score range was 5 to 35, with low scores being indicative of homesickness.
4. Psychological Health was represented by questions 28 through to 32.
The score range was 5 to 25, with higher scores being indicative of homesickness.

Two items were incorporated into the exploratory study which were not intended for inclusion in the main study. These items invited participants to comment on the questionnaire, as follows: "Did you find any of the questions difficult to answer? If so could you tell me why [and also] Please use the next couple of lines to comment in general on the questionnaire. All information gleaned will assist greatly with the construction of the final questionnaire."

Procedure

Migrants who had been resident in Australia more than 5 years, and were known directly or indirectly by the researcher, were invited to participate in the exploratory study. Anyone who was involved in stage 1, the interview process, was not invited to participate in stage 2, the exploratory study.

An outline of the exploratory study and its aims were explained to each participant verbally by the researcher. Strict time limitations were a key element in arranging and completing the test-retest. As a consequence, arrangements were made to deliver and collect the completed questionnaires, firstly at Week 1 and then again at Week 2. Each participant received a Front Page Cover which stated the purpose, aims and issues pertinent to confidentiality, as well as the Questionnaire (see Appendix B). An envelope was provided for each participant to return the completed questionnaire.

The data was collated by way of coding and scoring the completed questionnaires. A code was allocated to each of the 4 variables and a spread sheet was designed to facilitate the coding and scoring of the questionnaire (see Appendix C). The questionnaires were coded and scored by the researcher and then separately by a colleague. Inter-coder reliability was examined using the following formula: number of times observers agreed over the number of

opportunities for agreement multiplied by 100. According to Shaughnessy & Zeichmeister (1990) the accepted level of reliability is 85% or better. On completion of the collation of the data, it was entered into a spread sheet and the data was examined for entry errors.

Test-retest reliability and the internal consistency of the questionnaire were examined.

Results and Discussion

Inter-coder reliability was calculated at 98%. Two errors were identified on the data entry sheet which were amended prior to data analysis.

There were no missing data and assumptions regarding normality, linearity and homoscedasticity were met after examination of scatterplots. Pearson product-moment correlations were performed between each of the variables for Week 1 and Week 2 using SPSS for Windows. The results of the correlations are reported in Table 1.

Intercorrelations among the variables can be examined in Table 2. The main findings were a low positive, non significant, correlation ($r=.42$) which was found between environmental appraisal and routine on Week 1 and a moderate positive correlation ($r(18) = .56, p < .01$) was found between these variables for Week 2. The negative correlation between environmental appraisal and psychological health is particularly interesting, as it supports Adams (1992) assertion that environmental satisfaction is indicative of good levels of psychological health.

The means for these variables are presented in Table 3. As can be seen, environmental appraisal is scored highly which indicates high satisfaction with

the environment and is indicative of either low levels of homesickness or non homesickness. Psychological health is scored low which is indicative of healthy levels of psychological well-being and low levels of homesickness or non homesickness. This supports the research conducted by Fisher and Associates, and reported in Fisher, 1989, that satisfaction with the environment is indicative of low levels of homesickness and consequently lower levels of impaired psychological health will be reported, for example grieving (Fried, 1963).

The sample in the exploratory study were required to met the criteria of being resident in Australia for more than 5 years ($M=13.42$). It was anticipated that this group would not be homesick. This controlled the affective component of homesickness, but also ensured that the participants in the exploratory study would relate to the issues. Overall, the mean scores on all variables indicated that the group in the present sample, as expected (due to the time in Australia) would not be homesick. This lends support for Anthony (1984) cited in Brown & Perkins, 1992) who asserts that thoughts of home diminish over time and that homesickness reduces (Fisher, et al. 1985; Fisher et al. 1986; Brown 1987a cited in Brown & Perkins, 1992).

The construct validity of the instrument, that is homesickness, unfortunately cannot be determined, as there is no criterion group on which to establish the scoring. Fisher (1989) based the construct validity of the DRI on completed DRI results plus independent ratings from housemasters, and the correlation coefficient was ".40 ($p<0.02$)" (p.140). The validity of the main study is based on the theoretical premise of disruptions to place attachment being manifested as homesickness. The fact that the indicators given in stage 1 concurred with the

variables identified by Fisher and Associates, and reported in Fisher (1989), over the past 9 years. The questionnaire also incorporates items directly and indirectly used in the DRI. Further, it is argued that, as is indicated by the means, the sample for the exploratory study have not reported homesickness as conceptualised in the theoretical framework of the research. It also lends support to the literature which indicates that the variables defined do impinge on homesickness (Brown & Perkins, 1992; Fisher, 1989; Kane, 1987 cited in Fisher, 1990). It was concluded that the questionnaire does in fact have validity for use in the main study. The construct validity of the questionnaire is examined further in the main study by using the Week 1 group of the exploratory study as a criterion group.

The internal consistency of the questionnaire was examined using Cronbach's Coefficient; the scale had 8 items and had an alpha coefficient of .70 and a Standard item alpha of .63.

The open ended questions generally attracted responses which indicated that the questionnaire was easy to understand, well structured and easy to follow. One participant suggested that questions 7 and 8 could be reversed and upon review by the researcher, this was undertaken prior to the main study. Another participant commented that the response to the open-ended question would have been different had the questionnaire been completed 7 to 8 years earlier..."Time changes things" (this subject has been resident in Australia 8 years). One respondent indicated that during the first 2 years, their telephone account would have amounted to the equivalent of their airfare home. This statement lends support to the idea that when individuals are homesick they will

used extended objects and contact family frequently. Another participant indicated that they missed family and friends but not 'home' per se. This participant has been resident in Australia for 14 years. In general, these responses lend support to the premise that homesickness is experienced by migrants and does diminish substantially over time.

Table 1

Test-Retest Reliability

Variable	(n)	Pearson <i>r</i>
Environmental Appraisal	20	*.77
Extended Objects	20	*.98
Routine	20	*.84
Psychological Health	20	*.93

* $p < .0001$ (two-tailed test).

In conclusion, the informal interviews supported the conceptual links that disruption to place attachment for migrants can be manifested as homesickness. The discussions also indicated that possessions played a role in the adjustment process. Finally, migrants were aware of changes in physical environment and this seemed to impact on them.

The test-retest results support the design and construction of the questionnaire (e.g., the scoring being indicative homesickness). The reliability and validity of the instrument are acceptable.

Table 2

Intercorrelations Among Variables

Variable	1	2	3	4	5	6	7	8
1Envappr (Wk1)	1.00							
2Envappr(Wk2)	***.77	1.00						
3Extobjjs (Wk1)	.20	.21	1.00					
4Extobjjs (Wk2)	.21	.21	***.98	1.00				
5Psyhlth(Wk1)	-.28	-.37	.13	.12	1.00			
6Psyhlth(Wk2)	-.20	-.32	.05	.06	***.93	1.00		
7Rousoc(Wk1)	.42	.35	.03	.02	-.09	.16	1.00	
8Rousoc(Wk2)	*.45	** .56	.09	-.09	-.27	-.003	***.84	1.00

* $p < .05$; ** $p < .01$; *** $p < .0001$ (two-tailed test).

Envappr = Environmental Appraisal, Extobjjs = Extended Objects,

Psyhlth = Psychological Health, Rousoc = Routine/Social Relations

Table 3

Means and Standard Deviations of Homesickness Variables

Variable	<u>n</u>	<u>M</u>	<u>SD</u>
Environmental Appraisal (Wk1)	20	21	2.76
Environmental Appraisal (Wk2)	20	20	2.77
Extended Objects (Wk1)	20	8.9	3.01
Extended Objects (Wk2)	20	9.0	3.02
Psychological Health (Wk1)	20	7.8	2.33
Psychological Health (Wk2)	20	7.6	2.21
Routine/Social Rels (Wk1)	20	23.5	3.85
Routine/Social Rels (Wk2)	20	23.4	3.33

***Note Score Ranges**

Environmental Appraisal	5 - 25
Extended Objects	4 - 26
Psychological Health	5 - 25
Routine/Social Relations	5 - 35

CHAPTER 4

The Main Study

This chapter reports the methods used in conducting the main study and important issues such as those pertaining to ethics are addressed. Details of the study method are reported by way of sample selection, demographic data, group design, the questionnaire itself and procedures used. This is followed by a discussion on the ethical considerations and results of the study.

Method

The Sample

There were two criteria for the sample selection in the main study. Firstly, participants were required to have been resident in Australia for more no more than 5 years. Secondly, participants were required to be at least 18 years of age when they left their country of origin. The second criteria was included as arguably children and adolescents under the age of 18 would have had no control over the decision to migrate. It was determined that this issue could become a confounding variable and the second subject criteria was established control this variable.

The subjects were representative of an accidental and purposive sample, and overall the sample was one of nonprobability. Meeting the criteria (purposive), as well as availability and willingness of subjects to respond (accidental), were the overriding factors in obtaining the sample selection (Shaughnessy & Zechmeister, 1990).

Eighty-nine subjects participated in the study. The sample consisted of 51

males and 38 females, whose mean age on arrival in Australia was 33.17 years. Participants in the study had been resident in Australia for an average period of 2.53 years.

Demographic Data

At the time of arrival, 57 participants were married (35 had children), 20 were single, 1 was divorced, 1 was separated and 10 were in permanent relationships. Of the total sample, 16 had work to come to, 61 intended to find work after arrival and 12 did not intend to seek employment.

With regard to quantity of possessions, 19 participants brought suitcases only, 20 participants shipped 0-25% of their possessions, 13 participants shipped 26-50% of their possessions, 12 participants shipped 51-75% and 25 participants shipped 76-100% of their possessions. Nine of the sample reported being members of migrant social organisations, such as the Irish Club, while 80 reported being non-members of such organisations.

Group Design and Group Demographic Data

The participants were allocated to one of 4 groups depending on the quantity of possessions shipped from the country of origin. Group 1 consisted of those who only brought a suitcase, and Groups 2, 3 and 4 consisted of those who shipped between 0-25%, 26-75% and 76-100% of their possessions respectively.

With regard to the types of possessions transported, 75% of Group 2 reported shipping personal items (e.g., tapes, photographs) while 76% and 80% of Groups 3 and 4 respectively reported shipping both personal and practical (e.g., fridge, washing machine) items.

Groups 2,3, and 4 each had 2 members of migrant social organisations and

Group 1 had 3 members.

The demographic data for each group is summarised in Table 4 .

Table 4

Demographic Data of the Groups

Demographics	Group 1 (n=19)	Group 2 (n=20)	Group 3 (n=25)	Group 4 (n=25)
Gender	Males 12 Females 7	Males 11 Females 9	Males 15 Females 10	Males 14 Females 11
Age on Arrival	26.95 (M)	33.25 (M)	36.68 (M)	34.32 (M)
Years in Australia	2.00 (M)	3.00 (M)	2.81 (M)	2.28 (M)
Country of Origin	UK 8 Eire 11	UK 16 Eire 4	UK 21 Eire 4	UK 24 Eire 1
Marital Status on Arrival	Married 3 Single 12 PR 4	Married 15 Single 3 PR 1 Divorced 1	Married 15 Single 5 PR 4 Separated 1	Married 24 PR 1
No of Participants who had Children on Arrival	n=1	n=10	n=11	n=13

*Note: PR is Permanent Relationship

Employment

As reported above, the majority of the sample ($n=61$) intended to work and did not have employment arranged prior to their arrival. Of this number, 22 reported finding employment within 1 to 2 weeks, 10 within 3 to 4 weeks, 13 within 4 to 8 weeks and 16 reported that it took longer than 8 weeks after arrival to find employment. Overall, those seeking employment and the amount of time to attain employment were evenly dispersed across the groups.

Questionnaire

The questionnaire, which was specifically designed for the study, consisted of four pages and 32 items (see Appendix D). As reported in Chapter 3, items 7 and 8 were reversed for the main study. The final two items, which in the exploratory study had requested information regarding the structure of the questionnaire, were replaced with two open-ended questions pertinent to the main study.

The questionnaire began with three items requesting general information about the participant. Two of these items served as a screening process to ensure that participants met the subject criteria of the study (i.e., resident no longer than five years and age on arrival in Australia). These items were included at the beginning of the questionnaire for the reasons given but also as they were perceived to be non threatening issues for the participants.

The first 3 numbered items addressed the issue of quantity and type of possessions transported from the country of origin. Items 4 through 10 inclusive requested information regarding country of origin, demographic data, employment and whether or not the participant was a member of a migrant social organisation.

Items 11 through 14 inclusive were statements which specifically related to the use of extended objects (Cronbach's $\alpha = .50$), for example "I telephone family/friends at home". These items required a response to a Likert scale; Never, Weekly, Fortnightly, Monthly and Occasionally. Item 15 required a Yes or No response, with the Yes response serving as a filter for further information regarding the number of photographs of family /friends the participant had displayed around their home.

Items 16 through to 27 inclusive were statements which required a response to a Likert scale of one to five. Both extremes of the continuum had an anchor, where 1 indicated strong disagreement with the statement and 5 indicated that the participant strongly agreed with the statement.

Responses to items 16 through to 20 related to participants' appraisal of the new environment (Cronbach's $\alpha = .70$), for example "I feel safe here", "The buildings are more attractive here than at home" and "I like the neighbourhood I live in here more than the one at home (e.g., houses, park)". The remaining seven items in this section were statements pertaining to routine and social relations (Cronbach's $\alpha = .75$). The responses indicated whether or not there were changes to participants' life with regard to such things as involvement in community activities and changes to the daily routine.

The final five items were statements which focused on the psychological well-being of the participant (Cronbach's $\alpha = .85$). In particular they tapped the grieving process, such as "I wake up wishing that I were at home" and "I miss having someone close to talk to". Participants were required to tick the most suitable response on a Likert scale of Never, Rarely, Sometimes, Often, Always.

To conclude, the questionnaire participants were invited to write brief comments in response to two questions "Is there anything you brought with you which you wish you had left behind? [and also] Is there anything you didn't bring with you which you wish you had?" In both instances, participants were invited to give the reason for their choice.

Incorporation of the Dundee Relocation Inventory

Permission was obtained from Professor Fisher (see Appendix E) to incorporate the Dundee Relocation Inventory (DRI) (Fisher, 1989) in the present study. Of the 22 statements in items 11 to 32 inclusive of the questionnaire, 10 came directly from the DRI and these items are marked with an asterisk on the questionnaire in Appendix D. Of the remaining 12 items, four examined the use of extended objects. These were incorporated by the researcher as they were considered as being important to the issue of migrants and their settlement in a new country. The remaining eight items addressed factors relating to the extent of migrant assimilation and included issues which Fisher (1989) states as indicative of homesickness (e.g., satisfaction with the environment).

Validity of the Questionnaire

In chapter 3, the issue of the validity of the questionnaire was raised. It was stated that it was difficult to determine validity as there was no criterion group on which to establish the scoring. As discussed in Chapter 3, participant in the test-retest were selected on the basis that they would be not be-homesick. The scores from this group are indicative of non-homesickness as prescribed by Fisher (1989) and as assessed by the researcher. Logically, this sample are representative of a criterion group and their scores, by way of means and standard deviations, are compared in Table 5 with the scores from participants

in the main study. As expected the comparison of the means indicate, that participants in the main study have reported significantly higher levels of homesickness.

Table 5

Comparison of Means, Standard Deviations and Range for Homesickness
Exploratory and Main Study

Variable	<u>M(n)</u>	<u>SD</u>	Range	
			Minimum	Maximum
Psyhlth	11.71(89)	4.35	5	25
	7.80(20)	2.33	5	12
Extobjjs	11.75(89)	3.43	4	21
	8.90(20)	2.95	4	16
Envappr	16.69(89)	4.32	5	25
	20.55(20)	2.76	15	25
Rousoc	21.54(89)	5.35	7	34
	23.50(20)	3.85	15	33

*Note Figures in Bold are the Exploratory Study

Extobjjs=Extended Objects, Envappr=Environmental Appraisal,

Rousoc=Routine/Social Relation and Psyhlth=Psychological Health

Questionnaire Administration and Confidentiality

Questionnaires were self-administered. A Front Page Cover was attached to each questionnaire which introduced the study and addressed issues of Confidentiality and How to Complete the questionnaire. The name and contact number of the researcher and research supervisor were also included (see Appendix F).

Procedure

Three methods were employed to recruit participants for the main study, these were by newspaper advertisement, radio interview and direct contact with migrant organisations.

Newspaper Advertisement

Firstly, an advertisement was placed in the of the West Australian newspaper (see Appendix G) inviting migrants from the UK and Eire to participate in the study. The advertisement was placed in the Public Notices section of the paper and confidentiality of the volunteers was addressed.

Radio Interview

Secondly, a media release (see Appendix H) was sent by facsimile to the Producer of the ABC morning radio program on 6WF requesting that an announcement be made on the program. This would request that persons from the UK and Eire who had been resident in Australia for less than 5 years, and would be interested in completing a short questionnaire, were requested to contact the researcher by telephone. Rather than presenting the basic information contained in the media release as an announcement, the Producer extended an invitation to the researcher to take part in a live interview on 6WF with the morning program presenter Gerry Gannon (Appendix I is a transcript of

the radio interview). The information given during the interview was general and the following key points were raised:

1. It was stated that the researcher was conducting the study as part of an Honours degree in Psychology. The institution attended by the researcher was also identified.
2. Care was taken not to mention the term 'homesickness' in order to avoid priming. The purpose of the study was generally described as relating to issues pertaining to migrant adjustment.
3. Listeners were advised that they could contact the researcher or a colleague by telephone to arrange to receive a questionnaire. Listeners were advised that no names were required, only their contact address. They were also advised that a stamped addressed envelope would be included for the return of the completed questionnaire.

Migrant Social Organisations

Thirdly, a number of migrant social organisations were contacted. It is of interest to note that, of 8 organisations contacted, only 2, The Glasgow Celtic Soccer Supporters Club, and The Irish Club, actually had members who had been in Australia less than 5 years. Six forms were mailed to the Secretary of The Glasgow Celtic Soccer Supporters Club, who in turn mailed them to the members. Each questionnaire had a Front Page Cover attached and a stamped addressed envelope to the researcher.

In the case of the Irish Club, the researcher was invited to attend the club on a Sunday afternoon. The researcher spoke to those attending the club and outlined the study in general terms and invited those who met the participant

criteria to complete the questionnaire. Care was taken not to coerce people to participate, and not all those present who met the criteria elected to complete a questionnaire. A large box with an opening at the top was provided for participants to return their completed questionnaires. Those who participated were advised of the purpose of the study on completion of the questionnaire. A request was made by a number of participants for information from the study to be given to the club. It was arranged that on completion of the study an article would be provided by the researcher to be placed in the club newsletter.

Ethical Considerations

A major ethical consideration of the study was that completion of the questionnaire could invoke feelings of homesickness for the participants. To counteract this, the Front Page Cover of the questionnaire, for both the exploratory and the main studies, clearly identified the researcher and research supervisor. Participants were encouraged not to hesitate to contact either the researcher or research supervisor.

After completion of the questionnaire there was either a verbal or written communication with participants advising the precise purpose of the study (see Appendix J). Participants were also informed that if they could obtain the results of the study by notifying the researcher.

Throughout the study the qualifications of the researcher were stated as was the institution and the degree being undertaken.

Participants were aware that no names would be required and that they could not be identified. They were also advised on the Front Page Cover that they could withdraw from participation at anytime.

Letters of consent were not completed by participants. Completing and

returning the questionnaire was considered as giving consent to participate and at no stage was coercion used.

Response Rate

The advertisement in the West Australian attracted one telephone response.

The interview on the radio attracted 60 telephone responses, and in the majority of cases respondents requested more than one questionnaire. Six questionnaires were sent to the soccer supporters club and 12 were completed at the Irish Club. In total, 150 questionnaires were distributed, and of this number 98 were returned, representing a return rate of 65 percent. According to Babbie (1979) cited in Shaughnessy and Zechmeister (1990), a mail survey response rate of 60 percent is good, with 70 percent considered very good. The response rate of the present study is considered particularly good, as no follow up letters could be sent, due to time restraints for completion of the study. Further, one can typically anticipate for a mail survey a response rate of 30 percent for the first mail out (Shaughnessy & Zechmeister, 1990).

Inclusion in the Study

Of the 98 questionnaires returned, 89 were included in the analysis. Four returned questionnaires were not included in the analysis because the participants did not meet the selection criteria. Two of these had been resident longer than 5 years and two were under 18 years of age on arrival in Australia. A three week period had been allocated by the researcher for the return of the completed questionnaires. The remaining five questionnaires were subsequently excluded, as they were received after the allocated date and when the data analysis had commenced.

Data Coding

The same coding instruction sheet was used for the main study as for the exploratory study and this is detailed in Appendix E. The questionnaires were coded and scored by the researcher. A colleague of the researcher was trained in the coding and scoring procedure using a different colleague to the one who completed the coding and scoring on the exploratory study. After training, the colleague was given the scoring instruction sheet and completed the scoring and coding procedure. Inter-coder reliability was examined using the same formula as the exploratory study (refer to Chapter 3).

On completion of collation of the data, it was entered into a computer spread sheet and a print out obtained. Data entry was examined for errors against the original scoring with the assistance of a colleague by verbally calling back the data. On completion of this procedure the statistical analysis of the data was undertaken.

Results

Data Preparation for Analysis

Inter-coder reliability was calculated at 99%. Four errors were identified on the computer data entry sheet. Amendments were made to the coding, scoring and data entry prior to continuing.

It was found that there were four separate cases with missing data. Each case had one missing value with none pertaining to the same question or variable. As the number of missing data was small and random, the group mean for the missing value was calculated from the available data and used in place of the missing value (Tabachnick & Fidell, 1989). For example, the mean value for environmental appraisal was computed and inserted in place of the missing

value.

Data Screening

The assumptions of normal distribution were met after an extreme score, which represented a univariate outlier, was identified (on a stem and leaf plot, with a significant Shapiro-Wilks and a standard score of Z3.05). The outlier score was changed to one unit larger than the next extreme score in the distribution (Tabachnick & Fidell, 1989), and the data was then re-screened and no further outliers were apparent.

The data was also screened for multivariate outliers by Mahalanobis distance, and there were no multivariate outliers with (4df) and $\alpha .001$, 18.467 is the critical value.

The assumptions of normality of sampling distributions, linearity, homogeneity of variance-covariance matrices and multicollinearity were met and a 4 X 2 MANOVA was conducted using SPSS for Windows.

One independent variable was Possessions transported, with 4 levels graded by quantity; Suitcase only, 0-25% Possessions, 26-75% Possessions and 76-100% Possessions. The second independent variable was Time with 2 levels which were represented by represented residency in Australia of either more than 2.5 years (Hi) or less than 2.49 years (Lo).

The 4 dependent variables were: Extended Objects with high scores being indicative of homesickness, Environmental Appraisal and Routine/Social Relations both with low scores indicating homesickness, and Psychological Health with high scores representing homesickness.

Responses to the open-ended questions regarding possessions left behind,

or brought and unwanted were explored by the researcher and themes identified. The categories used in the analysis are defined as Practical Possessions, Personal Possessions, or Practical and Personal and People. Practical Possessions include electrical goods, furniture, car and clothes. Personal Possessions includes such possessions as photographs, books, and sporting equipment. The category of Practical and Personal indicatives a response which included both of the aforementioned. The People category includes direct reference to family and friends or pets, rather than objects. A further two categories were included, where No indicated that they would not have changed anything, and No Comment indicated that they wrote no comment, with No indicating either a line or the item left blank.

Analysis of Data

The means and standard deviations on the Homesickness variables in relation to quantity of Possessions are reported in Table 6, and Time in Australia is reported in Table 7.

With the use of Wilks' criterion for the combined dependent variables, there was a significant effect for Possessions ($F(12,206)=1.94, p<.05$) and Time ($F(4,78)=2.81, p<.05$), but no significant interaction ($F(12,206)=.85, >.05$).

Two significant main effects were found on the individual dependent variables of Environmental Appraisal with Possessions ($F(3,81) = 4.46, p<.01$) and Extended Objects with Possessions ($F(3,81) = 3.24, p<.05$). One significant main effect was found on Time and Extended Objects ($F(1,81) = 4.76, p<.05$).

Assumptions regarding Homogeneity of Regression were met, however, as there were no grounds for logical ordering of the variables, a stepdown analysis was not undertaken (Tabachnick & Fidell, 1989). Tukey's post hoc comparisons

were undertaken in SAS with adjustment for experimentwise error and comparisons reported are statistically significant at alpha .05.

Table 6

Mean Scores for Homesickness Variables in Relation to Quantity of Possessions

	Suitcase	0-25%	26-75%	76-100%
	(n19)	(n20)	(n25)	(n25)
Variable	<u>M(SD)</u>	<u>M(SD)</u>	<u>M(SD)</u>	<u>M(SD)</u>
Extobj	12.65(3.17)	9.80(3.38)	11.36(2.99)	13.00(3.46)
Envappr	15.42(3.97)	18.18(4.22)	18.36(3.00)	14.78(4.85)
Rousoc	20.46(3.80)	21.60(5.43)	23.48(4.95)	20.36(6.30)
Psyhlth	11.84(3.98)	10.25(4.16)	11.16(4.10)	13.12(4.28)

Note Variable abbreviations and Range Scores

Extobj=Extended Objects (Range 4-26)

Envappr=Environmental Appraisal (Range 5-25)

Rousoc= Routine/Social Relation (Range 5-35)

Psyhlth=Psychological Health (Range 5-25)

Table 7

Mean Scores for Homesickness Variables in Relation to Time

Resident	Longer than 2.50 Years (<u>n</u> 44)		Less than 2.49 Years (<u>n</u> 45)	
Variable	<u>M</u>	<u>SD</u>	<u>M</u>	<u>SD</u>
Extobj	10.87	3.92	12.60	2.65
Envappr	17.01	4.51	16.37	4.13
Rousoc	20.89	5.95	22.17	4.68
Psyhlth	11.57	4.88	11.73	3.48

Extobj=Extended Objects, Envappr=Environmental Appraisal, Rousoc=Routine /Social Relation and Psyhlth=Psychological Health.

The comparisons have indicated that those who brought 76-100% (M=14.78) of their possessions were not as satisfied with the new environment as those who brought between 0-25% (M=18.17) and 26-75% (M=18.36) of their possessions. This indicates that the more possessions a migrant brings, the less satisfied they are with their environment, and consequently the relationship with homesickness is stronger.

A relationship has been shown with both quantity of possessions and time

regarding the use of extended objects. The comparisons have shown that those who bring a suitcase only ($\underline{M}=12.65$) and those who bring 76-100% ($\underline{M}=13.00$) of their possessions used extended objects and are more homesick than their counterparts who have shipped 0-25% ($\underline{M}=9.80$) of their possessions. A significant difference has also been found to exist in relation to the amount of time in Australia. Those who have been resident over 2.5 years use extended objects ($\underline{M}=10.87$) significantly less than those who have been resident under 2.49 years ($\underline{M}=12.60$).

Further exploration of the data was undertaken after ensuring, by way of histograms and standard scores, that assumptions regarding normal distribution were met, and the SAS TTEST procedure was used to investigate gender differences on the use of extended objects. As there was no violation of homogeneity of variance, the t test result under the assumption of equal variance was used. A significant difference was found ($t(87) = 2.29, p < .05$) with females ($\underline{M}=12.68, \underline{SD}=3.63$) using extended objects more than males ($\underline{M}=11.03, \underline{SD}=3.11$).

A TTEST using the SAS procedure revealed a non significant ($t(87) = 1.81, p > .05$) difference between males and females on psychological health.

The Pooled within-cell correlations among the dependent variables are shown in Table 8.

Table 8

Pooled within-cell Correlations among Dependent Variables

Variable	Envappr	Psyhlth	Rousoc	Extobjs
Envappr	4.096			
Psyhlth	-.636	4.213		
Rousoc	.646	-.626	5.316	
Extobjs	-.283	.481	-.305	3.141

Extobjs=Extended Objects, Envappr=Environmental Appraisal, Rousoc=Routine /Social Relation and Psyhlth=Psychological Health

In summary, a significant effect has been found to exist between the 2 independent variables of Possessions and Time and the combined dependent variables of Environmental Appraisal, Psychological Health, Routine/Social Relations and Extended Objects. Significant effects were found on the individual dependent variables of Environmental Appraisal and Extended Objects with Possessions, as well as Extended Objects and Time. Turkey's post hoc comparisons identified significant, specific group differences.

Qualitative Data

The results of the qualitative data are presented in Figures 1 through to 8. Each figure represents an analysis of the data by group based on their responses to the 2 open-ended questions. As could be anticipated, the suitcase

only group did not bring anything that they wish they had left behind, and did not appear to wish that they had brought additional items.

In the case of those who shipped 0-25% of their possessions once again there did not appear to be many items brought which this group wished they had left behind. One participant did comment that he would have preferred not to bring his two dogs, as there is not enough freedom for animals here. Particular reference was made to being unable to take the dogs with you wherever you go, as everywhere the signs said "Dogs not allowed". Primarily this group wished they had brought more practical items, such as cars and furniture.

Those who shipped 26-75% of their possessions indicated that they would have left some items behind ($n=4$), for example electrical goods, as they did not convert to Australian standards. Overall, the majority reported that they would not have left anything behind. This group strongly indicated that they would have brought an increased number of practical household items.

Half of the final group, those who transported 76-100% of their possessions, indicated they wished they had left behind practical items. The reasons given were essentially that goods did not operate in Australia or that the clothes they brought were not suitable for the climate. One person commented ..."I wish I'd left everything. Life is so different (my life) in every way here I would rather have started from scratch. Too many things remind me of my old house". Two in this group indicated that they wished they had brought their family pets as they missed them.

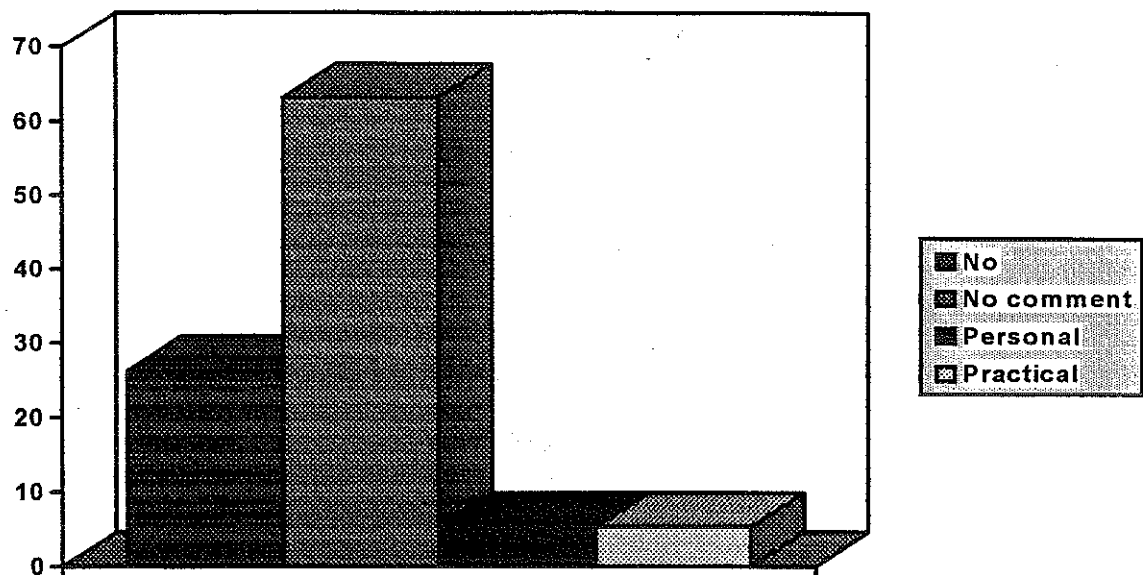


Figure 1 Group 1: Categories and percentage of items and things which participants wish that they had left behind.

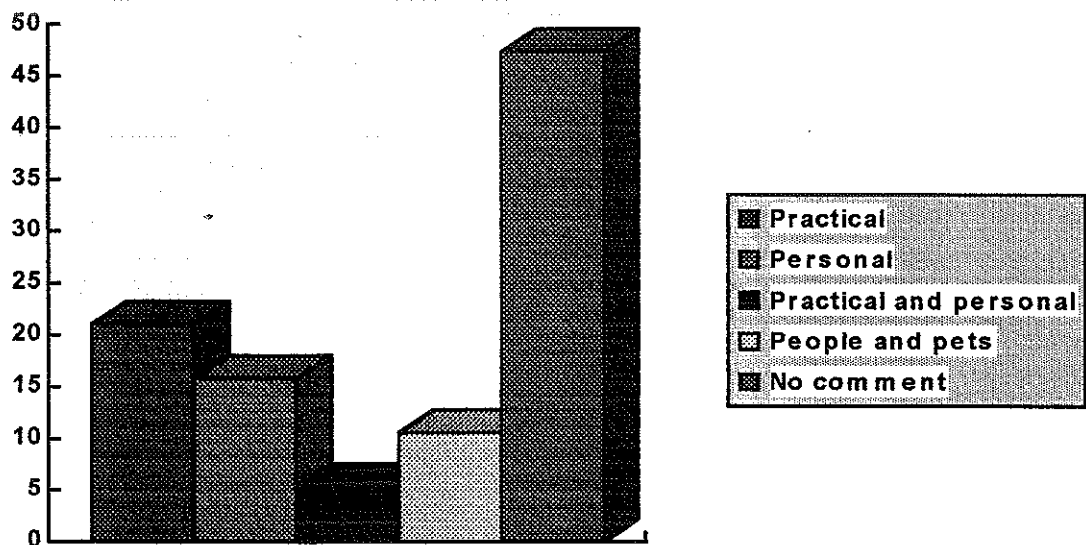


Figure 2 Group 1: Categories and percentage of items and things which participants wish that they had brought.

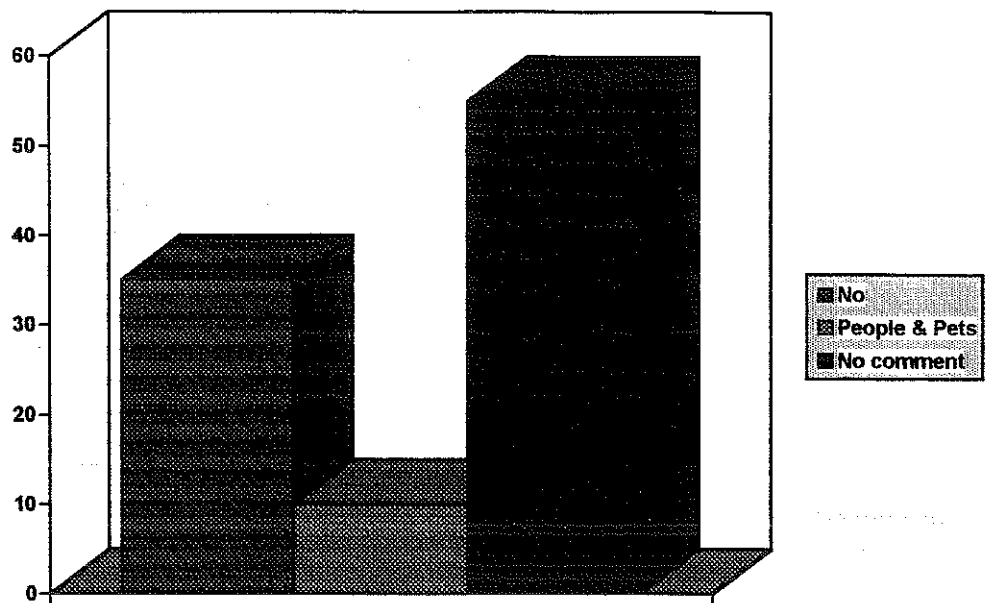


Figure 3 Group 2: Categories and percentage of items and things which participants wish that they had left behind.

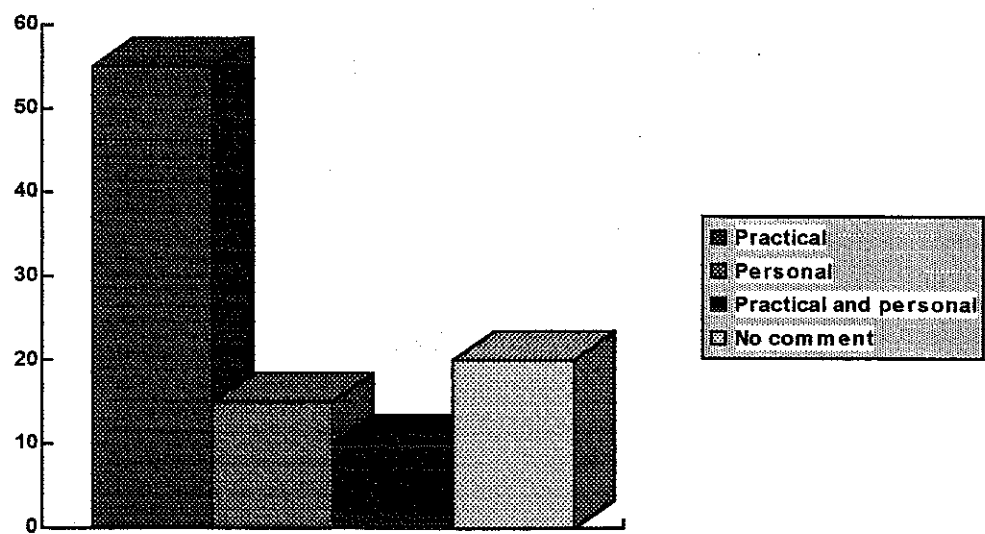


Figure 4 Group 2: Categories and percentage of items and things which participants wish that they had brought.

Figure 5 Group 3: Categories and percentage of items and things which participants wish that they had left behind.

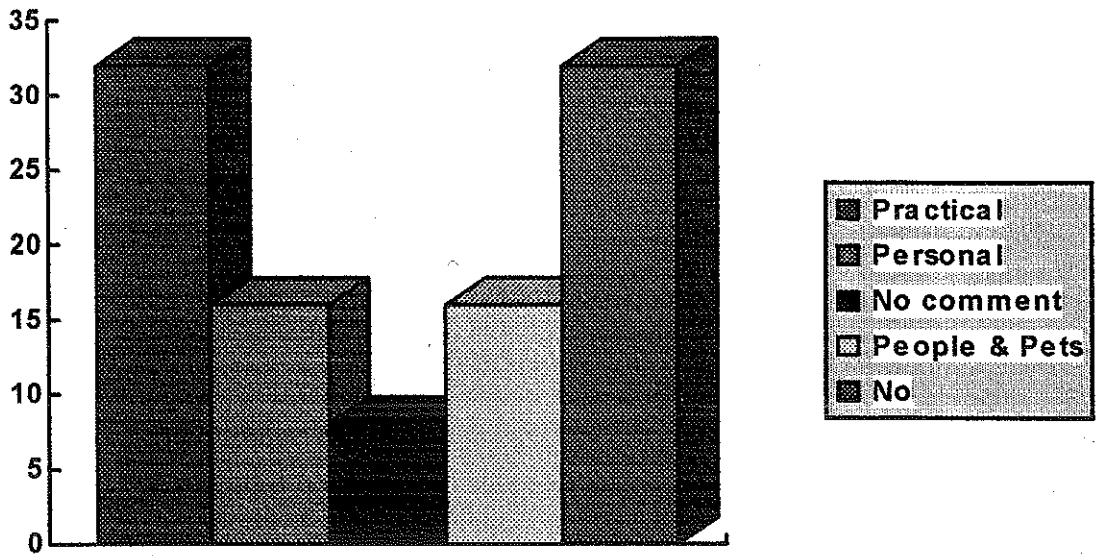
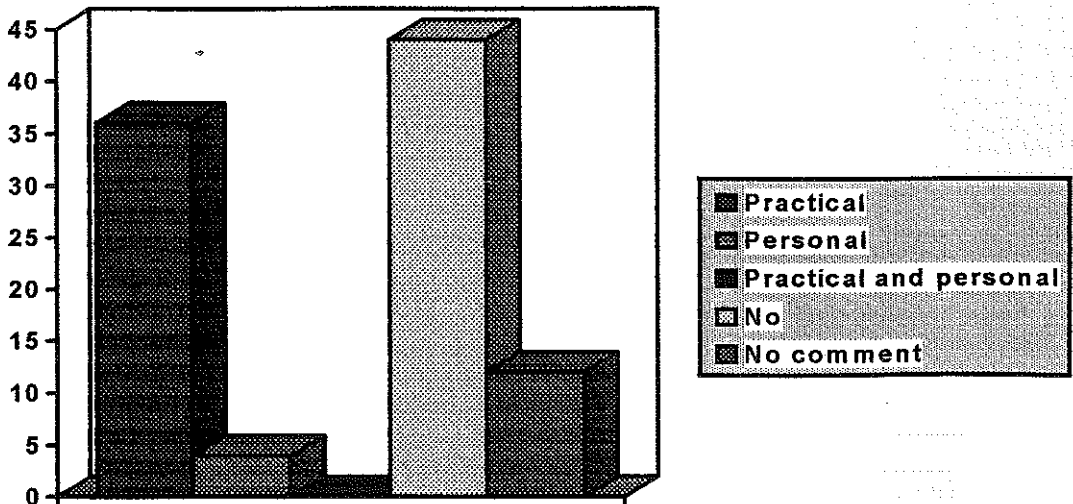


Figure 6 Group 3: Categories and percentage of items and things which participants wish that they had brought.



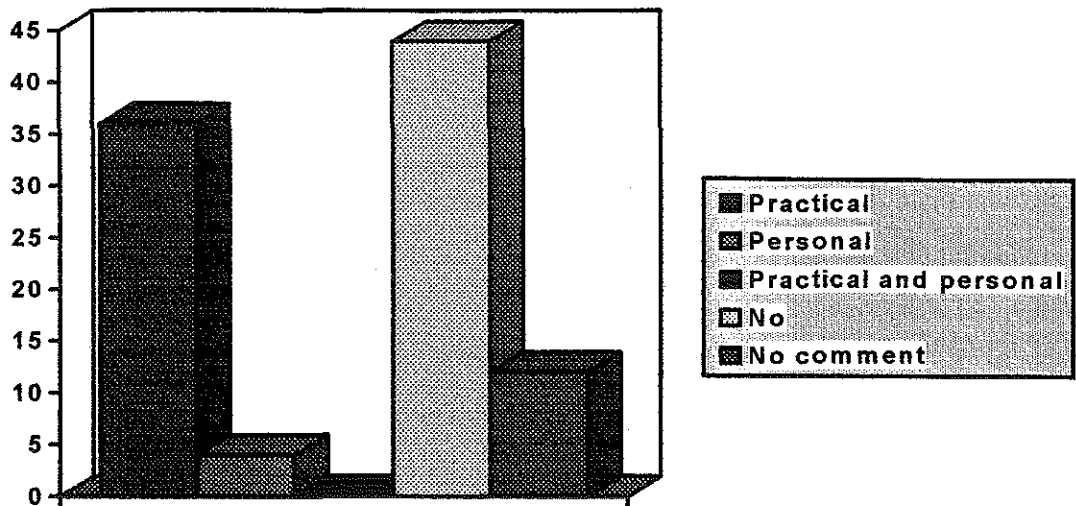


Figure 7 Group 4: Categories and percentage of items and things which participants wish that they had left behind.

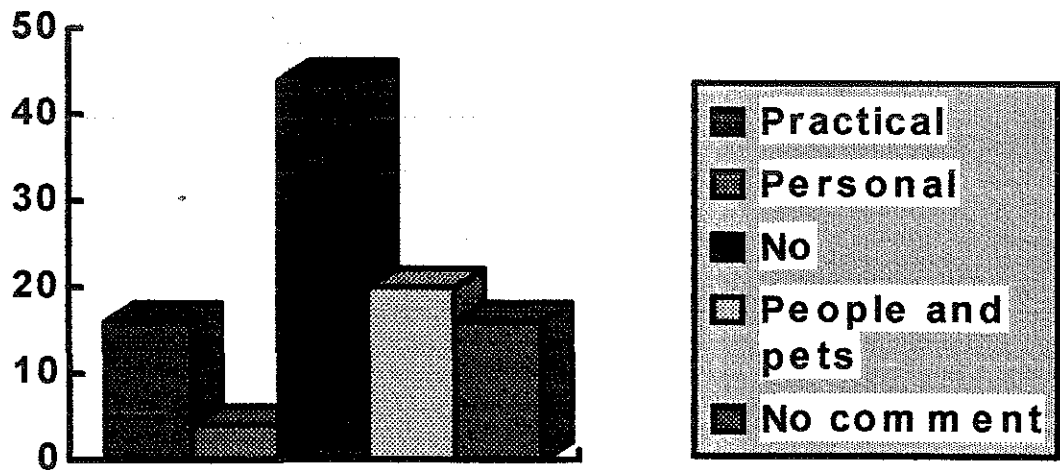


Figure 8 Group 4: Categories and percentage of items and things which participants wish that they had brought.

CHAPTER 5

Discussion

Introduction

The results indicate that in some groups there is an association between quantity of possessions and homesickness. The groups representing those who brought the least possessions (suitcase only), Group 1, and those who brought the most possessions (76-100%), Group 4, reported similar high levels of homesickness. The subjects in Group 4, who brought the largest quantity of possessions, have reported the overall highest levels of homesickness. Demographically, there is little differentiation across the total sample on issues pertaining to employment, country of origin and membership of migrant organisations.

Demographic Data

The four separate groups presented little variation in gender, length of time in Australia and country of origin. Of the other demographic details, it is interesting to note that Group 2 (0-25%) and Group 3 (26-75%) present almost a mirror image of each other. In contrast, Groups 1 and 4, who are at opposite ends of the continuum regarding the quantity of possessions shipped, also appear to be diametrically opposed on some demographic data. The majority of Group 1 report being single (12 out of 19), whereas the whole of Group 4 were married or in a permanent relationship on arrival in Australia. Group 4 is also considerably older and 13 of the subjects had children on arrival, as opposed to only one subject in Group 1 who reported having a child/ren on arrival.

Demographic Differences Summarised

In summary, Group 1 and Group 4 present different demographic pictures,

with the latter group appearing to represent a migrant family group in contrast to Group 1 who were generally younger and single. Demographically, the only similarity with Group 4 is that Groups 2 and 3 have a small number of participants who reported their marital status as single. The prime difference which is apparent is the quantity of possessions shipped to Australia.

Environmental Appraisal

The group comparisons have indicated that a significant difference exists between those who brought 76-100% of their possessions (Group 4) and the two groups who shipped 0-25% and 26-75% (Groups 2 and 3) with regard to their appraisal of the new environment. It is difficult to consider environmental appraisal in isolation from routine/social relations and psychological health, as the within cells pooled correlations indicate that there is a high association between these variables. The relationship between these variables lends credence to Adams (1992) who concluded that social relations and satisfaction with the environment contribute to psychological well-being.

Further, the means indicate that those who brought the majority of their possessions not only reported dissatisfaction with their new environment (Fisher, 1989; Fisher, et al. 1985), but also indicated that their daily routines have not changed as much. In addition, they are not participating in community activities, or socialising to the same degree as those who brought fewer possessions. This lends support to Shumaker and Taylor (1983) and Chalip et al. (1990) who have indicated that adjustment and settlement is more easily facilitated when people experience social interaction by taking part in recreation and community activities. It also concurs with Fisher (1989, 1990) who asserts that those who

reported higher levels of homesickness also reported staying at home more than their non homesick counterparts.

Further, Group 4 also indicated that they missed family and friends from their country of origin more than those in the other two groups. It could be construed that, by staying at home more, there is more time for reflection while lack of social interaction and alienation (Marris, 1986) would lead to heightened thoughts of family and friends.

Although speculative, it seems that the lack of satisfaction with the physical environment is having a spill over effect into other environments and situations as suggested by Kuller (1991). The question therefore arose as to why those who brought the largest quantity of possessions also reported the highest levels of homesickness?

Rule of Place

Arguably, the answer lies in the theoretical premise of rule of place (Canter, 1985, 1991). By virtue of being surrounded by all, or almost all of their possessions, an individuals' pattern of behaviour occurs as a result of the environment in which they live, in this case their home (Kuller, 1988). As a consequence, no effort is made in the initial stages of migration to assimilate into the new environment and social culture, as they have feelings of being in control of their environment (Belk, 1992; Csikszentmihalyi & Rochberg-Halton, 1983). Theoretically, this also links with Brown (1987a) cited in Brown and Perkins 1992 and Fisher, et al. (1985, 1986) who concluded that homesickness may in fact not be experienced immediately. This concept relates to a comment made by a participant in stage 1 of the exploratory study who stated that choosing a house was dependent on which one would 'best' suit and 'fit' their furniture. This

participant had shipped their total household contents from the country of origin.

There is however a contradictory side to this discussion. If, as indicated in Chapter 2, objects and possessions within the environment enhance feelings of control (Csikszentmihalyi & Rochberg-Halton, 1983), then why should those who brought the largest quantity of possessions be the most homesick?

Quantity of Possessions

Research has indicated that small amounts of possessions aid migrant transitions (Belk, 1992; Bih, 1992). This premise is supported by Brown and Perkins (1992) who concluded that students whose rooms had the most reminders of home actually became predictors of 'drop outs' from university in the second year. Fisher (1989) also reported that homesick students reported missing objects from home, but not actually missing the total contents of home. Slukzi (1987) has also indicated that placing photographs in and around a new environment enhances continuity and familiarity. Even having a photograph in a wallet helps a migrant adjust. These studies infer that small amounts of possessions aid transition rather than larger ones.

Examination of the qualitative data obtained in the main study indicates that 40% of the group who brought the most possessions wish they had left things behind (e.g., televisions which could not be converted for use in Australia). In comparison, the group who brought 0-25% possessions would not have left anything behind, and of the 26-75% group, only 20% would have left things behind.

It appears that shipping large quantities of possessions acts as catalyst for homesickness, a point that is further highlighted by the fact that this group also

use extended objects the most.

Extended Objects

Those who brought the least possessions and those who brought the most (Groups 1 and 4), reported the highest overall use of extended objects, with usage being significantly more than those who brought 0-25% of their possessions (Group 2). Prior to discussing the use of extended objects, it is pertinent to re-focus on the dynamics of Group 1 and 4.

1. The majority of those who brought only a suitcase (Group 1) were single, as opposed to the participants in Group 4 who were all married or in a permanent relationship.
2. Those who brought the largest quantity of possessions (Group 4) appear to be more representative of a migrant family group.

Assuming the latter group to be representative of migrant families, it is asserted, although speculatively, that as well as the relationship between possessions and homesickness, the latter group would use extended objects more than other groups for information sharing. It is feasible to assume that couples who migrate with young families will write, and send and receive videos and photos of their child/children to family and friends in the country of origin. These items serve as constant reminders of home and may well lengthen the duration, as well as increase levels, of homesickness. Also, it is argued that psychological well-being (e.g., missing family and friends - which involves grieving) could be worsened in the case of those with children as a result of losing extended family assistance in areas such as child-rearing, baby sitting and perhaps help when a child is sick. This idea is purely speculation and there is no literature to support or contradict this concept.

While the group who brought a suitcase only (Group 1) are completely opposite demographically to Group 4, the results indicate that they also differ significantly in their use of extended objects from the group who brought 0-25% of their possessions (Group 2).

Demographically and circumstantially, Group 1 more closely resembles the participants in the Fisher studies reported in 1989. They are single, in their early twenties and brought few possessions. In Chapter 2 the use of extended objects was discussed at length and it was intimated that participants in the Fisher & Associate studies, reported in Fisher (1989, 1990) may not have used telephone calls and letter writing due to restrictions by schools, or even the fact that they went home during school holidays. It was asserted that in the present sample those who were homesick would be likely to utilise letter writing and telephone calls as there is much less likelihood of regular trips home.

Those who migrate, are single and bring few possessions, do use extended objects as a way of maintaining contact with family and friends and to aid their transition (Belk, 1992; Bih, 1992).

It appears that both these groups (1 and 4) use extended objects to maintain contact with family and friends, and both reported higher levels of homesickness than the other two groups in the study. On further examination of this area, a most interesting result was obtained when the focus was the use of extended objects over time.

Time and Homesickness

A significant difference was found on the use of extended objects across the total sample, in relation to time, between those who have been in Australia

the shortest time (under 2.49 years) and those who have been here more than 2.5 years. The indicators throughout have been that time has a significant role to play in relocation and homesickness. At stage 1 of the exploratory study, a participant indicated that the telephone account during their first 2 years in Australia would have paid their airfare back to England. Fisher et al. (1985, 1986) and Brown (1987a) cited in Brown and Perkins (1992) have agreed that homesickness diminishes, and changes in intensity, over time and the fact that the samples were different ages, at different levels of study (boarding school students and college freshmen) and in different countries, supports and generalises the findings. The results of the present study further substantiate these findings.

In addition, the results concur with Brown and Perkins (1992) who found that those with a large quantity of possessions in their room were more likely to return home in the second year of study. This implies being that there is an association between large quantities of possessions and increased levels of homesickness, which resulted in a return to the home town. The present study has also found a relationship between large quantities of possessions and high levels of homesickness.

The study adds to this line of research by having found a significant difference in gender use of extended objects, with females recording a higher usage. Apart from this, a significant difference has not been established between males and females on the psychological health variable. This result concurs with the Fisher studies that gender differences were not found on psychological health.

Summary of the Results

The present study has found that those who reported the highest levels of homesickness were those who shipped the largest quantity of possessions. This result reflects the literature on environment and behaviour and agrees with the assertion that in many ways a person reacts spontaneously to their environment (Kuller, 1991). In particular, the result lends support to Canter's (1985, 1991) concept of rule of place and the assertion that domestic patterns will be maintained. The migrant may well have control within the home environment, however, the fact that the physical environment of the home is the same as it was in the country of origin could well impact on the need to integrate and participate in activities in the new environment. The discussion leads to the conclusion that shipping large quantities of possessions may maintain continuity and familiarity within the environment, however, these same possessions may well act as a catalyst for increasing levels of homesickness.

The present study lends support to Fisher (1989) who identified the key factors of homesickness as being geographical distance from home, dissatisfaction with the new environment, dislocation of routine and social relations as well as grieving (missing family and friends). The present study has found that the two groups who reported the highest levels of homesickness scored as predicted on these variables. Remarkably however, the qualitative data did not reveal the fact that migrants were missing family and friends to as great an extent as they missed practical possessions.

An interesting point which was raised in the literature review was the duration of homesickness. It was acknowledged that this may not be too much of an issue for those in the Fisher and Associate samples, as reported in Fisher

(1989,1990), as they would be likely to be able to go home for holidays. It was considered to be an issue for migrants and as such items were included in the questionnaire pertaining to the use of extended objects.

A relationship was found to exist between possessions and time and the use of extended objects. The result on the use of extended objects was interesting, as the significant result was applicable to those at opposing ends of the continuum on the amount of possessions brought. However, this factor was accounted for by demographic differences between the groups. The inference has been drawn that homesickness diminishes over time. This is evidenced by a reduction in the use of extended objects.

Conclusions of the Present Study

The present study lends support to the theoretical premise of homesickness, in that the variables identified by Fisher (1989) appear to apply equally to migrant levels of homesickness, as well as to those of boarding school children and students who relocate to educational institutions within the same country.

However, it is concluded that a negative appraisal of the environment had the most significant impact on homesickness in association with possessions, and also it is extremely difficult to separate this variable from routine/social relations and psychological health. This assertion is hardly surprising considering the paradigm of the present research was environmental psychology whose total focus is the relationship between the physical environment and behaviour (Bell et al. 1990).

In summary, and in direct response to the research question the present study has found that,

- There is a relationship between possessions transported from the country of origin and homesickness. Specifically the strongest relationship, and highest levels of homesickness overall, exists for those who transport the largest quantity of possessions.
 - The study has indicated that those who brought the largest quantity of possessions, 76-100% (Group 4) reported the highest levels of negativity and dissatisfaction with the new environment.
 - Consistent with the above findings Group 4 also reported the lowest levels of psychological well-being.
 - Extended objects were used more by Group 4 than any other group and overall this group were the most homesick. This indicates that extended objects will be used more by those with higher levels of homesickness. This result is particularly interesting as it supports the researcher's idea, and is also supported by the qualitative data in the exploratory study (e.g., telephone calls in the first 2 years would have paid for an air ticket to the country of origin).
 - The present study has indicated that reported levels of homesickness diminish over time. Although further research is required, it appears that homesickness, in migrants, peaks at approximately 2.5 years.
- In conclusion, the results have shown that there is a relationship between

quantity of possessions transported and homesickness, and that disruption to place attachment, in the case of migrants, is manifested as homesickness.

Areas of Application of the Research Results.

From a practical aspect, the research has indicated that many of those who migrate are unaware of which possessions may or may not be suitable in Australia. As the results have shown, those in the group who brought most would have preferred to have left things behind, for example electrical goods which cannot be used in Australia. Whereas those in the group who brought 26-75% of their possessions would have brought more electrical goods. It appears that some form of brochure or procedure for dissemination of information regarding the use of goods in Australia needs to be devised.

Information/workshop sessions in the country of origin prior to the departure of migrants could well assist in alleviating the adjustment process (Luthke & Cropley, 1992). These sessions would serve as primary prevention strategies and would aid the transition of the migrants (Heller et al. 1984). For example, slides of Australia, discussions on language differences and even educational processes could be used.

It appears that a greater understanding and awareness of the importance of expecting and preparing for routine and social relation changes would also assist. Issues could be addressed which may help the migrant develop new social relations, such as joining or participating in a migrant social organisation. This type of information sharing clarifies issues for the new arrival, and in doing so facilitates the individual or family having more control over their lives (Rappaport, 1977). Further, it is argued that there is a requirement for counsellors and caregivers who understand the issues of new migrants at the

point of arrival (Luthke & Cropley, 1992). Clearly counsellors, caregivers, and especially teachers require an understanding of the issues which affect children from English speaking countries, as well as those who experience language difficulties. As the research has indicated, there are cultural difference between the UK and Eire and Australia (e.g., outdoor lifestyle, types of housing) which affect migrant settlement.

Although the present study has explored Fisher's (1989) concepts and the theoretical premise of homesickness from a cross cultural perspective, the ramifications are not specifically restricted to migrants to Australia. Serious consideration should also be given to the implications of the consequences of homesickness for those who relocate within Australia. The geographical distances between New South Wales and Western Australia or Victoria and Queensland are much greater than those experienced by participants in the Fisher and Associate studies and reported by Fisher (1989).

There are implications for the results of the present study to be made available to organisations who transfer employees within Australia. These issues are discussed further in the areas of future research, and while they have been raised, they are not regarded as limitations to the present study.

Limitations of the Study

The biggest and most important limitation to the present study was the time restraints for completing the research. If time had permitted, other variables could have been included in the study which it is felt could have clarified and allowed for elaboration of the results.

A variable which was not examined in the present study was that of control

over the decision to migrate. It is argued that this would impinge on homesickness. In an effort to acknowledge this variable as confounding, those who were under 18 years of age on arrival were not eligible for inclusion in the study.

The researcher was also aware that the issue of employment may impinge on levels of homesickness. The time restrictions on the present study did not permit this variable to be examined to any extent. However, in an endeavour to control this issue from confounding the results, a question was included to determine how long it took to find employment. As the results have indicated, the time taken to find employment was similar across the groups, and it is not therefore inferred that employment has confounded the present study results. Membership of social organisations was also considered as being a possible confounding variable and an item was included in order to allow for this. Once again, it appears that this issue did not impact on the present study. Whilst time did not permit these issues to receive in depth attention in the present study, it is acknowledged that the issue of employment in particular requires further study. It is feasible to assume that if a migrant cannot obtain employment at a similar level as that in the country of origin there may be implications for increasing levels homesickness.

Generalisation of the results is limited by the fact that the sample is one of nonprobability. Although there is some indication that the time factor for homesickness diminishing has now been collaborated on age differences and country (cultural) difference (Brown, 1987a, cited in Brown & Perkins, 1992; Fisher et al. 1985, 1986), all collaboration involves English speaking people moving to other areas where English was the main language.

A very important limitation of the present study is that it has been unable to identify or question those migrants who in fact were sufficiently homesick to return to the country of origin. Also, the research has not explored the grieving process experienced by those family and friends who remained in the country of origin, and the effect that communication of this may have on migrants.

Areas of Future Research

The construct of homesickness is one which has had little attention by way of research in the area of psychology (Fisher, 1989). Although Shirley Fisher, in collaboration with other associates has devoted nine years to researching this construct, the research is limited and restricted by the specific type of samples used in the studies. As stated by Fisher (1989), homesickness is a complex, multifaceted issue and pulling the threads together for the 1989 publication was extremely difficult. The present study has explored the key factors which have been identified as being indicative of homesickness (Fisher, 1989, 1990) as they relate to migrants and quantity of possessions. However, it is clear that there are long term ramifications for research to be conducted in homesickness per se. Two streams are identifiable, including both migrants and relocation within Australia. For example, military personnel who are moved every few years could benefit from prevention programs. These areas have further implications for the well-being of families and children who are more likely to experience disruption and difficulty in adjustment and settlement.

The area which it seems to the researcher has the most important consequence at the community level, is the ramifications of relocation or migration on children and adolescents. Firstly, this group have no control over

the decision making process, and secondly, as the researcher has indicated, children and adolescents may suffer physiological distress (Eisenbruch, 1990; Fisher & Hood, 1987) which is manifested as a result of the psychological process of homesickness. It seems that these children and adolescents are at risk and are totally disempowered by the process (Rappaport, 1977). Arguably, there could be long term consequences of such moves. As well, it is feasible to assume that parents may not realise the effects of homesickness on their children.

In the first instance it is hoped to conduct research in Western Australia on young adults who move from the country at the end of year 12 to attend university. It appears that this situation is analogous to the conditions of the study undertaken by Fisher and Hood (1987). This study would serve to generalise the Fisher and Hood (1987) results but also would incorporate the concepts, and explore further the roles of possessions and extended objects. From an applied perspective the results of this study would have implications for the education department as well student counsellors on the various university campuses.

In addition, there are implications for facilitating an increase in knowledge and understanding at the grass roots level with workshops and sessions held in conjunction with Parents and Teacher Associations. This premise offers prevention within the community at a primary level (Heller, et al. 1984). This strategy would accommodate parents and children having more control and would ultimately aid the transition process for all concerned (Bloom, 1968, Wandersman et al. 1980).

As a follow up to this study, it would be hoped to examine the impact and

homesickness levels of children who move interstate.

On the basis of knowledge obtained, it would be the aim of the researcher to explore the implications and effects of homesickness, specifically the grieving process, by comparing groups who:

1. Relocate where contact with family and friends can be maintained (e.g., students and those who move suburbs).
2. Move interstate by way choice, but arguably can return periodically to their home state.
3. Are forced to migrate and can return.
4. Are forced to migrate and cannot return.

The construct of homesickness offers many avenues for future research and is not restricted to migrants. It is felt that research in this area has important implications for children and adolescents who have little or no control over the migration or relocation process. A further and important area for research is the ramifications of homesickness on refugees.

The results of the present study are far from conclusive and certainly a considerable amount of further research is required in this area. However, it is apparent that homesickness is a psychological construct and it is important that further research is undertaken in order to identify the variables which will assist in reducing the psychological impact of migration, which is manifested as homesickness.

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APPENDIX A

The first few questions require information about your arrival in Australia

How long have you been in Australia? ____ Years ____ Months

What age were you when you arrived in Australia? ____

Are you: Male ☐ Female ☐

Please indicate your answer by putting a *TICK* in the box ☐

- 1 When you came to Australia, did you transport goods other than the contents of your suitcase?
Yes ☐ No ☐ *If NO, please go to Question 4*
- 2 If you answered *YES* to question 1 approximately what quantity of the possessions you owned did you transport?
0% TO 25% ☐ 26% TO 50% ☐ 51% TO 75% ☐ 76% TO 100% ☐
- 3 Did you bring:
Practical items (e.g., fridge, washing machine) ☐
Personal items (e.g., tapes, photographs) ☐
An assortment of both ☐

Please indicate your answer by putting a *TICK* in the box ☐

- 4 From which country did you migrate:
England ☐ Scotland ☐ N.Ireland ☐
Eire ☐ Wales ☐ Channel Islands ☐
Other (please specify).....
- 5 When you arrived in Australia were you:
Married ☐ Single ☐ Divorced ☐
Separated ☐ In a Permanent Relationship ☐
- 6 Did you have children who came to Australia with you?
Yes ☐ No ☐
- 7 When you arrived in Australia was it your intention to find employment?
Yes ☐ No ☐ *If NO, please go to Question 10*

Continued over the page . . .

-
- 8 Did you have employment to come to in Australia?
Yes ☐ No ☐ *If **YES** please go to Question 10.*
- 9 If you did not have employment when you arrived approximately how long did it take you to find a position?
1-2 Weeks ☐ 3-4 Weeks ☐ 4-8 Weeks ☐ Longer ☐
- 10 Are you a member of a migrant social organisation?
(e.g., Irish Club, Caledonian Club)
Yes ☐ No ☐

Please read each of the following statements carefully and *TICK* the most suitable response. Do not think too long about the meaning of any item. Please answer every question.

- 11 I telephone family/friends at home:
Never ☐ Weekly ☐ Fortnightly ☐ Monthly ☐
Occasionally (i.e., Christmas, birthdays) ☐
- 12 I write to my family/friends at home:
Never ☐ Weekly ☐ Fortnightly ☐ Monthly ☐
Occasionally (i.e., Christmas, birthdays) ☐
- 13 When I have problems, I contact my family/friends from home:
Never ☐ Rarely ☐ Sometimes ☐ Regularly ☐ Always ☐
- 14 I ask family/friends to send videos of television programs, newspapers etc from home:
Never ☐ Rarely ☐ Sometimes ☐ Regularly ☐ Always ☐
- 15 Do you have photographs of family/friends from home around the house?
Yes ☐ No ☐ *If **NO**, please go to Question 16*
- If you answered **YES**, approximately how many do you have?
1 TO 5 ☐ 6 TO 10 ☐ 11 TO 15 ☐
16 TO 20 ☐ 21 TO 25 ☐ More ☐
-

Please read each of the following statements and *CIRCLE* the number which best indicates your level of agreement.

- 16 I feel safe here.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 17 I feel satisfied here.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 18 I like the neighbourhood I live in here more than the one at home.
(e.g., houses, park)
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 19 The buildings are more attractive here than at home.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 20 I prefer the shops here.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 21 My standard of living is better here than home.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 22 I am excited about life here.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 23 My daily routine is exactly the same as at home.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 24 Life has changed for the better since moving here.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 25 I go out socially more here than at home.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 26 I am involved in things here that I did not at home (e.g., participate in sport, go to social clubs, community activities).
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 27 My routine is more relaxed here than at home.
Strongly Disagree 1 2 3 4 5 Strongly Agree
-

Continued over the page . . .

Please read each of the following statements carefully and **TICK** the most suitable response. Do not think too long about the meaning of any item.

28 I feel isolated from the rest of the world here.

Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always ☐

29 I feel disorientated here.

Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always ☐

30 I miss home.

Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always ☐

31 I wake up wishing that I were at home.

Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always ☐

32 I miss having someone close to talk to.

Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always ☐

Could you please write brief comments in response to the following:

Did you find any of the questions difficult to answer? If so could you tell me why.

Please use the next couple of lines to comment in general on the questionnaire. All information gleaned will assist greatly with the construction of the final questionnaire.

THE END

Thank you for Participating

APPENDIX B

QUESTIONNAIRE



QUESTIONNAIRE

I appreciate your volunteering to complete the attached questionnaire which is to be used in a study I am undertaking at Edith Cowan University. It is important that you complete the questionnaire on two separate occasions to enable me to confirm that the design of the questions is appropriate prior to conducting the full study.

You are not required to identify yourself, therefore at no time will a volunteer be known. Your participation is voluntary and may be withdrawn at any time. Please attempt to answer all questions. There is a space provided at the end of the questionnaire for your feedback, for which I would be very grateful.

My name is ROS MORROW and I can be contacted on 275.3093, my supervisor for this project is DR MOIRA O'CONNOR who can be contacted on 405.5555.

THANK YOU FOR YOUR PARTICIPATION

APPENDIX C

4=FORTNIGHTLY

5=MONTHLY

15 (PHOTOS)

0=NO

1=1 TO 5

2=6 TO 10

3=11 TO 15

4=16 TO 20

5=21 TO 25

16 thru 20 ENVAPPR

Score as on Questionnaire 1=1 2=2 3=3 4=4 5=5

21 thru 27 ROUSOC

Score as on Questionnaire 1=1 2=2 3=3 4=4 5=5

28 thru 32 PSYHLTH

Score as on Questionnaire 1=1 2=2 3=3 4=4 5=5

APPENDIX D

The first few questions require information about your arrival in Australia

How long have you been in Australia? ____ Years ____ Months

What age were you when you arrived in Australia? ____

Are you: Male ☐ Female ☐

Please indicate your answer by putting a **TICK** in the box ☐

- 1 When you came to Australia, did you transport goods other than the contents of your suitcase?
Yes ☐ No ☐ *If **NO**, please go to Question 4*
- 2 If you answered **YES** to question 1 approximately what quantity of the possessions you owned did you transport?
0% TO 25% ☐ 26% TO 50% ☐ 51% TO 75% ☐ 76% TO 100% ☐
- 3 Did you bring:
Practical items (e.g., fridge, washing machine) ☐
Personal items (e.g., tapes, photographs) ☐
An assortment of both ☐

Please indicate your answer by putting a **TICK** in the box ☐

- 4 From which country did you migrate:
England ☐ Scotland ☐ N.Ireland ☐
Eire ☐ Wales ☐ Channel Islands ☐
 - 5 When you arrived in Australia were you:
Married ☐ Single ☐ Divorced ☐
Separated ☐ In a Permanent Relationship ☐
 - 6 Did you have children who came to Australia with you?
Yes ☐ No ☐
 - 7 Did you have employment to come to in Australia?
Yes ☐ No ☐ *If **YES** please go to Question 10*
-

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-
- 8 When you arrived in Australia was it your intention to find employment?
Yes ☐ No ☐ *If NO, please go to Question 10*
- 9 If you did not have employment when you arrived approximately how long did it take you to find a position?
1-2 Weeks ☐ 3-4 Weeks ☐ 4-8 Weeks ☐ Longer ☐
- 10 Are you a member of a migrant social organisation?
(e.g., Irish Club, Caledonian Club)
Yes ☐ No ☐

Please read each of the following statements carefully and *TICK* the most suitable response. Do not think too long about the meaning of any item. Please answer every question.

- 11 I telephone family/friends at home:
Never ☐ Weekly ☐ Fortnightly ☐ Monthly ☐
Occasionally (i.e., Christmas, birthdays) ☐
- 12 I write to my family/friends at home:
Never ☐ Weekly ☐ Fortnightly ☐ Monthly ☐
Occasionally (i.e., Christmas, birthdays) ☐
- * 13 When I have problems, I contact my family/friends from home:
Never ☐ Rarely ☐ Sometimes ☐ Regularly ☐ Always ☐
- 14 I ask family/friends to send videos of television programs, newspapers etc from home:
Never ☐ Rarely ☐ Sometimes ☐ Regularly ☐ Always ☐
- 15 Do you have photographs of family/friends from home around the house?
Yes ☐ No ☐ *If NO, please go to Question 16*
- If you answered **YES**, approximately how many do you have?
1 TO 5 ☐ 6 TO 10 ☐ 11 TO 15 ☐
16 TO 20 ☐ 21 TO 25 ☐ More ☐
-

Please read each of the following statements and **CIRCLE** the number which best indicates your level of agreement.

- * 16 I feel safe here.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- * 17 I feel satisfied here.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 18 I like the neighbourhood I live in here more than the one at home.
(e.g., houses, park)
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 19 The buildings are more attractive here than at home.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 20 I prefer the shops here.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 21 My standard of living is better here than home.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- * 22 I am excited about life here.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 23 My daily routine is exactly the same as at home.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- * 24 Life has changed for the better since moving here.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 25 I go out socially more here than at home.
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 26 I am involved in things here that I did not at home (e.g., participate in sport, go to social clubs, community activities).
Strongly Disagree 1 2 3 4 5 Strongly Agree
- 27 My routine is more relaxed here than at home.
Strongly Disagree 1 2 3 4 5 Strongly Agree

Continued over the page . . .

Please read each of the following statements carefully and *TICK* the most suitable response. Do not think too long about the meaning of any item.

- * 28 I feel isolated from the rest of the world here.
 Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always ☐
- * 29 I feel disorientated here.
 Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always ☐
- * 30 I miss home.
 Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always ☐
- * 31 I wake up wishing that I were at home.
 Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always ☐
- * 32 I miss having someone close to talk to.
 Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Always ☐

Could you please write brief comments in response to the following:

Is there anything you brought with you that you wish you had left behind?
 Could you tell me why?

Is there anything you didn't bring with you that you wish you had?
 Could you tell me what and why?

THE END

Thank you for Participating

APPENDIX E

UNIVERSITY OF STRATHCLYDE

THE CENTRE FOR OCCUPATIONAL & HEALTH PSYCHOLOGY
Graham Hills Building, 50 George Street,
Glasgow G1 1QE

FAX COVER SHEET

Date: 23rd April, 1993 Time: 10.20am

Number of pages (including this sheet): 1

TO: Name: ~~XXXXXXXXXXXX~~ Rios Morrow
Address: Edith Cowan University
Psychology Department
Joondalup Drive, JOONDALUP, Perth WA 6027
Phone: _____ Fax: 01061 9300 1257

FROM: Name: Ann Crowe for Professor Shirley Fisher
Address: The Centre for Occupational & Health
Psychology, Graham Hills Buildings,
50 George Street, Glasgow G1 1QE
Phone: 041 552 4400 Fax: 041 553 2078

MESSAGE: Professor Fisher asked me to relay that she is
more than happy for you to use the Dundee Relocation Inventory
for your thesis. We wish you luck.

P.S. Your accent still sounds good.

APPENDIX F

QUESTIONNAIRE



DID YOU MIGRATE FROM GREAT BRITAIN OR IRELAND?

HAVE YOU BEEN IN AUSTRALIA LESS THAN 5 YEARS?

IF YOU ANSWERED YES TO BOTH OF THE ABOVE THEN:

I would like to thank you for volunteering to complete the attached questionnaire that is being used in a study I am undertaking at Edith Cowan University. The purpose of the study is to increase awareness, knowledge and understanding of migrant issues.

You are not required to identify yourself, therefore at no time will a volunteer be known. Your participation is voluntary and may be withdrawn at any time. I would be grateful if you would answer all the questions and do not think too long about the meaning of any item.

My name is ROS MORROW and you can contact me on 275.3093, my supervisor for this project is DR MOIRA O'CONNOR . Dr O' Connor can be contacted on 405.5555. Please do not hesitate to contact either of us should you have any queries.

THANK YOU FOR YOUR PARTICIPATION

APPENDIX G

THE WEST AUSTRALIAN SATURDAY AUGUST 7 1993

ENGLISH, Irish, Scottish,
Welsh. If you've been in Aust
5 years or less I am looking
for VOLUNTEERS to complete
a questionnaire. I am complet-
ing my Hons at Edith Cowan
Uni. No names are reqd, nor
any personal details. If
interested would you please
phone me for further info.
THANK YOU.....Ros 275 3653.

APPENDIX H

*****ATTENTION: Gerry GANNON*****

*****HELP - PLEASE!!!*****

I am a mature aged (42) student at Edith Cowan University completing my thesis for an Honours degree in Psychology.

I am interested in the issues which affect the settlement of migrants. The study is aimed at migrants from ENGLAND, SCOTLAND, WALES, IRELAND AND THE CHANNEL ISLANDS.

I REQUIRE VOLUNTEERS TO COMPLETE A 5 MINUTE QUESTIONNAIRE.

(Criteria :they are from the countries mentioned and have not been in Australia more than 5 years and were over 18 when they arrived.).

The issues in which I am interested APPEAR NEVER TO HAVE BEEN researched , nor do issues pertinent to migrants from one English speaking country to another. THE STUDY IS EXCITING AND THE RESULTS WILL BE OF INTEREST TO MIGRANTS , GOVERNMENT DEPARTMENTS AND THE COMMUNITY IN GENERAL.

HOW YOU CAN HELP

I would be grateful if you could ask your listeners to give me a call if they are interested in completing a questionnaire. No names or identification are required . I will send the questionnaire to the address provided and include a return stamped addressed envelop.

On completion of the study I will send you a letter outlining the results which you can pass on to your listeners (Regardless of whether or not you request your listeners to volunteer) BECAUSE I REALLY DO FEEL THE ISSUES WHICH THE STUDY ADDRESS ARE IMPORTANT.

**FOR FURTHER INFORMATION &
QUESTIONNAIRES:**

CONTACT Ros MORROW 275.3093

(MY SUPERVISOR AT EDITH COWAN IS DR MOIRA O' CONNOR. MOIRA CAN BE CONTACTED ON 405.5555.)

APPENDIX I

TRANSCRIPT OF RADIO INTERVIEW 10 AUGUST, 1993

Introduction by Gerry Gannon

For migrants coming from countries where English is spoken the transition to life in Australia had its own set of unique problems the climate was one, particularly if you came from the UK or Ireland, the language was another. Yes, I know we speak English but it was the expressions that are in everyday use here which you don't hear at all in these European countries. Remember what you did when you were going to a BBQ and your host or hostess said "bring a plate" and you brought this very clean plate and wondered as you got there why on earth they didn't have enough plates of their own. Ros Morrow would like to hear from you if you can still remember some of those early day migrant experiences. She's conducting anonymous questionnaires for her honours degree in psychology and she joins me in the studio this morning.

Interview

(Researcher's comments in bold)

Good morning Ros.

Good morning Gerry.

Now you come from another country don't you?

I do. I am Scottish originally yes.

What sort of experiences did you have when you came here.

Oh, I had the BBQ and the plate and on another occasion was invited to bring a chair so I took a dining room chair with me and didn't realise we had folding chairs in Australia. A few early experiences like that.

What's behind this questionnaire? What are you looking for?

Well, really, what I'm looking at is issues that help migrants to settle, long term obviously to hope that we can put some of that information into government agencies and into social group organisations, migrant organisations so that we can help people to settle and adjust quicker and give information that will aid that.

Now, you are looking to talk to people that come from the UK, Scotland, Wales, Ireland. Any particular reason why just those groups?

Well, the research that I am doing has never been undertaken before. At least I can't find any research to say it has been. I also have this little problem that I am only one researcher and I only speak shall we say Scottish and Australian blends. So that creates a bit of a problem so the initial research is focusing for that reason. And also because there doesn't

appear to have been any research done on English speaking migrants coming to another English speaking country so I thought that was quite an interesting thought.

Indeed, I think it was only last week or the week before that we talked with the newly formed British Overseas Club which looks to provide some support and assistance for migrants from Britain. It's funny isn't it after 200 years of migration to Australia that it's only now that we are starting to pay some close attention to people who came from English speaking countries. Why do you think we have left them up until now?

One of the things I have focused on is that I am not going to hone into that particularly in my research but from my own perspective I think it's probable because we assume that because people speak the same type of language that they will be OK. That they can ask the questions and what have you when in fact they actually don't and they do find it difficult. I have one example which I don't know English people will understand but Scottish people will when I talk about syboes and you ask "can I have a bunch of syboes"? People look at you in actual fact syboes is spring onions. So you have this sort of trauma - do I have to go to a shop and have to ask for something or do I go and hope I can pick it up somewhere without having to ask the question.

Yes, there is this feeling among English speaking migrants that they shouldn't have to ask, they shouldn't need to go for help because they speak English

which is the dominant language in the country. They should be able to make out for themselves. Do you feel this?

Yes, I think that's pretty well what's happening especially for people who come and they don't have family or friends I think they can feel isolated and don't quite know where to go. As part of the research too Gerry, I have actually spoken to some of the migrant service units and they report that very few English speaking people actually communicate with them and in actual fact the Service Units do some beautiful brochures and magazines which give details on Medicare, HBF, and all the other services that are available.

Why is it that they don't approach them. Do you think that again getting back to this idea that we should be able to forage for ourselves.

I honestly can't answer that. Hopefully the research will give us some pointers towards that. I think people just generally feel that they should be able to cope.

Who do you need to hear from?

I need to hear from anybody from the English speaking world. Great Britain, Northern Ireland, Wales, Channel Islands, any of those countries and the questionnaire will be mailed out to them. I don't need to know

anyone's name or address it's totally anonymous. It's just the group result that I am interested in.

Age groups?

No the criteria is that they have been here 5 years between 0 and 5 years.

Not 5 or over. You are looking for more recent experiences

And that they will have been 18 years of age when they actually came here to Australia.

What sort of questions have you got on the questionnaire? Can you share some of those with us.

Very quick and easy questions. Tick the box.

"My standard of living is better here than at home".

"I go out more socially here than at home".

"My routine is more relaxed here than at home".

Looking at our Australian lifestyle.

General questions, there's no deep personal questions.

"Did you have children when you came to Australia?"

Just general question -

"Are you male or female?"

"How long have you been here?"

How will you interpret all of this information. For instance if people answer affirmative to all of those questions that you have just listed off what does that indicate.

Well, I will have what we call descriptive data which will tell me 25% who came from England, 50% were males and females and the other data is scored on a scoring system which I then do a statistical analysis on that and then I have the chore of analysing that data and writing up the results.

How will the information be used in the final report?

Well I am hoping the information will be given to the social organisations and go in their newsletters. It won't be an official report but a smaller report and also the information will be made available to community service areas and agencies and the Immigration Dept and organisations who actually bring out people from overseas countries to work in Australia.

Where do they get this questionnaire from?

They can get the questionnaire by telephoning me on 275 3093 or a colleague on 279 9039.

On a personal note, this is for your Honours Degree?

This is for my Honours Degree.

You are a mature age student

I am a mature age student. Self described at 42.

What prompted you to go back and do this at this particular stage of your life.

Well, I felt I wanted to do something that would make a difference - didn't quite know which area of psychology would help me do that and I have realised that community psychology which is the focus at Edith Cowan University was a key area to be able to do that.

Fabulous, I admire your endeavour Ros. Now just a point. You will send these people a stamped addressed envelope

Yes I will send a return stamped addressed envelope - all I ask is that people fill the questionnaire in and return it to me as soon as possible.

You are spoiling people.

Those numbers again 275 3093 or 279 9039. Just to reiterate - people from any

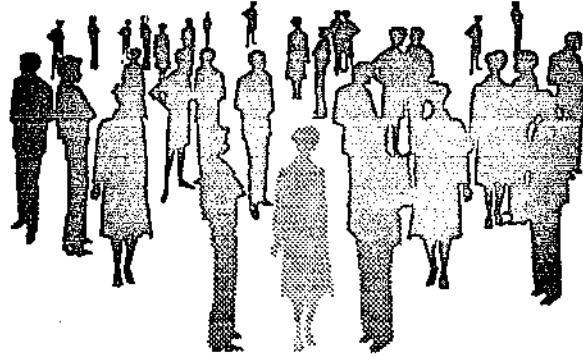
of the English speaking countries such as England, Scotland, Wales, Ireland, Channel Islands who have been here between 0 and 5 years it will take you about 5 minutes - all you have to do is call those 2 numbers to have the form sent to you.

Good luck with your studies Ros and thanks for your time this morning.

Thank you Gerry.

Ros Morrow. 14 past 10.

APPENDIX J



Dear participant,

A few weeks ago you completed a questionnaire which was used to provide data for a study which I am undertaking at Edith Cowan University.

You may have wondered about the purpose of the study. I can now advise you the study was designed to examine the link between quantity of possessions brought to Australia by migrants, and reported levels of homesickness.

The research has produced some interesting, and unexpected results and I am currently engaged in finalising the analysis and my conclusions.

Thank-you for your participation and if you are interested notify me, and I will be happy to forward a brief outline of the results of the study to you. Please feel free to contact me on 275 3093 if you wish to discuss the study with me, or arrange for postal of the results.

Yours faithfully,

Ros M Morrow.