

**OUTCOMES OF DOMESTIC MIGRATION STRESS AMONG STUDENTS OF RURAL
AREAS OF SOUTHERN PUNJAB STUDYING AT IIUI**



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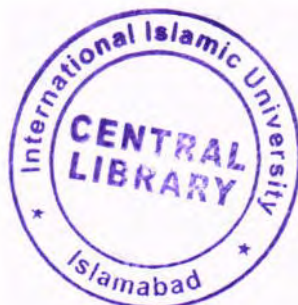
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Punjab Studying at IIUI**

By

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A dissertation submitted to

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**OUTCOMES OF DOMESTIC MIGRATION STRESS AMONG STUDENTS OF
RURAL AREAS OF SOUTHERN PUNJAB STUDYING AT IIUI**

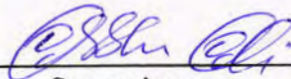
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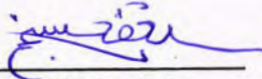
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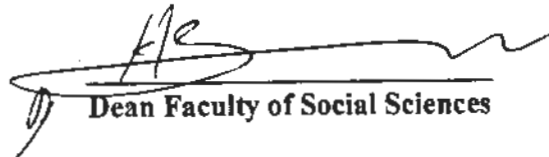
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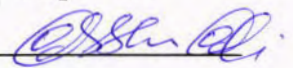
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Certificate

It is certified that MS research thesis titled “Outcomes of Domestic Migration Stress among students of rural areas of Southern Punjab Studying at IIUI” prepared by Omer Farooq MS Clinical Psychology Scholar 224-FSS/MSCP/F15 department of Psychology Islamic International University Islamabad, has been completed all requirements of research under my supervision. I certified that his work is according to rule and regulation which are according to rules and regulation of International Islamic University Islamabad and APA.

Dr. Asghar Ali Shah

Supervisor





IN THE NAME OF ALLAH

The Most Beneficent,

The Merciful

Dedication

This humble report is dedicated to my honorable **Family, Teachers and Friends** whose constant help guidelines, prayers, love and care enabled me to reach this stage of my life.

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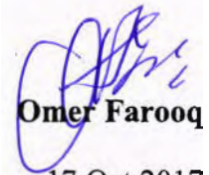
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Omer Farooq
17 Oct 2017

DECLARATION

I, the undersigned hereby declare that this dissertation entitled, 'Outcomes of Domestic Migration Stress among students of rural areas of Southern Punjab Studying at IIUI' is my own work, and that all the sources I have used or quoted have been indicated and acknowledged by means of completed references.



Omer Farooq

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ABSTRACT

In the age of globalization, migration is becoming more and more frequent and normal. The uneven-paced progress and financial differences are one of the many causes that cause people to opt migration. The aim of current study is to assess the relationship between Domestic Migration Stress and Psychological Symptoms and Academic Achievement among students belonging from Southern Punjab rural areas. Convenient sampling technique is used to recruit the participants. 183 students taken as a sample studying in International Islamic University Islamabad (98 male 53.6% & 85 females 46.4 %). Domestic Migration Stress Questionnaire by Xinguang and Yu (2015) and Depression Anxiety Stress Scales 21 by Lovibond (2002) were used. The results indicate that Domestic Migration Stress has significant positive correlation with Anxiety, Depression, Stress ($p < .01$) and significant negative correlation with Academic Achievement ($p < .01$). Socio-Economic Status, presence of siblings with them has significance effect on Domestic Migration Stress and Academic Achievement of migrant students ($p < .01$). Findings makes a valued addition in the literature regarding outcomes of domestic migration stress. The current study grasps applied significance for students facing difficulties in relocating in urban areas. It enlightens that social support and economic problems, if resolved can decrease the influence of domestic migration stress on students. The findings of present study will play an important role in migrant university students of the higher education institutions of Pakistan.

Chapter I

Introduction

Chapter I**Introduction**

Migration of the general population inside geographical limits of a country or a territory is known as Domestic Migration. Given the significance of psychological health in general belief for everyday comforts of individuals, the present study has tried to test into the role of domestic migration stress in affecting Psychological health and academic achievement of students belonging from southern Punjab Pakistan studying in International Islamic University, Islamabad (IIUI).

Moving or leaving from your home town denotes start or "beginning" of real migration, however it might possibly be gone already by broad arranging and arrangement. Stressors amid the beginning stage includes departure from commonplace, division from relatives, friends and companions. In Replies to those stressors frequently involve sentiments like desire to go home, on edge for friends, parent & companions and miss the well-known atmosphere and main residence. Following stage is to Settle at new surroundings & denotes start way toward coordinating in current environment, area, group & individuals. Now Stressors are might be inward or outer. Outer factors incorporate social shame & dismissal, hardship in occupations. Immigrants can do small with respect to the outer stressors, however the interior variables might be especially essential. This is confirmed that large amounts of self-assurance and skill may shield transients from even extreme, progressing stressors related with Domestic Immigration & resettlement; whereas students from less socioeconomic status may have weak, notwithstanding intense and generally less serious stressors. Final thing in this is spin-off stage. That phase includes setting up new start at new environment. Among that duration, trouble in adjusting in new desires & substances and environment are principle factors to influence stress. Focused on migrants will probably report feeling that life in their new area is notably not the

same as what they had expected preceding relocating or migrating. They are additionally more prone to encounter trouble getting used to the new individuals and condition in the new area and to see extraordinary trouble accomplishing future life and vocation achievement.

In an age of globalization, individual's migration is becoming more and more frequent and normal. The uneven-paced progress and financial differences that causes the migration of people (Wong & Tune, 2008), the expanding local or domestic migration mirrors the unevenly-paced progress and extraordinary contrast in levels of economy and assets inside a state.

Domestic Migration is currently being seen in many developing nations and countries over the world. We may expect that alongside this fast and unevenly-paced advancement, domestic migration will keep on increasing, as an ever-increasing number of individuals leave their home, regularly from a less advanced territory, and move to more advanced developed and more prosperous territories to seek after new chances to go ahead in the future life. Migration carries with it the guarantee of another and better life and expanded chances and opportunities. Nonetheless, leaving home, relocating to another place, adjusting to new neighborhoods and ways of life, acclimating to various workplaces, study in new institutions, all could be extremely distressing. Much has been archived in regards to stresses related with domestic or local migration (Sanou et al., 2014; Ramirez et al., 2013; 2014; Sirin, Ryce, Gupta, & Rogers-Sirin, 2013).

Findings show that migration or trend in movement of people in a progressive way too, to urban ranges from both rural and less-progressed urban territories as more critical, yet contemplating the measurements of development between provincial regions evidences researching (Berry, 1997; Tomas-Sabado et al., 2007). Researchers state financial motivating forces as the fundamental rationale behind the rural urban migration; different unforeseeable

elements, be that as it may, may likewise animate the human streams. In Pakistan, as Helbock (1975) the marvel of inward domestic migration is as old as the initiation of the country kept up, while examining life-time transients in 12 biggest urban areas of the country in 1961, that practically every seventh individual dwelling in these urban areas had originated from an alternate locale.

Domestic Migration is more than the versatility of individuals. It is firmly associated with numerous parts of individual and family life. Up until this point, little work has methodically recorded the wellbeing results of interior domestic migration inside developing or 3rd world nations. This is as opposed to the developing consideration given to the wellbeing ramifications of Domestic Migration to shaped social orders. Such examinations for the most part find that, regardless of their financial drawbacks, settlers are more advantageous than the local conceived populace as showed by different measurements of security and happiness practices (Marmot et al. 1984; Williams & Collins 1995). Wellbeing preferred standpoint of outsiders, not withstanding, has a tendency to decrease through the span of cultural assimilation into new social orders (Abraido-Lanza et al. 2005; Landale et al. 2000). Despite that not all migrants experience a similar procedure, this example of declining advantage to a great extent comes about because of different financial and psychosocial forms going with domestic migration, including lost social help, included work stressors, dissimilar lawful and social obstructions, and an inconvenient impact of cultural assimilation stretch. (Takeuchi et al. 2007; Bhugra 2004).

Previous data or studies on the anxiety, depression and stress process lights up how domestic migration stress may impact the mental or psychological results of domestic migration. there is disturbance in personal life and it is seen as type of lack of social help. It can be frequently intensified by difficult lifetime conditions & high worry in domestic migration and adjustment procedure, reduced mental and physical prosperity (Aneshensel

1992; Lin & Ensel 1989). Students might keep on experiencing different upsetting conditions even as they adjust to the new social situations and ways of life, referred to as the cultural assimilation stretch (Finch et al. 2004). Notwithstanding its immediate impact on psychological health, social help can intervene in the anxiety procedure by giving basic assets to adapt to stretch (Cohen and Wills 1985). It proposes diminished social help confronting immigrant students likely more disturbs pressure.

Investigators from various parts of the world uncover that migration is an intricate procedure which influences the general population in an unexpected way. Frequently it is related with upsetting occasions, obstructions and difficulties due to which the psycho-social issues and other medical problems are more predominant among the migrants contrasted and the local populace. Domestic Migration is observed to be the factor for changes in social and emotional wellness status of transients, who moved to urban areas from rural areas when contrasted and the local populace; it is more genuine particularly among ladies and the gathering who had a lower psychological well-being status in their nation of inception before the domestic migration. There are factors which decrease the influence of domestic migration stress of migrants.

The examples of Domestic Migration have been distinguished as short separation domestic migration, rustic to country movement, long separation domestic migration, provincial to urban and the other way around. In the worldwide setting the domestic migration designs have been distinguished comprehensively as North American Framework, Western Europe Framework, Persian Bay Framework, Asia-Pacific Framework and Southern Cone Framework. The Domestic Migration happens for the most part in the above examples.

The examples of domestic migration have been changed because of social-social, monetary, political and lawful components. As the aftereffect of industrialization and monetary

improvement individuals began to relocate in substantial numbers; it is for the most part from towns to towns, from towns to different towns/urban areas and to different nations too. The examples of Domestic Migration in India can be found regarding short separation, medium and long separation migration. Wherein short separation domestic migrant ladies have generally moved on account of the convention of exogamy, it is considerably more overwhelming among the number of inhabitants in bring down financial status. From village to village or rural to rural migration has been diminishing and rural to urban and urban to more developed urban migration has been expanding, where medium and long separation domestic migrations happen and here both genders male and female appear to be equivalent. The procedure of Domestic Migration affects wellbeing, social, monetary, social, religious and political parts of human life and the locale. Since the starting the general population have been considering the effect of Domestic Migration on various parts of the human life and among these, effect on the psychological wellness of the transients is one essential range which has been pulling in the general population.

At the point when people move starting with one place then onto the next place, the procedure includes a progression of components, for example, arrangements and satisfying all methodology, achieving the goal, changing in accordance with the new culture and society, trading off with their convictions and practices, convenience, digestion and so forth., this procedure may not be good to everybody. There are some uncommon gatherings, for example, ladies, youngsters, elderly, lesbian, gay, indiscriminate and transgender people, and so on who are more inclined to certain psychological issues amid the Domestic Migration procedure.

While investigating speculations on Domestic Migration, Massey et al (1993) separated theories on migration into three classifications: small scale theory gives the portrayal at singular level; full scale theory draws the photo at territorial level; and miso theory exhibits the circumstance at family unit level. Neoclassical financial aspects give the depiction of both

small scale and large-scale level theories. The small-scale level neoclassical domestic migration hypothesis respects Domestic Migration a result of sound choice of a man in view of money saving advantage investigation for positive return. People incorporate all kind of physical, passionate, and mental expenses and advantages while making their estimations. The full-scale level neoclassical monetary hypothesis expresses that wage differentials – a result of lopsided work and capital blessings – affect migration between two areas. Because of migration the wage differentials have a tendency to limit and Domestic Migration seizes up bit by bit as the wage differentials reduce. The new financial matters of domestic migration give miso theory of migration and contends that it is not the person who takes choice in view of individual cost and advantage rather all significant individuals – families or family unit individuals – choose on the whole about a transitory move. Summing up, various examinations have tended to the issue of domestic migration in the nation, yet some issued stayed unexplored. To start with, every one of these examinations utilized cross-sectional information which experiences some methodological inadequacies for concentrate the determinants of domestic migration. The exploration on the determinants of domestic migration in Pakistan does not have the utilization of the board information regardless of the accessibility of adequate data on this point: two rounds of the PSES and three rounds of Pakistan Panel Household Survey (PPHS). Second, all examinations tended to issues relating to the place of goal – in-Domestic Migration – with no concentrating on the place of beginning – out-migration.

Academic Achievement is characterized as the level of real achievement, capability has individual accomplished in a scholarly zone, instead of individuals latent in the instructive objectives checked by investigations. Academic fulfillment of migrant students, a factor that is being studied in this research. Influence of Domestic Migration Stress on Academic Achievement is studied. As in previous data negative correlation was present between these two variables. Academic achievement contains substitute dimensions & implementation;

multi-dimensional; it is complicatedly recognized by humanoid growth and rational, obsessive, societal, and bodily progression; reflects the whole kid; not recognized with unsociable case, but slightly occurs transverse completed period and stages, through substitute's life in management sponsored university and on into post-optional ages & occupied life. Youngsters' semi-organized home learning condition advances into a more organized learning condition when kids begin initially review. Academic achievement includes understudy capacity and execution; it is multidimensional; it is complicatedly identified with human development and intellectual, passionate, social, and physical advancement; it mirrors the entire kid; it is not identified with a solitary case, but rather happens crosswise over time and levels, through an understudy's life in government funded school and on into post-optional years and working life. Youngsters' semi-organized home learning condition advances into a more organized learning condition when kids begin initially review.

Depression is a condition that is set apart by bitterness, vacancy, sadness, and loss of enthusiasm for the vast majority of the day (American Psychiatric Affiliation, 2013). There other symptoms like loss or gain in weight, hypersomnia or insomnia, exhaustion/loss of liveliness, psychomotor nervousness or delay, feeling that they are worthless, disproportionate guilt, difficulty in concentration, death thoughts, and madness ideation like suicide (American Psychiatric Association, 2013). Minimum 5 indications required for 2-week duration or extended & influence damage to be in category for a depressive disorder. Moreover, numerous depressive signs are factors that have a negative influence on Academic Achievement. Sleep problem and exhaustion may make it problematic to concentrate in class. Loss of concentration, interest in studies and continuous frame of mind of sorrow are blocks to a student being able to retain education and do well in educational matters. Depression levels tend to increase in migrant students. Depression is more prevalent in-migrant students as compare to others, and

it increases the risk for committing suicide. culture-related precise investigative substances are not present in the Diagnostic and Statistical Manual of Psychological Disorders at present.

As defined by Sharma and Sharma (2015) The word anxiety is gotten from Latin word "angere," which means to cause trouble. Tension has likewise been characterized as an unclear, awkward feeling exacerbated by delayed anxiety and the nearness of various stressors (Lazarus and Folkman, 1984). Per the DSM V, summed up nervousness is "reckoning of future risk" and is frequently connected with "cautiousness in planning for future peril and mindful or avoidant practices" (American Mental Affiliation, 2013). Anxiety problem features extreme fear or anxiety that continue beyond suitable spans of period. These can cause clinically substantial damage, suffering in significant parts of functioning (American Psychiatric Association, 2013). Dissimilar kinds of nervousness illnesses are characterized on different factors or situations or types or time durations which cause anxiety on different age onset. (American Psychiatric Association, 2013). One type is societal nervousness, that manifested by anxiety of public circumstances in which persons feel they would be analyzed by public people. It is found as a barrier to develop relations with other students.

Stress is normally characterized from a 'request discernment reaction' viewpoint (Bartlett, 1998). Lazarus and Folkman (1984) incorporated this view into a subjective hypothesis of stress that has turned into the most broadly connected hypothesis in the investigation of word related anxiety and stress administration. Essential clue about anxiety was that it relates to a person's opinion of requirements being made on them and to their imprint of their capacity to meet individual's requirements. A crisscross will imply that a person's anxiety limit is surpassed, setting off an anxiety reaction (Clancy and McVicar 2002). stretch is anything that dispensed an extra request on a person's capacity to adapt, regularly with scholastic anxiety.

Literature Review

Domestic Migration and Psychological Health

Domestic Migration has been seen as unpleasant and stressful procedure and connected to mental and psychological confusions. because of intrinsic changes required to adjust to the goal, lost social help, and different components related with the evacuating procedure of migration (Bhugra 2004; Vega and Rumbaut 1991). Past examinations likewise feature the social varieties in the migration wellbeing relationship by gender and by levels of social help (Takeuchi et al. 2007; Shen and Takeuchi 2001). The wellbeing costs have a tendency to be most predominant among displaced people, given the awful accidents that go before their landing and resettlement (Watters 2001). In any case, amassing proof recommends that huge numbers of these misfortunes and modifications apply to intentional domestic migration.

While extensive consideration has been given to the wellbeing of outsiders, a developing assemblage of writing has featured the vulnerabilities of interior transients to irresistible ailments. This is on the grounds that domestic migration brings a more prominent blending of individuals into nearer contact and opens them to another social and monetary condition. Nonetheless, exceptionally restricted effort completed on the Psychological wellbeing results regarding Domestic Migration. Couple of special cases yield blended discoveries (Wong et al. 2008; Almeida-Filho et al. 1995). As Shuval (2001) few types of progress related with Domestic Migration may work as wellsprings of stress. Bodily and financial change is first. Moving between better places, migrants experience a quick difference in working and studying circumstances. While monetary immigrants for the most part appreciate upward financial versatility and a feeling of satisfaction, the financial increases are regularly joined by work stressors and troublesome workplaces as Walsh and Walsh (1987)

since transients are over-spoken to in undesirable and work serious employments. Anxiety is elevated if immigrants resolved to refer substantial settlements to relatives back home, feel a hole amongst exertion & accomplishment.

Annoying those stressors is significant societal variation as transients withdraw after a system of social ties in migrant groups. Lack of societal help, alongside challenges in setting up new informal communities at the goal, brings about sentiments of misfortune and forlornness, and may likewise fuel the negative effect of the anxiety procedure (Bhugra 2004). Domestic Migration is likewise connected with decreased social control: when people are disengaged from their social control structure, they might be more inclined to outer impacts and take part in wellbeing antagonistic practices (Shuval 2001). Basic changes may likewise go with movement and settlement. Transient goals are for the most part outfitted with preferred wellbeing foundations over sending ranges. As a general rule, in any case, transients, particularly unlawful migrants, regularly experience basic boundaries to getting to neighborhood administrations. Another auxiliary change is segregation, a wellspring of reduced self-viability that can hold up under hindering outcomes for wellbeing and practices (Finch et al. 2000). It might additionally make isolated private, financial, and social conditions that effectsly affect transients' welfare.

Social change has started maybe the most civil argument, as migrants need to adjust to another socio-social condition and adapt to an alternate arrangement of standards and ways of life (Finch et al. 2004). The open deliberations concentrate on whether cultural assimilation fills in as a defensive factor or a wellspring of stress ("cultural assimilation or cultural assimilation stretch"). This cultural assimilation process may represent the soundness of

transients winding up progressively like that of the local populace. Past examinations recommend that cultural assimilation is a dynamic and multidimensional process, which relies upon different social and individual factors in the cause and goal and can bring about various levels and sorts of adjustment (Berry 1997; Portes and Zhou 1993). The established digestion display proposes a great result of cultural assimilation, which prompts less social anxiety, better adapting practices, and better financial results (Gordon 1964). As for psychological wellness, past examinations have reported higher rates of misery among late workers than long haul outsiders (Pernice and Rivulet 1996; Vega et al. 1987).

With rising information, mindfulness, necessities and openings, domestic migration—both outside and inner—has been developing in Pakistan. Constrained access to land and better financial open doors in urban ranges alongside increment in instruction, have been heightening domestic migration both inside locale/area and over the regions/regions of Pakistan. Rising patterns of inward Domestic Migration in Pakistan and comparative finding has been made by the 2012 LFS appraises that between area domestic migration is developing with urbanization and advancement in Pakistan. With the measurable confirmation of development of individuals for better financial open doors, the following inquiry that rings a bell is the manner by which productive their Domestic Migration has been as far as general prosperity of their families. Wellbeing is a vital welfare measurement that instantly influences the nature of one's life. Viable wellbeing arrangement is one of the essential segments of comprehensive development which cannot just enhance the human capital of a nation however it can likewise diminish the neediness and imbalance by controlling disastrous wellbeing consumptions. Contrasted with other South Asian nations, Pakistan's execution to accomplish advance in MDGs has stayed horrid. While there has been a change in the training division, wellbeing stays on the outskirts of the advancement scene in Pakistan. With the eighth most elevated infant passing rate on the planet and the extent of underweight youngsters, the newborn child death rate has not seen any

huge decay. These weakness pointers not just hamper the family current financial prosperity (destitution decrease, sending youngsters to class) yet they additionally restrain the family's ability to perform better in the work advertise.

Domestic Migration Stress

It's been a global problem nowadays because of increasing trend in domestic migration, migrants are facing a lot of problems regarding migration. As by Gui, Berry, and Zheng (2012) exiting the birthplace or hometown denotes start or "beginning" of genuine domestic relocation, however it might possibly be gone before by broad arranging and arrangement. Stressors amid the beginning stride incorporate leaving well-known feeling and division from folks, relations & companions (Tomas-Sabado, Qureshi, Antonin, and Collazos, 2007). Reactions for stressors or factors regularly incorporate sentiments yearning to go home, on edge meant for family & companions to call, and miss the natural atmosphere back in main residence (Tomas-Sabado et al., 2007). Settling in current city or institute is following stage besides denotes the start of the way toward incorporating in new condition, neighborhood, group and individuals. Stressors at this stage might be interior or outer. Outer stressors might incorporate societal shame & dismissal, chance hardship in employments, underestimation & societal segregation.

Inside stressors frequently incorporate less fearlessness and lack of social fitness (Yu et al., 2013; Tomas-Sabado et al., 2007; Yu et al., 2014). Immigrants can prepare small with respect to the outer stressors, yet the inner components might be especially critical. There is prove that elevated amounts of fearlessness and fitness may shield immigrants from serious, progressing stressors related to domestic migration and adjustment forms; whereas transients having less stages of certainty & ability might be fewer flexible despite intense and generally less extreme stressors (Wong, Lam, Yan, and Hung, 2004; Wong and Chang, 2010). The last stride in the domestic migration procedure is the spin-off stage. This stage includes building

up another start at new destination. Amid that time, there is trouble and a lot of difficulties to settle in new surroundings of the current environment & area is primary wellspring regarding stress. Focused on immigrants will probably account sensation that life in current surroundings, institute or area is uniquely not the same as what they had foreseen preceding moving.

They are likewise more prone to encounter trouble in attainment to new surroundings of current institute or city and condition in the new area and to see awesome trouble accomplishing upcoming time, situations and profession achievement (Berry, 1997; Tomas-Sabado et al., 2007). How much these past discoveries from settlers toward the Western social orders that are applied to inside domestic migration yet not altogether explored. Evidences show that inward migrant students might confront a considerable lot of similar issues that universal transients do. For instance, psychological instability, which used to be viewed as an issue bound to industrialized social orders, has turned into an expanding concern and has attracted broad consideration creating nations (Mill operator 2006). As Sullivan and Rehm (2005) standout amongst the most pervasive ailments is depression, that prompt low quality of lifetime and reduces people defenseless against mental issues and unfortunate practices, for example, sedate utilize and smoking. As for smoking, Global Wellbeing Association extends that tobacco normally execute 10 million individuals comprehensively in two decades, more than any single sickness. Around 70 for each penny of the passing will be in creating nations (WHO 2008). The way toward smoking has been appeared as a mind boggling one, including natural as well as psychosocial parts (Marmot and Wilkinson 2006). Under these conditions, considering the Psychological health and Academic Achievement in relationship with Domestic Migration in creating nations offer a significant open door for propelling the comprehension of the Domestic Migration and its mental results on transient understudies.

Academic Achievement

There is a lot of work done on Academic Achievement in all over the world and still continues. As Crow and Crow (1969) academic achievement characterized as the degree to which a student benefitting as of directions in a given zone of knowledge i.e., accomplishment imitated by degree to which expertise & information has been bestowed to individual. Early Academic accomplishments upgrades later scholarly accomplishments (Bossart, Doumen, Buyse and Verschueren, 2011). Academic Achievement comprises substitute dimensions and implementation; it is multidimensional; complicatedly recognized from individual's growth and rational, obsessive, societal, and corporeal development; it reflects the whole individual; academic achievement not recognized from a lonely case, but relatively it occurs crossway over period, time, stages through an substitute's life in management backed or sponsored institute & in post-optional years & working life. Youngsters' semi-organized home learning condition advances into a more organized learning condition when kids begin initially review. Scholastic execution winds up noticeably important at a youthful age. In review school, kids are given report cards to educate their guardians on how they are getting along.

In middle school, scholarly execution decides if you are in therapeutic, general, or propelled courses. In secondary school, understudies that perform well scholastically can take propelled situation (AP) classes which can prompt school credit. Mental misery, including dejection and nervousness, has been related with bring down GPAs (Holliday et al., 2016; Drybye, Thomas, and Shanafelt, 2006). As Tanaka and Huba, (1987) It is additionally imperative to take note of that occasionally scholarly weights and in addition changing in accordance with University can add to mental clutters. In this study effect of Domestic Migration stress on students' Academic Achievement studying in International Islamic University Islamabad which are basically from Southern Punjab Pakistan is studied

Depression

The World Health Organization (WHO) positioned as Gotlib and Hammen (2009) depression as the most oppressive issue as to add up to handicap among people in midlife. Different markers can include: noteworthy weight reduction or pick up, a sleeping disorder or hypersomnia, exhaustion/loss of vitality, psychomotor disturbance or hindrance, feeling useless, unnecessary blame, powerlessness to focus, musings of death, and suicide ideation (American Psychiatric Affiliation, 2013). Minimum 5 indications required for 2-week duration or extended & influence damage to be in category for a depressive disorder.

Besides, rare depressive side effects negatively affect scholarly working. Rest unsettling influences and exhaustion may make it hard to show up or remain wakeful amid class. Loss of intrigue and unending sentiments of trouble might be hindrances to an understudy having the capacity to hold data and do positive or score well in their classes. The American Psychiatric Affiliation (2013) states "students who occupied with intellectually requesting interests are regularly unfit to work... an abrupt drop in 14 evaluations may reflect poor fixation". These manifestations and impacts demonstrate an association amongst misery and poor scholarly execution. The American School Wellbeing Affiliation (2013), has evaluated that 14% of understudies on school grounds announced depression as influencing their working over the previous year (Holliday et al., 2016). Seven percent of the Unified States populace has encountered significant depressive issue that holds on for a year or more (American Mental Affiliation, 2013). This data shows that sadness happens among understudies at twofold the rate of the typical populace. In 18 to 29 age individuals, commonness of depression is higher 3 times than those who are of 60 years or more seasoned. Customary undergrads would fall in the eighteen to twenty-nine ages extend, and in this manner, are at a significantly higher danger of despondency.

Melancholy levels tend to increment in more established understudies (Naushad, Farooqui, Sharma, Rani, Singh, and Verma, 2014; Bostanci, Oguzhanoglu, Ozdel, Ergin, Atesci, and Karadag 2005). In females, sadness is more common and hazard for rashness endeavors is also higher; in any case, but the finishing of suicide is higher in guys than females (American Mental Affiliation, 2013). No particular related to culture indicative issues are in the Symptomatic & Measurable Manual of Mental Issue at present. In any case, in an examination completed by Holliday et al. (2016), both misery and nervousness remained observed to be further common among American female understudies when contrasted with non-American undergrad.

Anxiety

An investigation completed by Anxiety and Depression Relationship of America uncovered that 7 out of 10 grown-ups in USA encounter direct level of anxiety or else stress day by day (Beiter et al. 2014). Anxiety among undergraduates in the Unified States has expanded from 6.7% of every 2000 (American School Wellbeing Affiliation, 2000) to 12.9% out of 2013 (American School Wellbeing Affiliation, 2013). In 2014, the American School Wellbeing Affiliation revealed that 23% of understudies detailed nervousness as a figure influencing their working the previous year (Holliday et. al, 2016). Work and school execution are regularly areas that people with anxiety determinedly and unnecessarily stress over (American Mental Affiliation, 2013). Regulating anxiety may incorporate being worried about issues, for example, cash, wellbeing, or potentially family issues, however those with a nervousness issue are to a great degree stressed over these or different things, notwithstanding when there is almost no motivation to stress over them. As said by National Foundation of Psychological wellness (2013) They are exceptionally on edge about overcoming the day, have a negative viewpoint, and believe that things will turn out badly.

Anxiety issues highlight unreasonable dread or nervousness that endure past formatively proper time spans. These clutters cause clinically critical debilitation or pain in essential regions of working (American Mental Affiliation, 2013). The distinctive sorts of tension issues are classified by the kind of articles or circumstances that reason the nervousness and can have diverse times of beginning (American Mental Affiliation, 2013). One sort of nervousness is societal tension, that set apart by dread or else nervousness of public circumstances in which people feel that they would be investigated via different people present in surroundings or in public. It is found as an obstruction to creating social draws via few investigations (Pascarella and Terenzini, 2005; Stream and Willoughby, 2015; Goguen, Hiester, and Nordstrom, 2010). As Russell and Shaw (2009) This kind of nervousness is observed to be further pervasive among undergrads, going through 10 to 30%, when contrasted with overall public, extending through 7 to 13%. To meet criteria for a nervousness issue analysis, the individual must experience the over the top anxiety and stress that he/she discovers hard to control for no less than a half year to the degree which it causes huge trouble or impedance in working. The individual should likewise encounter at least three of these indications: rest unsettling influences, trouble concentrating, anxiety, exhaustion, fractiousness, and muscle pressure.

Numerous youngsters build up an anxiety issue when they are youthful and regularly go untreated, making the manifestations and negative impacts persevere and show in different structures (American Mental Affiliation, 2013). Anxiety can likewise begin amid the teenager years or youthful adulthood as associate connection turns out to be progressively vital (National 10 Organization of Emotional well-being, 2013). Manifestations may improve or more regrettable at various circumstances, and regularly are more regrettable amid times of stress. Youthful grown-ups frequently utilize maladaptive adapting aptitudes, for example, wellbeing or avoidant practices, hazard taking practices, liquor as well as medication mishandle to

endeavor to deal with their anxiety alone. A large number of these will diminish the side effects for the time being, while at the same time proceeding to fortify and keep up the turmoil in the long haul. Anxiety issues are twice as regular among females than guys. Socially, people in the United States that are of European plummet will probably have a nervousness issue than those of non-European drop, for example, Asian, African, and Local American. Likewise, those from created nations will probably encounter a tension issue than those that are from non-created nations.

As Understudies go from review, center, secondary school and after that to school, level of trouble increments and furthermore the level of worry to accomplish well. For those with nervousness, this may make the anxiety increment also. This gradually expanding influence is concerning on the grounds that anxiety can go undetected and natural and wait to influence social, word related, scholastic, or other critical regions of working. The over the top stress obstructs the capacity to do things productively and in an auspicious way. The time and vitality that is invested stressing would leave less energy to consider or do homework and adversely influence a person in numerous different ranges. Some longitudinal examinations have exhibited that untreated nervousness in teenagers and youthful grown-ups may prompt a few behavioral, physical, and mental troubles (Mahmoud, Staten, Lennie, & Lobby, 2015).

Stress

For the most part of school or university time, every student feels worries about his or her education (Sahu, Pandey & Jha, 2016). Some regular elements emerge stress, for example, long school plan, poor financial status, family instructive foundation (Pandey, 2016) impracticable conviction and requests of gatekeepers and instructors, poor scholastic execution, and poor investigation (Liu & Lu, 2012; Banerjee, 2011; Dim Stanley et al., 2010; Rao, 2008; Hamad, Fernald, Karlan and Zinman, 2008). A person's anxiety limit, here and there

alluded to as stress 'toughness', is probably going to be reliant upon their qualities, encounters and ways of dealing with stress, and furthermore on the conditions under which requests are being made. A solitary occasion, may not really constitute a wellspring of worry for a specific individual consistently, and may have a variable effect contingent on the degree of the bungle (Remains and Ellis 1990).

Rationale of Study

The aim or a goal of current study is to assess the relationship between domestic Migration Stress, psychological symptoms (Depression, Anxiety and Stress) and academic achievement among students belonging to rural areas of Southern Punjab. Although the study on this domain has remained important topic in past but still it is important in present scenario and cannot be ignored. In Pakistan, there is very little work done on Domestic Migration. Specifically, on migrants from southern Punjab of Pakistan which are relatively very backward as compare to other places of Punjab (Pakistan). Problems they face specially students in adjusting in new settings which are not similar to their local areas and how psychological variables effect their academic achievements. They are also more likely to experience difficulty getting used to the new people and environment in the new location and to perceive great difficulty achieving future life and career success (Berry, 1997; Tomas-Sabado et al., 2007). In a recent study (Beiter et al. 2015), migrant students and from low socio-economic class scored higher on depression, anxiety, and stress scales when compared to other students. Data from previous studies suggest that low social support and socio-economic class are positively associated with stress in migrant populations (Berry, 1997; Eustace, 2007; Park & Rubin, 2012). Purpose of study is also to check the differences between students on the basis of different demographical bases like on socio economic basis, on the basis of siblings present there with them and on the basis of time they have passed there in their institutes and to investigate that if previous findings are also applicable in current study or not.

Conceptual Framework

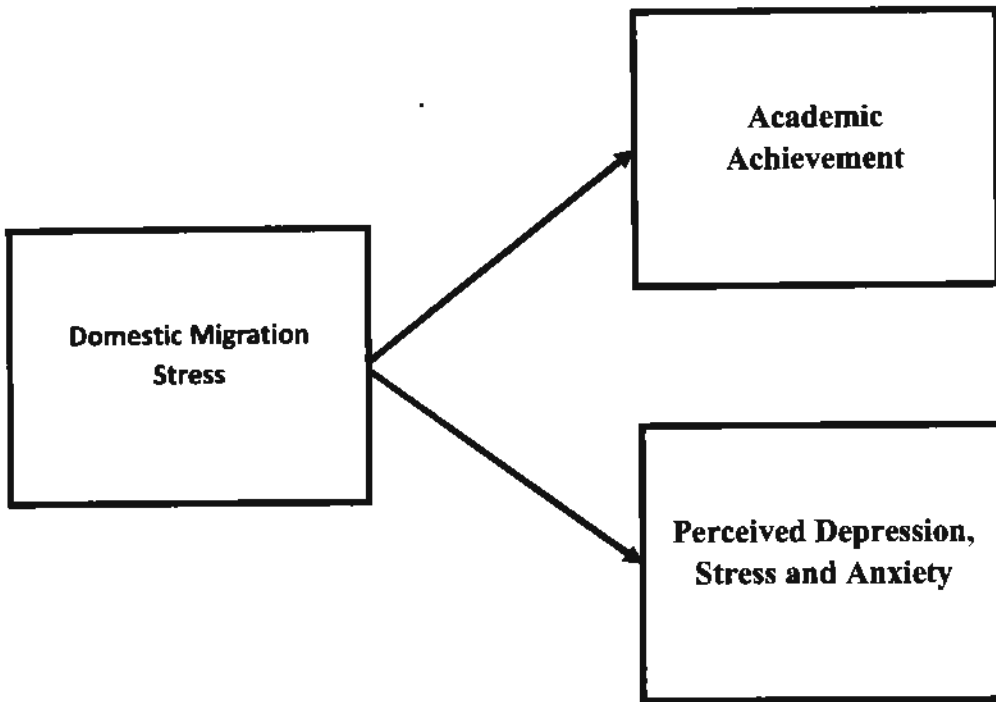


Figure 1. Schematic representation of the Domestic Migration Stress as a Predictor of perceived psychological symptoms and academic achievement among students belonging from Southern Punjab rural areas.

Objectives

1. To find the correlation of Domestic Migration Stress with Psychological Symptoms (Depression, Anxiety and Stress) and Academic Achievement among students belonging from Southern Punjab rural areas.
2. To observe effect of Siblings (living with student in current city or institute) and Socio-Economic Status of student on Domestic Migration Stress and Academic Achievement of students.

Hypotheses

1. Domestic Migration Stress is positively correlate with Depression, Anxiety and stress among students belonging from Southern Punjab rural areas.
2. Domestic Migration Stress is negatively correlate with Academic Achievement among students.
3. Siblings of students and socio-economic status of student has a significant effect on Domestic migration stress.
4. Socio economic status of student and Siblings of students have significant effect on Academic Achievement of Student.

Chapter II

Method

Chapter II**Method****2.1 Research Design**

In current study, Correlational research design was used. Correlational research design used to find out relation among 2 or further variables. In this research, this design was used as the aim of the research was to discover relationship among domestic migration stress, psychological symptoms and academic achievement of students from southern Punjab rural areas.

2.2 Sample

Sample size is comprising of 183 students in which there are male (n=98,53.6%) and female (n=85,46.4 %) university students. Convenient sampling technique is used to recruit the participants. Students which are basically from Rural areas of southern Punjab and came here in IIUI for study purposes. Students of MS or PhD program are excluded.

2.3 Operational Definitions**2.3.1 Domestic Migration Stress**

These are responses as defined by Xinguang and Yu (2015) to the stress related factors habitually comprise feelings of homesick, worried for friends and families to visit, and missing the conversant atmosphere in home and commencement of the procedure of assimilating in new situation, locality, communal and individuals can cause societal shame and denial, chance deprivation for careers, sidelining and social segregation. Interior stressors frequently contain little self-confidence and little social capability (Xinguang & Yu, 2015).

2.3.2 Academic Achievement

It is defined by Crow and Crow (1969) as the degree to which a student is earning from instructions in a certain area of learning i.e., Academic achievement is imitated by the degree to which ability and acquaintance has been informed to them (Crow & Crow, 1969).

2.3.3 Depression

As stated by Lovibond & Lovibond (1995) feelings of dysphoria, nervousness, & devaluing of life, self-criticism, & deficiency of concentration/involvement, apathy & anhedonia. Depression subscale of Depression Anxiety Stress Scale Lovibond (2002) was used in current study.

2.3.4 Anxiety

As Lovibond & Lovibond (1995) it is viewed as an autonomic stimulus, skeletal muscle effects, situational anxiety, and influenced experience of nervous affect. In current study, it was assessed by subscale Anxiety of Depression Anxiety Stress Scale (Lovibond, 2002).

2.3.5 Stress

As said by Lovibond & Lovibond (1995) stress is a long-lasting generic provocation, difficulty relaxing, nervous arousal, and being effortlessly disturbed/upset, short-tempered/over-reactive and intolerant. It was measured by the Stress subscale of DASS 21. High scores indicate higher levels of stress.

2.6 Instruments

2.6.1 DASS 21

Lovibond developed that scale in 2002. Depression Anxiety Stress Scale 21 (DASS-21) is a little form of Lovibond's Lovibond's (1995) 42-item scale. This scale is comprised of 21 items. Its Alpha reliability for Depression scale is 0.91 for Anxiety 0.74 and for Stress scale is 0.87.

2.6.2 Domestic Migration Stress Questionnaire

It is developed by Xinguang and Bin Yu in 2015. It comprised of 16 items. It has 4 sub constructs. The alpha reliability of DMSQ is 0.95

2.6.3 Demographical Form

These were used for checking demographical variables like siblings in current city or institute, gender, socio economic status etc.

2.6.4 Academic Achievement

Academic achievement was measured through obtained marks in university or current CGPA in University. High scores indicate high academic achievement and low scores indicate low academic achievement.

2.7 Procedure

Prior to the data collection permission to use the questionnaires was taken from their authors through mail. Authors were assured that the questionnaires usage will be purely for academic research purpose. Permission is taken from concerned authorities to collect data. Sample of students were recruited from different department of the IIUI. All the participants were informed about the purpose of the research. The students signed consent form for the participation in research.

Chapter III

Results

Results

Table 1

Psychometric properties of study variables (N=183)

| Variables | N | M | SD | α | Range | | Skewness | Kurtosis |
|--------------------|-----|-------|-------|----------|-----------|--------|----------|----------|
| | | | | | Potential | Actual | | |
| Domestic Migration | 183 | 44.74 | 15.83 | .95 | 16-68 | 16-80 | -.09 | -1.36 |
| Stress | | | | | | | | |
| Depression | 183 | 8.54 | 6.14 | .91 | 0-18 | 0-21 | .30 | -1.48 |
| Anxiety | 183 | 8.97 | 5.13 | .74 | 0-18 | 0-21 | .19 | -1.33 |
| Stress | 183 | 8.57 | 5.44 | .87 | 1-18 | 0-21 | .07 | -1.50 |

Table 1 shows psychometric properties of study variables. Alpha reliability coefficients for all scales are bigger than .66 that indicates internal consistency is satisfactory. Values of skewness and kurtosis are less than 2 that specifies that there is no problem in university normality.

Table 2

Pearson correlation among Stress, Anxiety, Depression, Domestic Migration Stress and Academic Achievement (N=183)

| Variables | 1 | 2 | 3 | 4 | 5 |
|-----------------------------------|---|--------|--------|--------|---------|
| 1.Stress | 1 | .89*** | .90*** | .23** | -.36*** |
| 2.Anxiety | - | 1 | .91*** | .24** | -.42*** |
| 3.Depression | - | - | 1 | .28*** | -.38*** |
| 4.Domestic Migration Stress | - | - | - | 1 | -.44*** |
| 5.Academic Achievement | - | - | - | - | 1 |

*** $p < .001$, ** $p < .01$

Table 2 shows results of the Pearson correlation among study variables. Results specify Stress has significant positive correlation with Anxiety ($r = .89, p < .001$) Depression ($r = .90, p < .001$) Domestic Migration Stress ($r = .23, p < .01$) and significant -ive correlation with Academic Achievement ($r = -.36, p < .001$). Anxiety has significant positive correlation with Depression ($r = .91, p < .001$) Domestic Migration Stress ($r = .24, p < .01$) and significant negative correlation with Academic Achievement ($r = -.42, p < .001$). Depression has significant Positive correlation with stress ($r = .28, p < .001$) and significant negative correlation with Academic Achievement ($r = -.38, p < .001$). Domestic Migration Stress has significant negative correlation with Academic Achievement ($r = -.44, p < .001$).

Table 3

Mean, standard deviation and *t*-values for students living with & without siblings studying in IIUI from Southern Punjab Pakistan on depression, anxiety, stress and Domestic Migration Stress (*N* = 183).

| Variables | LWS (<i>n</i> =92) | | LWOS(<i>n</i> =91) | | <i>t</i> | <i>p</i> | 95% CI | | Cohen's <i>d</i> |
|----------------------|---------------------|-------|---------------------|-------|----------|----------|--------|-------|------------------|
| | M | SD | M | SD | | | LL | UL | |
| Academic Achievement | 2.35 | 0.83 | 1.78 | 0.83 | -4.63 | .000 | -0.81 | -.33. | -.69 |
| Stress | 5.68 | 4.56 | 11.49 | 4.67 | 8.52 | .000 | 4.46 | 7.16 | 1.26 |
| Depression | 5.25 | 4.00 | 11.86 | 6.14 | 8.62 | .000 | 5.10 | 8.12 | 1.28 |
| Anxiety | 6.10 | 4.00 | 11.86 | 4.49 | 9.14 | .000 | 4.51 | 6.99 | 1.36 |
| DMS | 40.04 | 16.06 | 49.49 | 14.15 | 4.22 | .000 | 5.03 | 13.87 | 0.63 |

Note. LWS = Living with Siblings; LWOS=Living without Siblings; DMS= Domestic Migration Stress

Table 3 shows standard deviation, mean and *t*-values for migrant students who are living with or without siblings in current city or institution on depression, anxiety, stress, domestic migration stress and Academic. Results indicate significant mean differences on stress with $t(183) = 8.52, p < .001$. The findings show that students living with siblings scored significantly low on stress ($M = 5.68, p < .001$) as compared to students living without siblings ($M = 11.49, p < .001$). Results indicate significant mean differences on depression with $t(183) = 8.62, p < .001$. The findings show that students living with siblings scored significantly low on depression ($M = 5.25, p < .001$) as compare to students living without siblings ($M = 11.86, p < .001$). Outcomes specify significant mean differences on anxiety with $t(183) = 9.14, p < .001$. The results show that students living with siblings scored significantly low on anxiety ($M = 6.10, p < .001$) as compare to students living without siblings ($M = 11.86, p < .001$). Results indicate significant mean differences on Domestic Migration Stress with $t(183) = 4.22, p <$

.001. The findings show that students living with siblings scored significantly low on Domestic Migration Stress ($M = 40.04, p < .001$) as compare to students living without siblings ($M = 49.49, p < .001$). The findings show that students living with siblings scored significantly high on Academic Achievement ($M = 2.35, p < .001$) as compare to students living without siblings ($M = 1.78, p < .001$).

Table 4

Effect of Siblings and Social class on Academic Achievement (N=183)

| Source | SS | df | MS | F | p |
|-------------------------|--------|-----|--------|---------|------|
| Corrected Model | 51.39 | 5 | 10.28 | 20.71 | .000 |
| Intercept | 539.25 | 1 | 539.25 | 1086.80 | .000 |
| Siblings | 9.42 | 1 | 9.42 | 18.98 | .000 |
| Social Class | 12.40 | 2 | 6.20 | 12.50 | .000 |
| Siblings x Social Class | 12.83 | 2 | 6.41 | 12.93 | .000 |
| Error | 87.83 | 177 | .49 | | |
| Total | 920.00 | 183 | | | |
| Corrected Total | 139.21 | 182 | | | |

Table 4 shows effect of siblings and Social Class on Academic Achievement. The findings indicate that siblings' $F(1,182) = 18.98, p < .001$, social class $F(2,182) = 12.50, p < .001$, and sibling x social class $F(2,182) = 12.93, p < .001$ has significant effect on the Academic Achievement of the students.

Table 5

Effect of Siblings and Social class on Academic Achievement (N=183)

| Source | SS | df | MS | F | P |
|----------------------------|-----------|-----|-----------|---------|------|
| Corrected Model | 23092.57 | 5 | 4618.51 | 36.312 | .000 |
| Intercept | 278237.47 | 1 | 278237.47 | 2187.60 | .000 |
| Siblings | 1402.38 | 1 | 1402.381 | 11.02 | .001 |
| Social Class | 12289.75 | 2 | 6144.88 | 48.31 | .000 |
| Siblings x Social Class | 1554.66 | 2 | 777.33 | 6.11 | .003 |
| Error | 22512.36 | 177 | 127.19 | | |
| Total | 411962.00 | 183 | | | |
| Corrected Total | 45604.93 | 182 | | | |

Table 5 shows effect of siblings and Social Class on Domestic Migration Stress. The findings indicate that sibling's $F(1,182) = 11.02, p < .01$, social class $F(2,182) = 48.31, p < .001$, and sibling x social class $F(2,182) = 6.11, p < .01$ has significant effect on Domestic Migration Stress of the students.

Chapter IV

Discussion

Chapter IV**Discussion**

Aim of current study is to have a look at the role of Domestic migration stress and special variables like socio economic status, siblings dwelling in identical region and so forth. On despair anxiety stress and educational fulfillment of students that are basically from rural vicinity of southern Punjab studying in IIUI. This have a look at essentially investigated the Domestic Migration stress as a predictor and psychological symptoms like depression anxiety and stress and also academic achievement of students as outcome results on university students of IIUI.

The present study changed into based totally on Domestic migration stress. Leaving the region of source denotes the begin or "starting" of the real domestic migration, however this might likely be gone before via extensive arranging and association (Gui, Berry, and Zheng, 2012). Stress related factors amid start stride incorporate exiting famous feeling and department from relatives, household & companions (Tomas-Sabado, Qureshi, Antonin, and Collazos, 2007). Reactions to those stress related factors regularly consist of sentiments of preference to go home, on side for circle of relatives and companions to visit, and lacking the natural atmosphere in essential house (Tomas-Sabado et al., 2007). Settlement at new areas is the following level and denotes the begin of the manner in the direction of incorporating into the new circumstance, community, organization and individuals. Stress related factors at this degree are probably interior or outer. Outer stressors may incorporate social shame and dismissal, opportunity hardship for employments, underestimation and social segregation. Inside stressors frequently incorporate low fearlessness and coffee social health (Tomas-Sabado et al., 2007; Yu et al., 2013; Yu et al., 2014). The findings contribute to that further studies with a purpose to held on this subject matter in future.

Beside the direct impact of domestic migration stress on instructional success of students, its interplay effect with socioeconomic class of college students and relatives and siblings of students which can be already studying or residing in modern-day town or institute wherein scholar is gift now. Additionally, makes a valuable addition inside the literature of current variables. In the present have a look at five variables have been studied and favored sizeable correlations were determined. Alpha reliability coefficients also confirmed first-rate inner consistency.

Univariate normality is normal because values of skewness are less than 2. After this, fundamental analysis was completed. Hypotheses are examined in this study have a look at which is discussed underneath. Domestic migration strain is positively correlated with depression anxiety and stress and negatively correlated with Academic success of university students.

In first Hypothesis, it turned into expected that Domestic Migration Stress will positively correlate psychological symptoms among students belonging from Southern Punjab rural areas It become supported in present examine as it become in previous studies from one of a kind cultures and nations. A lot of literature is present concerning stress related to domestic migration (Sirin, Ryce, Gupta, & Rogers-Sirin, 2013; Sanou et al., 2014; Ramirez et al., 2013). Migration is regularly compounded by exhausting lifestyles conditions and keen pressure inside the migration and alteration system, leading to faded psychological health (Lin and Ensel 1989; Aneshensel 1992). A decent part of previous study is manifested by that domestic migration stress is an excellent interpreter of Psychological symptoms and will increase. The person 's managing options to deal by demanding circumstances in a higher manner (Rothmann, Jackson, & Kruger 2003; Bezuidenhout & Cilliers 2010; Rothmann, Steyn, & Mostert 2005). Previous suggestions had been basically constructed totally taking place foreign cultures but, inside the current study, look at role of domestic migration stress on mental health

of students includes practical implication in our tradition. Due to the party-political uncertainty, fighting towards extremism, financial collapse, lack of social help, volatile and low improvement in rural regions of Pakistan, Pakistani students' Psychological health is on stake for very long-time period. So, in the light of these conclusions we can say that psychological health of students or influence of domestic migration stress can be reduced by providing healthy environment and social support.

According to the second hypothesis Domestic Migration Stress will negatively predict Academic success among students belonging from Southern Punjab rural regions become supported inside the present observe. A regular study indicates that domestic migration is negatively correlated with academic achievement of college students. Therefore, theoretically it can be concluded that domestic migration stress has been associated with decrease Academic success (Holliday et al., 2016; Drybye, Thomas, & Shanafelt, 2006). likewise, crucial to notice that occasionally educational burdens and settling in university influence the academic fulfillment (Tanaka & Huba, 1987).

Besides domestic migration stress, siblings support (notion of support from own family, buddy and extensive different) is likewise an effective aspect in improving and diminishing mental fitness and educational fulfillment of college students. Reliable studies tips show that siblings dwelling in modern-day metropolis has an important role on mental health of students (Thoits 1985; Harknett 2006; Henley et al., 2005;). Once individual get backing from their siblings living in current city or institute he can enjoy healthy psychological existence and it can be further improved (Ryan et al, 2009). In this regard, the third hypothesis Siblings of students in current city will have a significant effect on Domestic migration stress and academic achievement of students. Previous researches show that siblings care show significant influence on student's psychological wellbeing (Sarason, Sarason, & Pierce, 1990; Kaufmann & Beehr, 1989).

Social relationship is essential element for all humans because they are social animals and requires social bonding for enjoying healthy life. (Baumeister & Leary, 1995; Reis, Collins, & Berscheid, 2000) and those social relationships are vital to mental nicely-being of a person (Berkman, 1995; Berkman, Glass Brissette, & Seeman, 2000). The recent results are extra significant for a socialist culture like Pakistan where persons public links are already existing as an intrinsic apparatus of the lifestyle. In the prevailing observe, maximum of the Migrant students which belonged to protracted relatives which show off robust and solid family members amongst household fellow and therefore helping as a helper to decorate mental fitness amongst migrant students. Also confirming mental fitness, societal assist also serves as a defend to save you migrant students from the terrible things of domestic migration pressure. Evidence confirms that siblings assist availability in contemporary city or institute presents help and protection from distinct type of mental stressors like domestic migration strain (Cohen & Wills, 1985; Cohen, 1992; Hobfoll & Vaux, 1993; Stroebe & Stroebe, 1996; Wills, 1991). Lot of different previous studies are also confirming the positive affect of siblings or social support on healthy psychological health and academic achievement of migrant students. (House, 1981; Bruhn & Phillips, 1984; Lin, 1986).

According to next hypothesis. Socio economic status of student will have significant effect on domestic migration stress and academic achievement of Student. It's also is supported. In current observe and as in preceding research as by Langner & Michael (1963) it's usually conceded that poverty may be both a determinant and a result of terrible psychological health. The courting between low financial reputation and increased prevalence and incidence of mental infection has come to be increasingly obvious. Langner & Michael (1963) indicated that there has been an instantaneous relationship between the experience of poverty and an excessive price of emotional disturbance, as well as differential availability and use of remedy modes and facilities by using exceptional social training. Many count on that the socio-

financial class gradient with respect to disease can in most cases be defined through differences in health care access.

Research shows that students belonging from low-SES families & groups develop academic capabilities lesser than students from healthier SES corporations (Morgan, Farkas, Hillemeier, & Maczuga, 2009). For example, low SES in formative years is correlated to wicker intellectual improvement, verbal, remembrance, socioemotional processing, and therefore terrible pay and healthiness in maturity. The college organizations in low-SES groups are regularly underresourced, negatively affecting students' academic progress and effects (Aikens & Barbarin, 2008). In 2014, the high school dropout price among folks 16–24 years vintage became maximum in low-income households (11.6 percentage) compared to excessive-earnings households (National Center for Education Statistics, 2014). These may be stepped forward by way of refining the dispersal of earnings and capital and, greater prominently, studying about the influence of rules on income circulation rushing social improvement, which includes training of ladies and ladies, baby immunization, and the provision of protection nets to shield the most vulnerable. In contemporary observe the hypotheses have been supported.

This is a worthy addition in migration stress literature. Almost, the results are worthy involvement also those conclusions are socially valuable and supportive to apprehend the relation among variable in migrant scholars of the different universities of Pakistan.

Implications

Current research is productive and its conclusions could be functional to students which are from rural areas and migrated towards urban areas. Present study has both theoretical and functional implication. As the hypothetical consequences are concerned, current research supports preceding works on migration stress and makes a significant involvement in preceding literature. Current research was grounded on correlation of domestic migration stress with

psychological health of students and with their academic achievement. The findings showed these significant correlations positively with psychological symptoms and significantly negative with academic achievement and provided well-intentioned adding in the prior literature on the Domestic migration stress outcomes.

Besides that, in this study effect of siblings that are also present in current city or institute and effect of socio-economic status of student's family on domestic migration stress and academic achievement also checked. It is worth mentioning that both has significant effect on academic achievement and perceived domestic migration stress. This was also confirmed in the past studies. Every finding in current study makes a valued addition in the literature regarding outcomes of domestic migration stress. The current study grasps applied significance for students are basically from rural areas and facing difficulties in relocating in urban areas. It enlightens that which influences from society can decrease the influence of migration stress on students. Every student is worthy for society it's not matter from which background they are coming, because they are the future of our nation. Encouraging steps should be taken to reduce their stressors to make sure healthy psychological environment for students so that they can contribute to society in healthy way.

Limitations

This study has many limitations some of them are regarding sample size. Sample size was not very large. Diversity in Students background was also problem. Data was only collected from International Islamic University Islamabad students. DMS Scale was in highly efficient and difficult English language which was causing problems to the students whose English was not that good enough. If it is translated in Urdu, it may give furthermore precise results.

Suggestions

For upcoming studies conversion of scale conferring to the areas inborn language can be co-operative to gather the more authentic evidence from the participants. While gathering data keeps some encouragements or payment for investigation participant particularly for those members who are from low socio-economic class that will boost the enthusiasm of members. Though undertaking this type of research, we should have lot of knowledge about areas which are you considering in your research or study. Furthermost precisely future researches on Domestic Migration stress should focus on personality characteristics of participants because they have a lot of impact on dealing with or coping with these types of relocation and migrations. To conclude, this should must be applied on students or people which are coming in cities for the search of jobs from different rural areas of Pakistan to settle in their Lives.

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Annexures

Annexure A
Informed Consent

I am MS scholar at International Islamic University Islamabad. I am doing this research on Outcomes of Domestic Migration Stress. I need your cooperation to complete my research for academic purposes.

Your Identity and information obtained in regard will remain confidential and only use for research purposes. I hope that you consider it seriously.

If you are agreed to participate then kindly sign that form before filling.

Name

Signature

Omer Farooq
MS Clinical Psychology
IIUI
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Demographical Form

| | | | |
|------------------------------------------------|-----|--------|------|
| Name: | | | |
| Age: | | | |
| Marital Status: | | | |
| Gender: | | | |
| Siblings present in current city or Institute: | | | |
| Socioeconomic Status: | Low | Middle | High |
| Current Semester: | | | |
| Current CGPA: | | | |

Annexure B

Domestic Migration Stress Questionnaire

| | Never | Rarely | Sometimes | Often | Always |
|------------------------------------------------------------------------------------------------|-------|--------|-----------|-------|--------|
| 1. Craving for family members, relatives and friends from my hometown to come and visit | | | | | |
| 2. Worried so much about my family members and relatives who remain so far away in hometown | | | | | |
| 3. Very frustrating when I miss my family but unable to go back and visit them | | | | | |
| 4. Missing so much about the freedom and the familiar daily life in my hometown | | | | | |
| 5. Being rejected or stared at by others in the city merely because of my appearance or accent | | | | | |
| 6. No matter what I do, I cannot change the fact that I am a migrant | | | | | |
| 7. Always being treated as the second-class citizen | | | | | |
| 8. No option but to take the inferior jobs | | | | | |
| 9. Unconfident about my own capabilities | | | | | |
| 10. As if unexpected things will happen anytime | | | | | |
| 11. Would never get rich no matter how hard I try | | | | | |
| 12. How to face the new and complicated urban environment presents a big challenge | | | | | |

| | | | | | |
|---------------------------------------------------------------------|--|--|--|--|--|
| 13. Did not expect that it was so difficult to make money here | | | | | |
| 14. Most things did not go as planned | | | | | |
| 15. Nothing here is the same as I thought of before I came | | | | | |
| 16. So many rules and regulations in the city make me like to crush | | | | | |

DASS21

Name:

Date:

Please read each statement and circle a number 0, 1, 2 or 3 which indicates how much the statement applied to you **over the past week**. There are no right or wrong answers. Do not spend too much time on any statement.

The rating scale is as follows:

- 0 Did not apply to me at all
- 1 Applied to me to some degree, or some of the time
- 2 Applied to me to a considerable degree or a good part of time
- 3 Applied to me very much or most of the time

| | | | | | |
|--------|-------------------------------------------------------------------------------------------------------------------------------------|---|---|---|---|
| 1 (s) | I found it hard to wind down | 0 | 1 | 2 | 3 |
| 2 (a) | I was aware of dryness of my mouth | 0 | 1 | 2 | 3 |
| 3 (d) | I couldn't seem to experience any positive feeling at all | 0 | 1 | 2 | 3 |
| 4 (a) | I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion) | 0 | 1 | 2 | 3 |
| 5 (d) | I found it difficult to work up the initiative to do things | 0 | 1 | 2 | 3 |
| 6 (s) | I tended to over-react to situations | 0 | 1 | 2 | 3 |
| 7 (a) | I experienced trembling (e.g. in the hands) | 0 | 1 | 2 | 3 |
| 8 (s) | I felt that I was using a lot of nervous energy | 0 | 1 | 2 | 3 |
| 9 (a) | I was worried about situations in which I might panic and make a fool of myself | 0 | 1 | 2 | 3 |
| 10 (d) | I felt that I had nothing to look forward to | 0 | 1 | 2 | 3 |
| 11 (s) | I found myself getting agitated | 0 | 1 | 2 | 3 |
| 12 (s) | I found it difficult to relax | 0 | 1 | 2 | 3 |
| 13 (d) | I felt down-hearted and blue | 0 | 1 | 2 | 3 |
| 14 (s) | I was intolerant of anything that kept me from getting on with what I was doing | 0 | 1 | 2 | 3 |
| 15 (a) | I felt I was close to panic | 0 | 1 | 2 | 3 |
| 16 (d) | I was unable to become enthusiastic about anything | 0 | 1 | 2 | 3 |
| 17 (d) | I felt I wasn't worth much as a person | 0 | 1 | 2 | 3 |
| 18 (s) | I felt that I was rather touchy | 0 | 1 | 2 | 3 |
| 19 (a) | I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat) | 0 | 1 | 2 | 3 |
| 20 (a) | I felt scared without any good reason | 0 | 1 | 2 | 3 |
| 21 (d) | I felt that life was meaningless | 0 | 1 | 2 | 3 |