Migration and Integration
An Integrative Review of Relevant Theories

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Abstract

In this thesis, I address the phenomenon of migration and integration to explore the theoretical frameworks and evidence that shape our understanding of these processes. I review migration, its definitions, and types, in addition to the main theories related to it, such as push and pull factors, social network theory, and dual labor market theory, providing a basic understanding of the reasons and factors for the migration of individuals and societies. I also address the concept of integration and other terms, such as assimilation, adaptation, and acculturation, to highlight the multifaceted nature of cultural and social adaptation in the societies people migrate to. I also discuss theories that explain integration, focusing on social and human capital theories, and explain how they can be frameworks to understand migration theories and help provide a comprehensive analysis of the integration process. Based on a literature review methodology, this research brings together insights from various studies and articles written by experts in the field. It provides evidence-based recommendations to enhance migrant integration and foster more inclusive societies.

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Disclaimer

I hereby declare that this thesis is my original work and has not been previously submitted to any other institution. I have acknowledged all sources used and cited them appropriately for reference.

Moreover, I used generative artificial intelligence applications, such as ChatGPT, for brainstorming, drafting, and understanding concepts, as well as supporting information retrieval, which helped me create an overall picture of my topic, and assisted with language and text issues. These tools helped enhance the efficiency and coherence of my initial drafts.

However, all ideas, analyses, and conclusions presented in this dissertation are my own. I have further developed and refined the content using my own voice, relying on extensive literature comparison and critical analysis. The final work reflects my independent thought, interpretation, and scholarly contribution to the field.

1 Introduction

1.1 Overview

Migration is a long-standing human phenomenon that is always changing as people and groups leave their home nations in quest of safer, better areas to live, work, and raise a family. Migration has gained global prominence in recent decades because of its strong relationship to several important political, social, and economic concerns. It is necessary to analyze its multifaceted complexity to comprehend the causes of this phenomenon and its effects on local communities and migrants (MIELI, 2024).

Migration is the process that involves dealing with all stakeholders, including the migrants themselves as well as the sending and receiving nations. Human energy (social and human capital) will be lost in the country that generates immigration, the immigrant's place of origin. The challenge of assimilating, qualifying, and leading immigrants will fall on the nation, luring them in. Moreover, migrants may often face challenges and obstacles which may include feelings of grief and isolation. They might also face the challenge of adjusting to and assimilating into the new society. Hence, efforts are made by migrants to improve their social and human capital and, in some cases, adapt or modify certain national customs, traditions, and cultural values. However, it is important to mention that these experiences differ among individuals and not all migrants might face these challenges to the same level or extent. Consequently, "integration" is the fundamental element determining the position of recent immigrants, their prospects, and the degree of contribution they will make to the new place that draws immigration, and vice versa. As a result, "integration" became a "hot" topic on the agendas of immigration-attracting nations (ibid., 2024).

Moreover, I will provide a study of the subject using a literature review methodology. I will also review the key terminology and ideas that help understand migration in addition to relevant theories explaining it. Among the most significant theories are; the Push and Pull Theory (Haas, 2008), which offers a framework for comprehending the motivations behind people's departure from their home countries, and the Social Network Theory (Massey et al., 1993), which emphasizes the importance of interpersonal connections and communication in promoting migration. In addition, I will concentrate on the definitions of integration and the theories that explain the circumstances and elements that lead to integration. As Lindo (2005) asserts, integration encompasses not only the tangible act of relocating to a foreign nation but also intricate social, psychological, cultural, and economic adjustment procedures.

Additionally, I will go over several integration-related concepts, including assimilation, adaptation, and acculturation, in addition to other crucial ideas to clarify what integration means. In addition, I will focus on two main theories explaining the integration of immigrants into the destination country. The human capital theory which laid down the importance of skills, knowledge, and education in improving the possibility for immigrants to succeed and assimilate into the societies of their respective countries. And the social capital theory, which was postulated by Bourdieu (1986) to highlight the importance of social relations in the integration process. In addition, I will relate the theories on migration and integration to each other by analyzing the ideas critically and thoroughly by drawing on the scientific literature review approach (which I will discuss later).

1.2 Research Questions

As I indicated previously, migration is a cultural and social transformation that entails a number of intricate possibilities and problems in addition to being a process of physical mobility. Immigrants must adjust to a new social and cultural system when they first arrive in the new location. This process requires continuous effort and a deep understanding of the new culture, constituting the integration process's essence. Furthermore, integration requires adapting to and adopting the local society's values, behaviors, and cultural and social norms, which can be complex and time-consuming. Additionally, immigrants might need help reconciling by embracing the new principles of the local community with preserving their own cultural identity. Openness and flexibility are necessary for the local community and the migrants to maintain this delicate equilibrium. In light of this, the following inquiries have been posed, which I will attempt to address in this study.

- What is migration, and what are the factors that drive such a phenomenon?
- What is integration and what theories explain the factors affecting it?
- What is the nature of the relationship between immigration and integration, and what can be done to develop effective policies that reduce social tensions, enhance social cohesion, and achieve successful integration of immigrants?

1.3 The Importance and Objective of the Topic

The topic was chosen because of its extreme importance in our time. Migration constitutes an integral part of human history, and due to economic, political, and social changes in recent decades, it has become a central topic in global debates.

This literature review comes at a time when the migration movement is increasing worldwide due to social, political, economic, environmental, and war crises, which makes studying the impact of this phenomenon and how to deal with it an urgent necessity. On the social level, immigration leaves a clear imprint on the social fabric of future societies due to the population diversity it leads to, which requires effective strategies for coexistence and understanding between different cultures in order to achieve successful integration of immigrants that contributes to reducing social tensions and enhancing social cohesion. On the cultural level, migration enriches the cultural diversity of local societies, but it may pose challenges related to maintaining cultural identity and accepting new cultures simultaneously. Moreover, immigration can have political effects on a country; for example, immigration policies and debates can shape public opinion and influence elections. In addition, immigration can lead to tensions between different political factions. Therefore, the study offers a limited analysis that may aid in developing successful and long-lasting migration and integration strategies by providing a thorough grasp of the requirements and difficulties faced by both receiving communities and migrants. From an economic perspective, migration is essential to the functioning of the world economy since it may help close labor market gaps and spur economic expansion. Therefore, one of the critical aspects of the research is to study how immigrants' skills and knowledge affect the quality of the immigrants' economic integration. From an academic standpoint, this research contributes to developing academic knowledge about immigration and integration by providing a comprehensive analysis based on several theories related to these two phenomena to get a deeper understanding of how social, economic, and cultural measures shape the integration process of immigrants in new societies.

In conclusion, understanding the relationship between migration and integration is vital for developing effective policies and programs that support immigrants, help them adapt and integrate into new societies, and provide deeper insights into how to achieve this balance and enhance cooperation and understanding between different cultures. This research enhances a comprehensive understanding of migration and integration, contributing to understanding how we can build more inclusive, diverse, and sustainable societies.

2 Research Methodology

In my research, the literature review methodology emerges as the most effective tool for examining definitions, theories, and conducting literature analysis. This part will explain the literature review methodology used for the study and reveal insights into the research method used to design the study and the method used to analyze the data.

2.1 The Basic Methodological Approach to the Research (Literature Review Approach)

According to Pubrica Academy (May, 2019) In scientific research, the literature review is not just considered a mere formal writing but a very important step that follows the presentation and writing of a literature review to enable one to summarize, evaluate, and compare objective scientific research or studies. The process enables one to summarize the arguments, define the contradictions and the gaps in the literature, and analyze the methodologies and techniques used by other researchers. It offers a good hint of where research will likely go next or suggests where it should be pointing. Ultimately, a literature review ensures that work that has already been done is not duplicated, thereby saving valuable time and effort. As a result, a literature review is an extensive examination of academic publications on a specific subject that summarizes current understanding and allows for the identification of pertinent hypotheses, research gaps, and techniques. Moreover, according to Paré and Kitsiou (2017), literature review entails producing a literature review, looking for pertinent publications (books and journal articles), critically evaluating them, and summarizing the results.

The advantages of the literature review approach are many, as it contributes to the researcher determining the location of his study from a scientific standpoint due to its comparison with previous studies. It also helps to understand the topic or problem under study further by bringing details in previous studies into perspective. In addition, writing a literature review saves a lot of effort and time for the researcher, who directs his abilities to discoveries and studies without wasting time on matters proven by previous studies. This methodology also helps to benefit from previous research and studies in the field of building research hypotheses based on the results reached by others and completing aspects that were neglected by previous studies (ibid., 2017).

2.2 Research Design and Data Analysis

I also adopted a qualitative literature review in this thesis. Creswell (2009, p. 22) defined qualitative research as "A means for exploring and understanding the meaning individuals or groups ascribe to a social or human problem. The process of research involves emerging questions and procedures, data typically collected in the participant's setting, data analysis inductively building from particulars to general themes, and the researcher making interpretations of data."

Cresswell (2009, pp. 162-179) suggested several guidelines (which I followed) to achieve qualitative investigation and design research scientifically and practically. He emphasized several key aspects, including the necessity of asking research questions and clear and specific sources to guide the study along the way. Correct and ensure the quality and importance of data. Moreover, Cresswell proposed methods such as collecting documents, writing notes, and analyzing them to collect comprehensive and in-depth information. Creswell also recommends a structured approach to data analysis, including coding and categorizing the data into themes. This includes identifying patterns and relationships within the data to draw meaningful conclusions. Cresswell also stresses the need to follow transparency and maintain a detailed audit trail in verifying the accuracy and reliability of data and interpretations to ensure the credibility of the results.

Based on the above, I collected and examined information from scholarly databases including academic publications, research papers, and reports from different sources such as JSTOR, Google Scholar, International Journal of Intercultural Relations, and ResearchGate. This approach ensures the inclusion of diverse perspectives and a comprehensive understanding of the topic under study, thus enhancing the credibility and validity of the findings. The search terms used included "immigration," "integration," "reasons for migration," and "integration theories." The selection criteria were related to the source's relevance to the research questions, the credibility of the publication, and the recency of the publication. Finally, I selected 52 relevant sources out of 80 through a critical appraisal process that considered the depth of analysis, methodological rigor, and contribution to understanding migration and integration.

2.3 Credibility and Validity

This study adheres to the strictest ethical guidelines, guaranteeing the reliability and validity of my conclusions. I carefully record all the sources I utilize, and I only consult reputable and trustworthy sources. My regard for intellectual property rights,

data analysis and interpretation objectivity, and the openness with which I communicate the findings further indicate my dedication to research ethics.

3 Migration: A Conceptual and Theoretical Reading

Many issues and queries concerning the nature and dimensions of migration, both locally and globally, are raised by this phenomenon, which is both ancient and modern. A realistic summary of the phenomena of migration and its different dimensions must thus be provided in this research. Facts and statistics are essential to a deeper understanding of the problem in these migration talks. Statistics and data emphasize the scope of the problem, its potential future trends, and demographic shifts connected to global social and economic shifts. They are a common beginning point for discussions on migration. Knowing this information will help us make more informed plans for the future and confidently talk about how the world is evolving (World Migration Report, 2024).

The World Migration Report (2024) states that current estimates place the number of international migrants worldwide at 281 million, or 3.6 percent of the total population. Most people move within their nations rather than across international borders. However, the quantity of foreign migrants has been evident over time, albeit at a little faster rate than initially projected. Most people go overseas mainly for job, family, or educational reasons. Conversely, others leave their homes and countries because of compelling and often tragic situations, including persecution, violence, natural catastrophes, and conflicts (Ibid., 2024). This study section explores the ideas that attempt to explain international migration and present a thorough knowledge of its concept, kinds, and reasons.

3.1 The Concept of Migration

According to The Migration Observatory at The University of Oxford(Anderson & Blinder, 2017,) there is no universally accepted definition of migration just now because every nation has its definition and laws governing this phenomenon. Contemporary definitions of immigration evaluate the many activities immigrants engage in, the advantages they gain from them, and the recipients of these benefits. They also center on the legal status of the immigrants' admission into the nation they are moving to. Furthermore, The United Nations (1990) defined a migrant as an individual who will be employed in a country other than their country of origin and will be integrated into gainful or remunerative activities. This definition is an example of an international convention issued by the International Labor Organization for the Protection of the Rights of Migrant Workers and Members of Their Families. Nevertheless, the International Organization for Migration defines migration as "the movement of people across or within borders, temporarily or permanently, for various purposes" (World Migration Report, 2024, p. 140). Moreover, according to Tataru (2020), several studies have shown that the concept of migration involves three main variables. First, changing

the domicile, including its political or national borders. Secondly, changing the place of practicing the profession. Third, a change in social relations, that is, entry into a new society. Hence, I can create a suitable and current definition of international migration using these concepts as a basis: "The lawful movement of individuals across or within borders for employment or other economic, cultural, or social activities is known as migration. This movement can be transitory, allowing immigrants to return to their place of origin, or permanent and final."

3.2 Types of Migration

The types of migration are different and change depending on the circumstances of each individual. Here, I shall discuss the two main categories of migration, internal and external (IOM, 2019, pp. 108-113; eGyanKosh, n.d. 2024, p.310) :

3.2.1 Internal migration

Internal migration describes the free movement of people inside their own nation's boundaries without going outside of them. Conversely, there are numerous forms of internal migration, such as migration from rural to urban areas during the summer, from one administrative area to another, and return migration, which is the return of individuals who have previously migrated from the countryside to the rural areas. The state may occasionally organize internal migration, in which case governments prepare to satisfy people's requirements beforehand. Consequently, those who migrate often have better living conditions. Furthermore, when a natural or artificial tragedy strikes, a forced "internal displacement" may result in internal immigration.

3.2.2 International migration

International migration occurs beyond a state's boundaries or between states. Interestingly, the following fundamental standards are used to categorize different forms of international migration: the age of migration (new or old), the kind of migration (voluntary or involuntary), and the length of movement (temporary or permanent).

3.3 Theories Explaining Migration

Kaushik (2020), in his research paper entitled "Migration Theories and Patterns: An Overview," mentions that international migration has been studied by scholars through multiple and diverse theories, which reveals the complexity of this phenomenon and the inability to explain it with just one theory. Kaushik states that migration theories can be classified into two theoretical frameworks: One that explains the beginning of migration

and the other explaining its continuation. On the one hand, the beginning of migration is described by the following theories: Neoclassical theory, Dual Labor Market theory, and Push and Pull factors Theory. On the other hand, Network Theory and Cumulative Causal explain that migration continues over time, showing that even if the initial motivation to migrate fades, the flow of migrants can subsequently increase. The part of my thesis will present a theoretical framework that combines two factors (economic and social) based on the mentioned theories.

3.3.1 The Classical Theory

The classical theory (Haas, 2008, pp. 4-5) concentrates on the pull factors (wage disparities) in the receiving nations and the push ones (the immigrants' home countries). Moreover, Hass mentions that many researchers like Harris (1976) and Todaro (1970) for instance, argued that wage differences between countries drive international migration. Furthermore, Hass elaborates that countries with abundant labor and low wages differ significantly from countries with high labor shortages, leading to labor moving from low-wage to high-wage areas. They also imply that labor migration would cease if pay disparities were eliminated, underscoring the need for governments to control labor markets in sending and receiving nations to manage migration patterns successfully.

Gallup (1997, p. 3) also highlighted the individual decision-making process in migration according to Todaro. Migrants, he argued, make decisions based on a comparison between their expected income in the receiving country and their current earnings at home. This comparison leads to migration when the expected wage difference outweighs the expected costs of migration. Therefore, migration flows are often determined by individual measures of the outcome of migrating versus staying. Additionally, the return of labor migrants is influenced by the expected benefits of returning home in comparison to the benefits of staying abroad, further emphasizing the personal and complex nature of migration decisions.

Moreover, Immigration significantly affects the capitalist principle of supply and demand; therefore, the labor market in developed countries plays a crucial role in regulating migration. Policymakers in receiving nations also want to maximize the advantages of immigration because of their substantial and expanding demands, despite the labor market becoming more selective, emphasizing skills, legal entrance, and avoiding permanent immigration status. The labor market duality and cumulative causation theories, which I shall discuss in more detail later, lend support to this strategy.

3.3.2 The Labor Market Duality Theory

Massey (1993, p. 440) discusses that international migration is said to arise from the ongoing need for migrant labor in industrialized nations. In contrast to migrants who choose hazardous and challenging employment, the theory of labor market dualism supports market segmentation because migrant workers accept low-paying positions in the receiving nations' wage hierarchy, which forces local workers to pursue more positions that are desirable. Massey, in his paper, points out that Piore introduced the initial concepts associated with this theory in 1979. He states that these nations' economies and societies may be characterized by four primary qualities that can be applied to this occurrence.

First, structural inflation (Ibid.,p.441) : Businesses are compelled to pay more for risky occupations that require many workers in the lower ranks of the labor hierarchy, so they boost salaries at this level. Higher-ranking individuals then put pressure on this to boost their pay, which drives up the cost of wages owing to inflation. Employers then hire migrant labor because they need people willing to accept cheap salaries.

Second, Motivational Problems (Ibid) : Immigrants start working in search of wages and then seek to improve their living conditions to match the standards of the society to which they immigrated. As a result, the lower class of workers moves to higher levels, leaving a void filled by new immigrants. This, in turn, justifies the instability of the lower class and its continued movement to the upper classes, which leads to the permanent need for migrant labor.

Third, Economic Duality (Ibid.,p.442).: Capital is not significantly affected by the stopping of production when the demand for labor decreases. At the same time, workers are affected by the decline in employment and bear unemployment costs. However, employers retain certain workers when needed to maintain essential production. They need qualified labor to operate machines, which is expensive labor, so they resort to importing unqualified and inexpensive labor, which makes them dependent on migrant labor.

Finally, The Demographics of The Labor Supply (Ibid.,p.443): Due to their necessity to support their children's lives and education, mothers and teens were formerly largely dependent on them to work in hazardous situations in industrialized nations. Employers are now forced to turn to immigration as a solution to this deficit because of the unbalanced demand and restricted supply caused by the rise in divorce rates and the decrease in the number of minors entering the workforce because of preventative regulations.

3.3.3 Cumulative Causal Theory

According to Massey et al. (1993, p. 451), cumulative causal theory is centered on migration's self-expansion or movement that produces migration. In 1957, researcher Myrdal proposed this idea, and in 1990, Massey D. improved upon it. They discovered that among those who have not yet immigrated, the accumulation of immigrant experiences creates a craving for immigration. As a result, they identified six elements that contribute to migration's self-expanding nature.

One is **income Distribution** (Ibid.) : Poor families migrate not just to increase and diversify their revenues but also to acquire better pay. Remittances from migrants are, therefore, primarily intended to increase the number of migrants in these households.

Two, **Land Distribution** (Ibid.,p.452) : Agricultural laborers migrate to raise their salaries and purchase land, as migrant families from rural areas spend their money on expensive land purchases to boost their status in their hometowns.

Third, the **Agricultural Production System** (Ibid.) : Due to technological advancements, fewer people are working in agriculture, which means that excess labor is being used for immigration. Families that get their income from immigration work to improve agricultural capital, such as machinery, irrigation, and pesticides.

Fourth, **Immigration Culture** (Ibid.) : After initially succeeding financially, immigrants adapt to sophisticated industrial cultures by altering their lifestyles, inclinations, and actions. Because of their cultural ties to the immigration nation, this forces the immigrants to go through the migration process again.

Five, **Regional Distribution of Human Capital** (Ibid.,p.453) : Facilitating countries endeavor to enhance the conditions of rural areas through infrastructure development and investment encouragement, which in turn stimulates return migration, even as migrant networks ease the migration process by lowering costs and risks.

Sixth, **Social Labeling** (Ibid.) : In receiving communities, immigrants are assigned to specific occupations, known as immigrant professions, when there is a persistent need for immigrants.

3.3.4 Network Theory

Massey et al. (1993, pp. 448-449) argue that the idea of migration networks is important because it clarifies how migration as a phenomenon persists through the development of social bonds between immigrant and non-immigrant populations, thereby fortifying ties between the countries of origin and the countries of destination. For example, migrants support and facilitate the migration of their family members or neighbors by providing them with various opportunities such as providing financial assistance to cover travel costs, providing accommodation upon arrival, or helping them

find jobs. Immigrants also share valuable information about the immigration process, such as legal requirements, potential job opportunities, and tips for adapting to a new environment, which helps newcomers adapt to social norms and practices in the destination country. In doing so, migrants create a support system that facilitates the transition for newcomers and strengthens social and economic ties between countries of origin and countries of destination. Neoclassical theory suggests that the decision to move in this situation is based solely on economic and logical calculations. However, according to Massey, it is also influenced by knowledge about the existence of individuals who can offer the immigrant both financial and emotional support. In addition, migration networks contribute to reducing risks and costs faced by future immigrants and help the migration process to continue on its own. Additionally, prices and convenience of movement decrease with the development of the migration network as social capital becomes increasingly more relevant to migrants than financial capital. Furthermore, the family continues to be a vital component in promoting migration and enhancing migrants' capacities. This theory is well recognized for its ability to explain migration. It identifies two main drivers of migration: communication and the multitude of ties that exist between the nations of origin and destination for immigrants.

3.3.5 Theory of Push and Pull Factors

According to Stanojoska & Petrevski (2012, p.4-5), there are four elements that affect the migration decision: The migration current: The intensity of the migration current is inversely proportional to the length of the distance. Information: The clearer the immigrant's information about the destination of migration, the stronger the motivation to migrate. Difficulties: The greater the difficulties surrounding immigration, the weaker its trend. Personal circumstances: The severity of migration depends on the personal circumstances of the immigrant.

The theory includes factors that affect the supply and demand sides of migration, as negative factors in areas of origin and positive factors in areas of reception push or attract towards migration or not. The repulsive factors are poverty, unemployment, marginalization, and oppression, as well as natural disasters, famines, wars, and the spread of epidemics and diseases. The attractive factors are the availability of work, social and health services, freedom, and the high level of education and services(Bruzzone, 2020, p.2).

Moreover, I chose these theories because they provide a comprehensive framework for analyzing initial drivers and mechanisms of migration persistence and addressing the economic and social factors that influence migration. For example, I chose neoclassical theory because it provides an essential economic-related perspective on

migration, emphasizing the role of wage differentials and employment opportunities. Furthermore, the push-pull theory offers a broader understanding of the economic, social, and environmental forces that drive migration by explaining the multifaceted nature of migration decisions. It focuses on the structural aspects of labor markets in sending and receiving countries and highlights how economic factors drive migration and sustain it over time. Moreover, I believe it is possible to expand on these previous theories by interpreting them within the human capital theory, where migration is an investment decision. As for network theory, it explains the social dimension of migration, focusing on how migrant networks facilitate the continuation of migration flows. It is therefore crucial to understanding the role of social capital and support systems that support migration over time. Finally, the theory of cumulative causal addresses how migration becomes a continuous process, emphasizing the social and economic changes that occur because of migration. It is therefore essential for understanding the dynamic nature of migration processes and the factors that contribute to their continuity.

I will next discuss the subject of immigrant social integration, which is regarded as a crucial and contentious academic issue in the fields of social studies and migration (Portes, 1993). According to Alba and Nee (2003), immigrants frequently encounter challenges while attempting to adjust to the customs, values, and social practices of their new country, despite their significant contribution to the formation of contemporary societies and culture. For a comprehensive understanding of this intricate social phenomenon, sociological ideas about immigrants' social integration are deemed necessary (Berry, 1997). Hence, in this thesis, I provide a brief explanation of the basic concepts and processes involved in social integration. In addition, I will address patterns that explain and promote immigrant integration. I thus aim to highlight the practical aspects and challenges of the integration process, which are crucial for understanding the broader social dynamics at play and provide insights that can inform policies and support services for migrants. Moreover, I will rely on two theories, namely social capital theory and human capital theory, to understand the dynamics of immigrants' social integration. I chose social capital theory because it emphasizes the importance of social networks, relationships, and community ties for immigrants to access resources, support, and opportunities in their new environment. Thus, social capital theory helps explain how immigrants build connections and gain acceptance within a new society. However, I chose human capital theory because it focuses on the skills, knowledge, and experiences that individuals bring when migrating, which greatly influence their ability to integrate and succeed in a new society. The human capital theory thus helps to understand how educational and professional qualifications, language proficiency, and work experiences influence the economic and social integration of immigrants. By combining these

theories, my research aims to provide a comprehensive understanding of the multifaceted nature of social integration and address the social networks that support immigrants and the individual capabilities that enable them to succeed in their new surroundings.

4 Social Integration - A study of Concepts and Theories

4.1 The Concept of Social Integration

According to Lindo (2005, pp. 7–20), integration is by no means an intuitive, straightforward, or easy process but rather a difficult and subtle one. This viewpoint recognizes the complex interactions between people's identities, cultures, and social positions, as well as their actual interaction patterns. This perspective is supported by Banton (2001, pp. 251-252), who describes integration as a term that is difficult to define. He considers it a dangerous idea with ambiguous measuring criteria because the term lacks a clear and universally accepted definition, is highly subjective, and can vary significantly depending on cultural, social, and political contexts. However, despite these difficulties, researchers and decision-makers continue to use the term "integration" to refer to the objective of post-immigration policies.

According to Martikainen (2006, p. 3), the process of integrating immigrants into various social domains within the new community is dynamic. Martikainen highlights that integration is a collaborative process that calls on both the receiving community and immigrants to adjust to the new dynamics of social interactions. According to Martinovic et al. (2009, p. 871), the degree of social interaction between immigrants and the receiving community serves as a proxy for social integration. It is contended that the process of integrating immigrants involves not only social integration but also structural (i.e., integrating them into the workforce) and cultural (i.e., assimilating into the receiving community's values and traditions) elements.

Conversely, integrationists (Gulay et al., 2014, p. 12) contended that immigrants could only fully integrate into the receiving community after renouncing their ethnic and cultural identities and obtaining citizenship in the new nation. In my opinion, such an approach is unrealistic and unfair. Immigrants' abandonment of their cultural identities not only undermines the value of cultural diversity, but also ignores the rich contributions that these identities bring to the social fabric of the new society. On the other hand, proponents of multiculturalism believe that respect and ethnic tolerance for immigrants' cultural identities are the only way to allow immigrants to integrate and adhere to a shared identity with the locals, thereby becoming fully integrated members of the new society. This description aligns with Mark Rubin's and Susan Ellenwatt's definition of social integration (2012, p. 498), as they said: ''It i the amount and caliber of interactions between immigrants and native-born individuals, irrespective of the extent of cultural identity preservation.'' Furthermore, integration is approached as the process by which a migratory person integrates into the new community and is accepted (Garcés-Mascareñas & Penninx, 2016, p. 12).

Accordingly, it may be argued that social integration is the degree to which the actions and appearances of people, groups, or minorities are in line with the customs, beliefs, and practices that are perceived as prevalent or norm in the new community, whether from a cultural, administrative, social, or economic standpoint. When immigrants arrive in a new community, they must be able to find a place for themselves that includes housing, work, income, and schools for their children, as well as access to health facilities and services. Along with utilizing the institutions of the receiving society, interacting and cooperating with other people and groups and pursuing approval and acknowledgement from the receiving culture are all necessary components of integration, which also calls for immigrants to adjust socially and culturally.

4.2 Concepts Related To Social Integration of Immigrants

In order to fully understand a concept, provide a more precise explanation of it, and highlight the distinctions between one idea and another, it is essential to address or clarify the concept or concepts linked to the study's topic as well as areas of agreement or subordination between them. I will discuss a few integration-related ideas in this section of the research, including social adaptation, assimilation, and acculturation. In my opinion, each of these ideas represent steps that immigrants often pass through, concurrently, either gradually or independently, but ultimately, each stage prepares the immigrant for assimilation.

4.2.1 Social Adaptation

According to Woolston (1917, p.311) ''By adaptation is meant such a state of adjustment between an organism or a social group and its environment as is favorable to existence and growth, or the process by which such unity comes into, and continues in, this favorable relation.'' Moreover, according to (Bosello et al., 2018, p.12) adaptation consists of three elements, namely the subject of adaptation (who), the object of adaptation (what to), and the way in which adaptation takes place (how). Furthermore, Samadi and Sohrabi (2016, P.1) defined social adaptation as '' the ability of association, accommodation, compromise, cooperation and coping with oneself, environment and others.'' It is important to mention that adaptation does not necessarily represent an assimilated second culture but rather how much of that second culture is being learned and included in a preexisting knowledge culture (Stanciu et al., 2019, p.78). Hence I can say that adaptation is a symbol of a person's openness to change, adaptability to shifting social conditions, and capacity to react to new social factors and changes in social life.

4.2.2 Assimilation

Park and Burgess (Rumbaut, 2015, p. 2-4) have described assimilation as "a process of interpenetration and fusion". During this process, individuals and groups acquire the memories, emotions, and attitudes of other persons or groups. They emphasize that immigrants seek to integrate these elements into the shared collective culture of the receiving society, which highlights the importance of shared experiences and interactions in establishing a sense of connection, belonging, and achieving assimilation.

According to Arunachalam and Karidakis (2016, pp. 162-163), assimilation is commonly defined as "the integration of immigrants and their descendants with the receiving society." establishing cultural unity is just as crucial to this integration as establishing economic and social equity. It concerns immigrants and their offspring who not only speak the native tongue but also think in it. This definition highlights the value of maintaining cultural cohesion during the integration process.

From what has been discussed so far, it can be concluded that for immigrants and their offspring to integrate into the receiving society fully, they must extensively embrace and share the values of the receiving place. Furthermore, assimilation is a long-term process meant to lessen or completely eradicate social, economic, and cultural disparities between immigrant and native populations. Stated differently, assimilation denotes a whole shift from the old culture to the new one, although assimilation may also entail preserving certain features of the previous culture, such as bilingualism. Moreover, the integration strategy requires dual cultural competence and flexibility. As a result, integration is one of the phases that immigrants go through before fully assimilating. The points above contend that integration happens gradually and often in the first generation. However, as generations pass, full assimilation can be attained, and it is more straightforward and faster for the second generation.

For this reason, I will briefly discuss the classical assimilation theory, one of the theories used by sociologists to analyze immigration. Chicago School of Sociology members utilized it for the first time. Integration is seen as having a single, linear path under the traditional assimilation theory. There is competition for resources, jobs, and social standing after the first period of immigration and contact with the receiving society. After that, and frequently in a subservient setting, the immigrants try to establish their position in the social order. Ultimately, ethnic distinctions disappear with assimilation, which is total absorption into the receiving community's economic, cultural, and social fabric (Alba & Nee, 1997, p. 827).

Furthermore, unique characteristics of the ethnic background of recent immigrants, such as cultural practices or mother tongues, were frequently seen as obstacles to be overcome to integrate into the receiving community properly. As a result,

the theory validated the widely held belief that immigrants may integrate successfully into society by overcoming obstacles related to language and culture, picking up the receiving community's language, and adopting its norms (Lee, 2009, p. 732).

However, several scholars and sociologists have criticized the classical assimilation theory. As per this view, integration happens only when the immigrant community gives up its cultural uniqueness. The idea holds that immigrants successfully assimilate into the receiving society when they give up their unique racial and ethnic characteristics. Accordingly, given the diversity of immigrant groups' features and their social circumstances, this theory must be more effective in explaining the continuation of inequality and conflict between various population groups (ibid., 2009, p. 732).

4.2.3 Acculturation

The idea of acculturation is fundamental in the lives of immigrants because it represents the concept of equal and reciprocal cultural impact. Acculturation is broadly defined as the degree to which members of an ethnic group participate in the cultural traditions, values, and practices of the dominant society (Schwartz et al., 2010). It is the process by which people from different cultures interact and communicate directly with one another over an extended period, changing the cultural norms of these groups (ibid., 2010).

Marks and Conn (2015, p. 149) offer an alternative interpretation of acculturation, seeing it as a sequence of psychological and social transformations that people, especially immigrants, experience to aid their assimilation into new communities. They draw attention to the fact that psychological and personality changes brought about by exposure to a foreign culture are part of the acculturation process on an individual basis. These adaptations modify actions, opinions, identities, principles, and attitudes essential for surviving in a foreign environment.

According to Schwartz et al. (2010), acculturation may be classified into three categories based on techniques. Assimilation is the first kind, which I have already discussed and highlighted. According to this category, people give up their native cultural customs and embrace those of the receiving culture by the process. In this case, people quickly pick up the new language, try to quit speaking the old language, and embrace new cultural customs. Separation is the term for the second kind of acculturation. It happens when someone firmly follows their old cultural customs and stays away from the cultural institutions of their new nation. According to this trend, immigrants preserve their conventional ways while embracing new cultural norms like picking up a language or establishing social connections outside their regions. Integration is the third kind, in which immigrants embrace the receiving culture's new language,

customs, and values while retaining ties to their ethnic groups. This approach, which goes by the name of biculturalism, is frequently seen as the ideal fusion or co-existence, to varying degrees, of two originally distinct cultures. This approach was brought up by Canadian social psychologist John Berry, who described the acculturation process in these mixed cultures by concentrating on two key elements. The first is cultural maintenance, which he defines as the requirement that people preserve their cultural identities. The second factor is engagement and communication, demonstrated by how often a person participates in outside cultural organizations. Berry (2005) discussed the many ways people try to navigate between these influences; these tactics are called acculturation strategies. I will go over these tactics below in order to understand the different approaches to acculturation, which helps provide an accurate perspective on how immigrants adapt to their new environments. By examining these strategies, the challenges and successes associated with each approach can be better understood and thus guide policies and practices that support effective integration and multiculturalism..

John Berry (Berry, 2005, pp. 698–700) suggests that immigrants and their offspring frequently use acculturation tactics to facilitate psychological and social adjustment. There are three dimensions to these methods. The first is the behavioral component, which includes the adjustments immigrants make to their routines and actions in their new community. Second, there is the psychological component, which is what Perry (2005) calls "cultural anxiety." This type of worry is connected to several psychological and social issues that immigrants face in their new environment, many of which are out of their control, including language learning. Ultimately, the degree of attitudes matters since it establishes the tendency for acculturation. How a person feels about their mother culture and the culture of their new society influences whether they choose to use one of the acculturation techniques to deal with difficulties related to identity, values, and cultural norms.

Berry (2005) states that to adjust psychologically and socially, immigrants use various identity tactics contingent on their status within both their home culture and the receiving community (pp. 704–706). Both preserving one's own cultural identity and assimilating into the receiving community through cultural and value adoption are goals shared by immigrants. Will the original cultural identity be maintained? It is a question that every immigrant, whether aware of it or not, asks themselves. Do I have to socialize and mingle with the receiving community members? How the immigrant answers these two questions allows us to determine the strategy they adopt: integration, assimilation, isolation, or marginalization:

Integration is indicated by positive responses to both queries. In this instance, the immigrant aims to preserve aspects of their native identity and culture, including

language, religion, customs, and traditions, while desiring to interact with the receiving community and absorb some elements of its culture. Perry (2005) thinks that integration, or the person's attempt to bring the two cultures together, is a good part of the acculturation process because it expresses an attempt to reconcile two cultures.

Assimilation, defined by denying the first question and agreeing to the second question, is a strategy in which the immigrant abandons their original culture instead of fully adopting the receiving society's culture. This leads to a process of displacement of the social identity of the immigrant by altogether redefining themselves to embrace the receiving culture and excluding the cultural practices of their country of origin.

Independence is defined as the answer "yes" to the first question and "no" to the second question. The immigrant selects isolation as a reminiscence of their identity and original culture by rejecting any communication with the receiving society. This strategy is a very significant one of pulling oneself away from the receiving society and avoiding it actively.

Marginalization, which is arrived at by answering negatively to both questions, must be understood in terms of psychological isolation and disorientation. It occurs when an immigrant loses the characteristics of their identity and original culture and is unable to integrate into the new cultural frameworks of the receiving society, often because of the marginalization and racism they face.

According to Perry (2005), the tactics of assimilation, integration, marginalization, and outright exclusion of minority groups from the receiving community are all intermediate between full integration and complete exclusion. People from minority groups are said to employ assimilation because they frequently feel unable to preserve their cultural identity and need regular contact with people from different backgrounds.

4.3 Theories that deal with and explain the social integration of immigrants

Social and human capital theories provide essential frameworks for analyzing how immigrants integrate into receiving countries. These ideas emphasize how vital social networks and interactions are for promoting integration. In this thesis I examine these two theories and evaluate how well they explain the difficulties and possibilities associated with immigrant integration.

4.3.1 Social Capital Theory

According to Colman, social capital is shared among actors rather than belonging to any one of them. It is a dynamic that is always evolving and needs to be fixed and well-

defined (Colman, 1988, cited in Economidou et al., 2020, p.5). Bourdieu (1986, pp. 21) defined social capital as ''Social capital is the aggregate of the actual or potential resources which are linked to possession of a durable network of more or less institutionalized relationships of mutual acquaintance and recognition—or in other words, to membership in a group—which provides each of its members with the backing of the collectively owned capital, a "credential" which entitles them to credit, in the various senses of the word.''

Moreover, Coleman (1988, p. 98) defined social capital in terms of its function, saying that "it is not a single entity but rather a diverse group of entities that possess two common characteristics, all of which consist of a form of social structure that facilitates and enables specific actions by individuals within this structure." Coleman (1988) emphasizes that the productive nature of social capital makes it only possible to accomplish specific objectives. Coleman (1988) made note of the various ways in which this idea manifests. They are embodied in commitments, norms, expectancies, the potential for knowledge acquisition, and substantial penalties. Additionally, he emphasized how social capital may help children and other vulnerable individuals build human capital as a source of development resources. According to the information above, social capital gauges a person's capacity to satisfy needs and profit from connections with others on a personal and professional level. One's social capital increases with the advantages these ties provide them.

Massey et al. (1993, pp. 448-449) emphasize that social capital is created when networks exist and explain why and how membership in a particular network enhances the likelihood of migration because of its benefits. Networks increase advantages while lowering dangers associated with migration, highlighting the importance of social capital in integrating migrants. Social networks provide essential information that aids in migration decision-making and assistance after arrival, which is crucial in assisting migrants in adjusting to and integrating into the workforce. Furthermore, employment is one central area where social networks affect immigrants' assimilation. These networks offer resources that help immigrants throughout the hiring process, from job searching to conducting interviews and settling salary negotiations. A network may, for instance, tell a migrant about the going rate in the receiving community for specific employment, giving them the leverage to bargain for just compensation and increasing their chances of assimilating into the receiving society (Painter, 2015, p. 63).

Sarah Verlander (2007, p. 116) states that social capital comprises two key components. The first is structural; its definitions center on trust, norms, and social networks. The other type of capital is cognitive, encompassing common cognitive values that help build social capital. Verlander (2007) points to a system of social ties that makes

mutual gain, collaboration, and coordination easier. Social capital may be used to provide a variety of support, such as informational support, practical support, which elevates the concept of empathy to a position of influence, and emotional support, which is created by personal empathy. According to this perspective, connections and networks are the primary source of social capital, while the concept's guiding principles of trust, openness, collaboration, and acceptance of others are the second.

Tegegne and Glanville (2018, pp. 459–460) discuss trust as a crucial element of social capital. The authors pointed out that current research on immigrants in Europe has revealed that these individuals, primarily from non-Western cultures, exhibit lower levels of trust than the native population. Immigration origins have a significant role in influencing people's trust in newcomers from a cultural standpoint. Consequently, there is a mistrust between the inhabitants of European birthplace and immigrants from non-Western nations. Moreover, the empirical viewpoint argues that immigrants' degree of trust is influenced by the various surroundings in which they reside. It is thought that because of their limited social networks, perhaps restricted language, and cultural links, migrants frequently have lower levels of social capital due to their weak family and friendship relationships in the receiving country. Migrants may lose their social networks as well as their human and material resources, including money, housing, and work prospects, upon relocation. Conversely, those with greater degrees of general trust can better create network resources, considerably raising the general trust level according to Tegegne and Glanville (2018).

There are several forms of social capital and understanding them requires distinguishing between them. Formal social capital, which includes involvement in organizations and activities with formal structures, and informal social capital, which includes links with family friends or neighbors, are the two categories of social capital that Pichler and Wallace (2007, p. 423) distincted. Moreover, Pautnam (2000, cited in Luoma-Aho, 2009, p.8) came up with other forms of social capital, namely bonding which refers to strong ties and networks between like minded people, and bridging which refers to different social ties between different groups. Furthermore, Since social capital may refer to the way individuals or immigrants participate in the society in which they live and the forms of social interconnection, this may mean that the nature of that society and its culture make a difference in the forms of that interconnection. In other words, there are different types of social capital and multiple forms in accordance with the nature of society. Hence, social capital can be considered a measure of social cohesion in my opinion.

Moreover, I believe there is a close relationship between these two types of social capital. Formal social capital can promote better informal communication and strengthen

social norms of collaboration and trust. On the other hand, informal capital may support formal capital and occasionally replace it. Two processes in the relationship between formal and informal social capital may be assumed to understand this better: When there is strong social support and social network connections alongside active involvement in CSOs, there might be complementarity between formal and informal social capital. In addition, as social support and informal networks may be reinforced by minimal involvement in formal society, informal social capital can supplant formal social capital.

Furthermore, Ballet et al. (2007, pp. 359–360) viewed social capital as the missing component in social public policies and economic assessments, encompassing two types. The first is outward and observable through mutual norms, trust, and network linkages. The other is internal and not readily observable among individuals. It is assumed via encounters and cemented in people's thoughts. According to them, social capital is "resources available to individuals in a social context that occur within a cultural context formed through shared communications and values, transforming social capital into cultural capital."

Moreover, in my opinion, not every relationship network reflects social capital. Social interactions shape this idea, but it is necessary to participate in these relationships to reap the rewards that benefit society and the individual. An individual only has social capital if their network of relationships is active. Hence, depending on the immigrant's personality and situation, social capital may weaken and disappear at a particular moment and point.

However, human capital's role in facilitating immigrants' social integration must be recognized; I will go into more detail about this in the next section of this chapter. This section includes the character of the receiving society, the methods by which people live there, and the significance of human capital for immigrants' integration.

4.3.2 Human Capital Theory

Human capital consists of the knowledge, skills, and experience gained through investments in education and training (Goldin, 2016, p.55-57). Hence, the knowledge and expertise that may aid immigrants in more successfully adjusting to and integrating into the receiving society are referred to as human capital.

Remarkably, the notion of human capital remains fundamental to explaining and even forecasting immigrants' labor market performance. Despite initial pay differences, immigrants' salaries eventually tend to converge with native wages, according to Chiswick and Miller (2009, p. 163). This happens because immigrants gain particular human capital in the new community, such as increased education and training, cultural experiences, and language ability. The "assimilation" process aids immigrants in

enhancing their human capital and closing the pay gap with native-born workers. According to Borjas (2015, p. 11), among others, immigrants' human capital does not confer equality with the native population, regardless of their level of education and training. This information is remarkably accurate if the immigrant received their education and training in their native country, as the majority of documents authorized by that nation are not immediately or directly transferred to the receiving country; instead, they must pass through several formalities and be given certain documents and certificates authorized by the receiving nation a situation known as economic barriers (ibid.).

Friedberg (2000, p. 2309) stated that human capital is a personal asset that is impossible to quantify because each person has unique qualities. However, commonly recognized indicators of human capital include an individual's degree of education and training. According to Friedberg, General and specialized kinds of human capital can be distinguished. Communication and information processing skills are examples of general knowledge and abilities applicable in various settings. Specific experiences, abilities, and knowledge are highly productive and valuable in specific contexts, like the labor market. These are known as particular kinds of human capital. Human capital is a critical component of success in the job market. It directly influences an individual's quality of life, according to several studies that bolster this hypothesis.

Jung (2017, p. 34) states that, from a human capital standpoint, education and skill level are the main factors determining this kind of capital. Those with higher levels of education and competence are believed to be more productive in the workforce. Thus, it makes sense that people with lower human capital levels would fare worse in the job market. Jung (2017) contends that individuals with high levels of education and skill set human capital are more likely to be employed in high-paying positions with favorable working conditions and fewer periods of severe unemployment, all of which benefit the increase of their per capita income. Furthermore, Jung (2017) mentions that immigrants may need to gain the skills necessary for their new nation, making it difficult to evaluate their human capital fully. This demonstrates the difficulties immigrants encounter when trying to transfer their expertise. As a result, migrants make various investments to improve their human capital, including language acquisition and familiarization with their new nation's institutions, customs, and production techniques. Moreover, according to Jung (2017), migration academics frequently use language ability to gauge how well immigrants can adapt their abilities to their new country. However, language ability may not always be a reliable indicator of the transferability of abilities (ibid.).

Considering those above, I may conclude that, even after accounting for individual characteristics, the human capital theory helps to explain why some immigrants perform

better economically than others. An individual is better able to adjust to the new receiving nation when they are aware of that country's cultural norms, customs, and attitudes. This information, also known as cultural knowledge, helps immigrants become more open to information and create social bonds with others. It also lowers anxiety and promotes better adaptability and social integration. Thus, it becomes clear how crucial the human capital theory is to understanding a portion of immigrants' social integration process.

5 Answering Research Questions: Findings

As I mentioned earlier, migration is a cultural and social transformation that involves a number of complex possibilities and problems in addition to being a process of physical mobility. When immigrants first arrive in a new country, they must adapt to the new social and cultural system. This process requires continuous effort and a deep understanding of the new culture that forms the core of the integration process. Furthermore, integration requires adapting to and adopting the new society's values, behaviors, and cultural and social norms, which can be complex and time-consuming. In addition, immigrants may need help reconciling by embracing the new principles of the new society with maintaining their own cultural identity. Openness and flexibility are essential for the new community and migrants to maintain this delicate balance. In light of this, I raised the following questions, which I will try to answer in this part of my thesis.

The first question I address is regarding the definition of the concept of migration and the factors or theories that drive such a phenomenon. Based on the literature I reviewed in my research, it became clear that migration lacks a universally accepted definition due to the different legal frameworks and definitions adopted by different countries. However, migration is a term that broadly includes the movement of individuals across borders for work, economic, social or cultural activities. Moreover, the concept of migration includes three variables: a change in place, occupation, and social relations (Tataru, 2020).

The complexity of migration is reflected in the multiple theories that scholars use to study it. According to Kaushik (2020), migration theories can be divided into two categories: those that explain the beginning of migration and those that explain its continuation. The onset of migration is explained by theories such as neoclassical theory, dual labor market theory, and push-pull factor theory. For example, neoclassical theory emphasizes wage and employment differentials as primary economic drivers of migration. Push-pull theory provides a comprehensive view of the economic, social and environmental forces that drive migration, with an emphasis on structural aspects of labor markets in both sending and receiving countries. On the other hand, continued migration is explained by network theory and cumulative causal theory. Network theory highlights the social dimension of migration, explaining how migrant networks facilitate the ongoing flow of migration by providing social capital and support systems. Cumulative causal addresses how migration develops into a continuous process, focusing on the social and economic changes resulting from migration that further encourage migration. Together, these theories provide a powerful framework for

understanding the multifaceted nature of migration and explain how economic and social factors interact to initiate and sustain migration. By integrating these theories with the concepts of human and social capital, where migration is viewed as an investment decision, we gain a comprehensive understanding of the motivations and mechanisms behind migration.

Second, I address the concept of Integration, its definition and theories that explains factors affecting it. Based on my findings, integration can be defined as the process by which immigrants become part of the social, cultural, economic, and political life of the receiving society. It involves navigating and adjusting to the customs, values, and social practices of the new country. Moreover, Integration is a dynamic, collaborative process that requires adjustments from both the new community and immigrants (Portes, 1993; Alba & Nee, 2003; Berry, 1997). Moreover, I pointed out three major concepts associated with the concept of integration to help better understand its nature. These concepts are adaptation, assimilation and acculturation.

As previously discussed by Tegegne and Glanville (2018), the prevailing view is that integration occurs with the second generation, not the first, and only after extended periods. However, this process can be expected if immigrants come from a background comparable to that of the new community, as they do not have to go through all of the same steps. Individuals who immigrate from diverse cultural backgrounds experience these phases. On the other hand, if the immigrants come from a different cultural background, they often experience different phases of integration. Initially, these immigrants may prefer social exclusion to maintain their cultural identity. However, cultural maintenance happens over time, and, depending on their surroundings, immigrants may adopt new cultural practices and look for new social connections. This leads to the "acculturation" stage, where newly acquired cultural knowledge is blended with pre-existing cultural images (Berry, 2005). During this stage, immigrants attempt to reconcile and harmonize the stereotypes they have learned in the new culture with their own cultural background, striving to restore equilibrium. Through this process, immigrants gain social capital by shaping their social networks and human capital by expanding their cognitive ceiling, facilitated by their social relationships in the new environment. Eventually, immigrants reach the stage of social integration, where they fit into various social circles and groups within the new society and culture and are integrated into its core connections, institutions, and circumstances (ibid., 2005). Moreover, it is important to point out that this process, in my opinion, is mutual; that is, the locals also undergo changes as they interact with immigrants. The local society is influenced by the influx of new cultural practices, ideas, and perspectives brought by immigrants. This interaction fosters a dynamic exchange where both immigrants and

locals learn from each other, leading to a richer, more diverse cultural fabric. I chose to discuss the theories of social capital and human capital from this perspective because they are crucial for understanding the dynamics of migration and immigrant assimilation.

Furthermore, social capital theory emphasizes the role of social networks, relationships, and community ties in providing immigrants with access to resources, support, and opportunities in their new environment. It helps explain how immigrants build connections and gain acceptance within a new society, and highlights the importance of trust, norms, and networks in facilitating cooperation and mutual support, which are crucial for successful integration. Human capital theory on the other hand emphasizes the knowledge, skills, and experience gained through investments in education and training. Hence, the knowledge and expertise that may aid immigrants in more successfully adjusting to and integrating into the receiving society are referred to as human capitalMassey et al. (1993; Verlander, 2007; Tegegne and Glanville, 2018; Goldin, 2016).

Moreover; social capital helps people think about collective destiny and consolidates individuals' opinions about the group and society. It fosters the belief that individual actions play a vital role in building societal values such as trust and cooperation. According to Miller and Chiswick (2009), social capital is essential to the resilience of organizations as it concentrates on collaboration between members, boosting production rates, and encouraging teamwork. Additionally, social capital aids in increasing the membership base of various organizations and improves the sphere of social work, guaranteeing that the needs of the local population are fulfilled and measurable objectives are accomplished (ibid.,2009).

Furthermore, social capital helps one increase human capital. Social capital assists in building the right kind of social bonds, networks, and connections which enables individuals within a particular community to accomplish what they want and need (Pichler and Wallace, 2007). However; it is important to note that social capital can wear away and dematerialize at any time and level (Massey et al., 1993, pp. 448-449). This happens depending on the character of the immigrants themselves, the situation they are going through, the nature of the society that they find themselves in, and the possibilities available for functioning there.

In my opinion, combining these theories provide a comprehensive understanding of the multifaceted nature of social integration and address the social networks that support immigrants and the individual capabilities that enable them to succeed in their new surroundings. Moreover, according to Marks & Conn (2015), there is a pleasant ground to cultivate human capital and strengthen social capital, which could facilitate

the migrant to harness their full potential in the new community. This integration of theories can also help balance the economic and social aspects of the integration process. Moreover, using both theories in evaluating the integration process of immigrants, we can formulate legislative recommendations and design favorable programs that contribute to the success of immigrants in the new country. This, in turn, supports the development of more inclusive, diverse, and sustainable societies.

I eventually try to explore the nature of the relationship between immigration and integration, and what can be done to develop effective policies that reduce social tensions, enhance social cohesion, and achieve successful integration of immigrants. Moreover, based on the gathered information from the reviewed literature, I can assume that a bidirectional and complex relationship exists between migration and integration. There is no set linear path that all immigrants will follow when they gradually start adjusting to the language, values, cultural beliefs, and behaviors of the majority population in the new country (Rumbaut, 2015). Depending on the amount of social and human capital and the kinds of social networks available in the receiving nation, several conditions and causes might cause one stage to be delayed, advanced, or combined with another. Hence, I can say that migration initiates the need for integration. And successful integration influences future migration flows and the overall stability of the migrants and the new society.

It becomes clear from the literature I reviewed in this thesis that educational and training programs are crucial for aligning migrants' skills with labor market demands, thereby improving their employment opportunities and economic contributions; and building social networks and fostering positive interactions between immigrants and local communities promoting understanding and a sense of belonging(Colman, 1988; Massey et al.,1993; Verlander, 2007; Pautnam 2000, cited in Luoma-Aho, 2009; Goldin, 2016; Jung, 2017). Additionally, according to Hezlett and Gibson (2007), several determinants influence the immigrant's integration path, mainly including the level of education, cultural origin, and, more significantly, social circles.

6 Conclusion

Based on the above findings, I believe that each community should adopt strategies and policies that contribute to improving two elements or aspects; economic (language & cognitive knowledge) social or cultural (social networks and connections). These strategies should include community engagement programs that address the following: One, educational and training programs where migrants can better align their skills with the labor market demands, and improve their chances for employment and economic contribution; two, programs that facilitate building networks and encourage positive interaction between immigrants and local communities, fostering mutual cultural, social and psychological understanding, cooperation and a sense of belonging. These initiatives, if implemented effectively, can significantly ease the integration process, ensuring that immigrants are well-equipped to contribute positively to their new environments. It is important to mention that these suggestions reinforce the significance of previously recommended strategies; which means they are not entirely new. Hence, these findings and recommendations can be of a great help for policymakers to foster an integrated equal community.

However, my thesis serves as a humble attempt to explore the basic elements of two interconnected complex phenomena. Thus, it might hold some limitations; in this thesis I relied mainly on existing literature review which makes my findings constrained by the scope and methodologies of previous research. Furthermore, the qualitative nature of the literature review limits the generalizability of the findings to different contexts and populations. But this doesn't mean that I limited the scope of this thesis to one aspect ; I follow an objective method by recognizing the multidimensional trait of migration and integration. Although I have presented my perspective on certain key points, I have done so within the framework of diverse academic opinions relying on qualitative literature review methodology. Thus, leaving the thesis open for further edits, investigations, expansions and development of more effective integration policies.

Moreover, future research should aim to address these limitations by integrating empirical studies that use diverse methodologies and data sources. For example, longitudinal studies can provide deeper insights into the long-term effects of educational and social programs on immigrant integration. The study under title '' Longitudinal research with people on the move Methodological report on piloting repeated interviews with refugees and migrants in East and North Africa'' written by Jean-Benoît Falisse,

Francesco Teo Ficcarelli and Roberto Forin (2022) highlights the importance of longitudinal approach. In addition, comparative studies across different regions and immigrant groups can help identify specific factors that influence integration outcomes in different contexts. In an information page of the Journal of the Migration Studies on Springeropen, Peter Scholten and Sanam Roohi emphasize on the importance of comparative studies in relation to migration and integration as it provided a thorough collection of comparative analysis, including studies between countries, groups, levels, and historical periods (Scholten & Roohi, 2019) .

In conclusion, while in this thesis I provide a basic understanding of the key factors affecting migration and integration, I also emphasize the need for continued research and adaptation strategies to address emerging challenges in this area. By continuing to build on the existing body of knowledge and exploring new dimensions of these complex phenomena, we can better support immigrant communities and promote more inclusive societies.

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