

The Impact of Life Skills in the Educational Context on the Integration Processes of Migrants

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Abstract : Introduction: Refugees often arrive in Germany with traumatic experiences, leading to psychosocial challenges. According to the World Health Organization's definition, psychosocial life skills help individuals effectively cope with everyday challenges and enhance their overall health and well-being. This study explores life skills acquired in integration courses and their impact on the integration of Syrian migrants. Methods: Qualitative expert interviews identified crucial life skills for successful integration, followed by a qualitative content analysis of integration course textbooks. Additionally, written interviews with former participants of integration courses were conducted. Results: Expert interviews highlighted the significance of communication skills and problem-solving abilities in promoting integration. Emotional and stress management, however, ranked lower in the hierarchy of essential life skills. While many highlighted life skills were addressed and encouraged in textbooks, there was a deficiency in opportunities to strengthen empathy, creativity, emotions, and stress management. The participant survey revealed that respondents possessed some of the defined life skills positively affecting their integration. However, there was a need for enhancing self-esteem, and many struggled with handling emotions and stress situations. Conclusion: The analyzed life skills should be further developed through educational programs and initiatives, with increased emphasis on textbooks.

Keywords : life skills, integration, migration, integration course

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