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Immigration

-embracing a new culture

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Abstract

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This research is about Swedish people migrating to England. People are migrating more than ever before all over the world. This is because the globalisation process that we are going through has made this possible. Countries have adjusted so immigrants often can come stay and work under the same conditions as the locals. In this research essay I have chosen to do deeper research on a few aspects of migration. These aspects are globalisation, adjustment, interaction in groups (how well the Swedish people are met by the English people) and how all these factors have affected their happiness in the new country. In general I wanted to know how people dealt with their new life after they migrated. We all know it's easier to practically migrate today but has that really affected the difficulties and feelings people feel after migrating. I also wanted to know if these aspects are linked together. Does the globalisation process really affect people feelings and problems after migrating? Does the adjustment affect how well people interact in groups? Or does how well people interact in groups affect how well people will adjust? I used a study made by Ericsson in 1984 to compare the results. It was interesting to see if the results he got were similar to mine. I also did a lot of background research about migration so I could analyse my results. Because I wanted to know more about people feelings about migration I used open interviews. The results of my interviews are very similar to the theories already written about migration even though a few new aspects were found.

Key words:

Migration

Culture

Globalisation,

Adjustment

Interaction

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1. Introduction

One definition of culture is: the way, in which a group of people solves problems, in other words; this is the ways we do things around here. To try and fully understand another culture is almost impossible. There are no right or wrong ways to deal with issues, but if one has lived with one way of dealing with a problem, one has to be very open-minded to be able to change that view. When somebody immigrates to another country that person has to think global but at the same time act local. Different cultures can experience the same things but at the same time value it completely differently. One example is Mc Donalds that is a result of globalisation. In the western cultures Mc Donalds is a cheap meal for no money while in some parts of the world it is actually seen as having a status to visit Mc Donalds. Some cultures value individualism while some countries value collectivism. Both Sweden and England are part of the individualistic countries where it's seen as a good thing to accomplish something on your own. Hofstede (1984) analyses culture as something to be found in layers and to fully understand it one has to experience one layer at a time. People that immigrate have to get used to a completely new culture and we all deal with adjustment in different ways. Some people might even feel very lost after they immigrated and loose a sense of belonging. Especially if one has lived in a country for a long time it can be hard to get a feeling for which culture is yours. This can of course lead to emotional problems for some immigrants (Smith, 2000).

One reason why people today have got the chance to even experience a different culture is because we today have got the chance to move between countries and which partly due to the globalisation process. People have during all times always dreamt of going away to bigger and better places. Today it's not impossible to make that dream come through, and all this is thanks to computers, multicultural companies, mass media etc.

After World War II people had to start moving from the countryside into the cities to get work and this is also when emigration started to become more common. Since the 1970's a lot of countries have had to rethink their multicultural perspectives when it comes to politics, healthcare etc. Today most countries have to deal with many other

types of issues than before such as making their culture more available and understandable to other than their own people (Papastergiadis, 2000). Today one can find open borders between different countries and immigrants are supposed to be able to live and stay under the same conditions as the rest of the population. This means that the human being has been given the opportunity to move around as much as she pleases. Also, the kind of people that emigrate today is not just the stereotypical male that goes abroad to make more money and then send it home to the family. Women today are also emigrating all over the world with or without their families (Papastergiadis, 2000). People used to be forced to move around because of too many problems in their home country while today emigrating is a voluntarily act for a lot of emigrants. This is why a lot of countries get so “skilled emigrants” today, and this is something that all countries can benefit from. One has to rethink a country’s cultural identity and as I mentioned above, all countries decisions need to be seen out of a multicultural perspective. Most cultures today have opened up for new people and are trying to treat them as one of their own (Papastergiadis, 2000).

2:1. What I want to research in this essay

Migration is of course a big subject that can be researched from many different angles and perspectives. The perspectives I have chosen to do a deeper study of are globalisation, adjustment, how the interviewed are met by the local population and finally to see if all this seem to affect the positive and negative thinking that the interviewed feel about the new country.

The background for this research essay is to look at how globalisation has changed the possibility to migrate to a new country and also to look into some history of how England as a country has dealt with increased immigration. I have also used a study about why Swedish people move to England that was made in the beginning of the 1980’s (Ericsson) to help me see if the problems Swedish people find in the English culture are the same today. One could argue that thanks to the globalisation progress people would now find it easier to migrate, not just practically but also mentally. This is the first thing that was discussed in the interviews. After that I chose to look into

how people have adjusted to their new culture and also what they've done to do so. I also wanted to know how they felt the English people have dealt with immigration. Do the English people welcome immigrants into their new culture or are they hostile towards strangers. In the end I wanted to see what the interviewed felt was positive and negative with the English culture. This was to see if one can find a link between globalisation, adjustment, be met by strangers and be positive. I believe if one feels there is more positive than negative things it's easier to adjust. It might also be the opposite that the easier one has to adjust the more positive thoughts they have. I also believe there is a link between how well people adjusted and how the rest of the population meets them.

To help this research I have chosen to look into different theories about social psychology (interaction in groups etc.), theories about culture, adjustment and strangers in a new culture. One cannot forget that the western world has gone through a globalisation process and this is also something that I believe has a strong impact to why people are emigrating more today than ever before. Through migration we have to rethink the concept of space and one can definitely find a connection to that the earth has gone through a globalisation process. One also has to look at the concept of migration from different perspectives to understand it. For example the whole world's economy is different because of it and one also needs to look at the sociological factors that are involved (Papastergiadis, 2000)

2:2. Limitations of the study

Of course there are many more perspectives than the ones I have chosen to use in this research that affects migration today, and therefore the analyses of the interviews might not be 100% accurate. To get more accurate answers it would have been interesting to interview a lot more people. To solve this problem I have tried to narrow the study to only a few perspectives and spent a lot of time with the people I have interviewed. One common thing for all the people I have interviewed is that they didn't want to move initially. Another thing is that it's hard or almost impossible to find out which perspective that affects the other one. To find this out I would have had to spend a lot more time trying to find different links between the different

perspectives. I have therefore just chosen to look into if there is a link between the different perspectives but I have not been able to establish which factor that affects which.

2:3. Method

For this study I have chosen to use a qualitative method. The reason why I have done this is because I wanted to research certain aspects of migration closer and get a deeper meaning about the few aspects that I chose. Another good thing about using qualitative methods is that one can change things during the research to get a better understanding in the end of the theme that one want to research. My theme for this essay is immigration and from there I have picked out a few perspectives that I wanted to research more closely. I believe that the area I wanted to be researched could easiest be done with personal interviews. This is because I wanted to hear what people actually felt after emigrating and not only base the essay on research that has already been done. There are a lot of theories on how people react after emigrating and I wanted to test those theories by actually talking to people. I also wanted to test different perspectives within the area migration because in social science there is often more than one perspective that has an affect, in this case how people deal with their situation after emigrating.

The ideal would have been if I had only interviewed people eye-to-eye, but due to the problem I had finding people who wanted to participate in this study, this wasn't possible. It's easier to catch feelings and expressions during a face-to-face interview than it is over the phone. It is also easier to create a good interview situation if you are in the same room with somebody and it's also easier for the person you are interviewing to trust the interviewer. For the eye-to-eye interviews I used a tape recorder to help me analyse the answers, which also helps to get as accurate information as possible. When I did the interviews over the phone I had pen and paper ready and tried to write down as much as possible. Right after the interview I wrote down everything I could remember so the information from the phone interviews are quite accurate. Before I started the interview I explained what the subject was and what I wanted to research. I tried to create a comfortable situation even though we

weren't in the same room. For all the interviews I had 5 questions that I based the interviews on even though they were only there to help and in all the interviews I have let the interviewed person speak openly about their experiences. Sometimes we discussed things that I have chosen not to use in my analyses because the research would have been too wide.

One good thing about doing qualitative studies is that the information one gets is often valid. This study also didn't contain any uncomfortable questions for the interview person so I believe that all the information I received is valid for the study. The major problem with doing such a small study is to know how representative the interviews are for all the Swedish people in England (Holme & Solvang, 1991). I did try and find people to interview from different backgrounds to validate my answers as much as possible. I have done a lot of background research and part of that can be found in the essay. This is done to create a deeper understanding for the subject and to make the research and interviews as accurate as possible.

Most of the people I interviewed chose voluntarily to be in the research as they answered notes that were put up in the Swedish church. All the eye-to-eye interviews were also made in a neutral place where the interview could take place without disturbance.

3.1 Migration in England

England was one of the first countries to experience large skilled labour. England is today dividing their immigrants into three groups, people from other commonwealth countries, people from countries that are part of the European union and people from all other countries. Today people that are migrating from the commonwealth countries and from countries within the EU experience more or less the same rights as the English people. The government and the people of England have today accepted "high skilled immigrants". In 1966 one could find that immigrants populated more than 1/3 of London, today the number is even higher. There are still more single men that migrate to England than women. These statistics are based on people that are coming from less developed countries to try and make some money to send home to

their families. Most immigrants still come to England for a year or two and then return home again. People who migrate to England come from various backgrounds and they also get various kinds of jobs but most people that actually come to England for work reasons are high skilled. Many of them have got an education from their home country and are then coming to England to earn more money for the same kind of work. There is still the problem that English employees only take on black emigrants if they can't find anyone else to do the job, and they are therefore often underpaid (Castles & Kosack, 1985). Many people also don't know the language and that makes it hard for them to get a proper job and be accepted by the society. Even white people can experience a bit of racist attitude from the English people even though it's proven through labour, housing etc. that black people will experience a lot more racist attitudes than white people (Castles & Kosack, 1985).

3:1:1 Statistics

There were 18000 Swedish people living in England in 1997. This is according to the English census firm. One cannot forget that this number does only include Swedish people that are permanent residents in England (Census 1997)

4. Previous studies

A study about why Swedish people would like to move to England started in the beginning of 1980 and ended in 1984. That study included that the author (Ericsson) interviewed a few people. This study is a lot deeper than mine and is more about why Swedish people want to move to England. It's the only study that came to my knowledge that are about the same subject as mine, so therefore I have taken out what they discussed in their interviews that are most relevant to my study. The study showed that it was almost impossible to know how many Swedish people that actually lived in England, as they didn't carry any statistics from which countries their immigrants came from back then. In 1982 the Swedish school in London had 110 students and in 1984 it had 150 students.

Most Swedish people wanted to move to England because of better taxes and to experience a new culture. Swedish people started to move to England in the middle of 1970's and London became a target for a lot of businessmen. Swedish people also claim that it's a lot easier to meet people in England as they are more open minded to strangers which is extremely important to get the chance to know the new culture. They also meant that it also makes it easier if you have your children in school. Everybody in the study agreed that it was easier to start socialising with Swedish people after they arrived in the country and that it takes a lot of work to start socialising with English people. Most of them also agreed that it was hard to adjust in the beginning but that it became easier as time passed. They also agreed that it was important to try and adjust as quickly as possible to make daily life easier. Not all of them managed to do so though. This included women that followed their husbands and became housewives. These women were more depressed and had problems leaving the Swedish culture behind.

There are two kinds of emigrants, the ones who manage to adjust to the new country and the ones who never manage to do so.

This study showed that this was some of the reasons why the Swedish people like England.

- The culture and entertainment
- Shopping
- All the tourist activities
- Climate
- Relaxing country
- Taxes and generally how people see money
- It's allowed to be different

The study showed that these are some bad things about England.

- You need private health insurance (not valid today as NHS has improved a lot and can almost be seen as better than the Swedish health care)
- School fees
- More expensive to buy/rent houses

- Sometimes only one of the members in the family works when they come to England and all the sudden you need to live on one income

It's also important to remember that sometimes the women's status changes a lot more than the men's when they move abroad. In England it is seen as a status symbol to be a housewife while this doesn't exist back in Sweden. England still experiences a lot bigger class society than Sweden does. English people make judgements about other people from a range of social indicators such as the way people speak, the jobs they have and what car they drive. It's still more important what achievements a person does than who their parents were. One can also find very big income differences between classes (Ericsson, 1994).

5:1 Theory

It's impossible to look at emigration from just one perspective. I have chosen to look at it from a view about globalisation, social psychology and adjustment. The adjustment period is also important to understand new norms in a country. Finally I chose to look into Simmel's theory about the stranger. His theory explains how people that have emigrated can feel in their new country and also how the rest of the population greets them.

5:1:1 Globalisation

Marshall McLuhan is famous for his views about new communications. He meant that as we entered the new modern world of communication this led to the globalisation of the world. One can therefore say that when the mass media started to expand, new possibilities arose for getting information we never had access to before. Telecommunications has brought us closer together than ever before and we got the chance to learn about different cultures through television, Internet etc. The promise of living in a new culture, making more money and paying less tax makes a lot of people think about emigrating as a chance of a lifetime (Papastergiadis, 2000). Today it's possible to make big decisions about things such as politics in one part of the world, which will then also strongly affect another. The globalisation of the world

and the development of high technology are a few of the reasons why we today have global cities and that one often can find many different cultures in one city. There are more big companies than ever before and thanks to the globalisation they have the opportunity to trade with each other more. Today big companies are letting people move around from different sites all over the world. This has then lead to the possibility to travel the world and explore new cultures. Giddens (1998) meant that globalisation has stretched our sense of time and space and that these two today are more measurable (Papastergiadis, 2000).

Globalisation in it self has started to threaten a human beings sense of identity. Today it's hard for people (especially the ones that have emigrated) to get a sense of belonging in a certain place. We might feel at home in a lot of parts of the world. Today a person might feel more of a belonging to a certain group of people than a certain place (Papastergiadis, 2000).

One can talk about pull and push factors when it comes to emigration. Pull factors are things such as a better economy, demographic moving and new social development. For example after World War II people had to move to get new jobs to survive. Push factors are things that forces people to live their country, as it might be very poor and there are no jobs available (Papastergiadis, 2000).

5:1:2 Culture and adjustment

People who move to another country and have to adjust to a new culture are bound to feel lost and isolated at first. This is only normal and these feelings will disappear after a while. Most people find it rather easy to adjust to a new country if they have approved of the move from the beginning. It's always harder for the person who didn't have any choice in the matter. People whom start to interact with the locals and accept the system has a much bigger chance of making a smooth adjustment. Another thing that can make adjustment easier is what class you belong to. In a class society this can make a major difference how well one is met by other people and this in turn can then affect the adjustment process. When a person moves to a new country that person will be expected to play a certain role and have a certain position. Most people go through the following five stages in an adjustment process:

When a person moves abroad she normally go through five stages.

- Looking for contact and to explore the new country.
- Home sickness
- Accepting the new country
- Starts to feel independent and familiar with the new country and start to feel like home (Eriksson, 1994)

If a person can't manage to go through and complete these five stages it can result in the person starting to experience mental health issues. Depressions are quite common among immigrants because they feel they don't belong anywhere. They might not feel at home in their new country but might also feel that they don't belong in their home country. Immigrants have to find themselves a whole new identity; new friends and this can of course be very stressful. This of course is even more significant when the person is coming from a completely different culture. Especially women can experience a completely different view on gender. Often children learn to adapt quicker than adults do and often one can find that parents communicate through their kids. England is a part of our Western capitalist society and even though we are only a small majority of all the people in the world we are the ones with most influence. To be accepted in this society one needs to think and act in a certain way which can be extremely hard if you come from a completely different culture (Castels& Kosack, 1985)

5:1:3 Interaction in groups

Marx (1981) meant that we today are living in a totally capitalist world and that money is everything. In the economic system one can find different values, which in turn create rules within the group, and if a person doesn't have the ability to follow these rules, that person will feel left out. If a person doesn't feel at home in the new country he or she might develop a very aggressive behaviour. If the group sense this they might also develop an aggressive behaviour towards the new member of the group. It might threaten one's identity to not feel part of a group. People develop attitudes from the behaviour of the rest of the group. If a person is taken away from the collectivism of a group she/he might feel lost and violated. As a person we have

the need to feel important and good, and if we don't get the confirmation from the rest of the group this can cause big distress (Hejman, 1981). Each culture has its own code of behaviour that people follow. If the people in a group don't follow these sets rules they are seen as outsiders and therefore the group doesn't accept them. If a group does not accept a human being it has shown that this can lead to serious identity problems.

Simmel (1971) defined the stranger as someone who came from somewhere else, speaks a different language and not born within the group or country. This always leads to a challenge in social interaction. He also questions a person's solidarity and where it really belongs. Simmel also meant that putting a new person in a group can create enormous stress. The stranger might feel he is both inside and outside the group at the same time. A problem for immigrants is that they often are carrying a label on them such as black people being responsible for high levels crime etc (Castels& Kosack, 1985)

6:1. Interviews

For this research I interviewed five people. They were all women. Neither one of the women really wanted to move at the beginning because of families, friends etc. Two of the transfers did have the opportunity to not move but they chose to move despite the fear of trying to live in a new country.

Interview person A has lived in England for a year. She works at Astra Zeneca and she has done a transfer over to England from Sweden. Her two kids also followed her in the move. The plan from the beginning was to only stay in England for two years but now the family is thinking about staying longer.

Interview person B. has lived in England for almost eight years. She moved to England from Sweden to be with her partner. When she moved to England she didn't really have any knowledge about the country and she also didn't speak the language very well. She now works part-time at a hospital and she also goes to college. She has met most of her friends through college but she also spends a lot of time with Swedish people in the same situation as hers.

Interview person C has lived in England for three years. She has also done a transfer via Astra Zeneca. Her husband had just retired before the move so they saw an opportunity to get a new life in a new country. They both agreed that the English culture suits their needs more than the Swedish one.

Interview person D has lived in England for almost two and a half years. She has also done a transfer via Astra Zeneca. Her transfer was not voluntarily as her site closed down in Sweden and the only other place where they did her kind of research was in England. Her plan was to stay in England for the rest of her life but is now looking for a way to move back to Sweden.

Interview person E has been living in England for just over a year. She has moved to England just because she wanted to get away from Sweden but then she met her partner and stayed. She works for the council. She really enjoys England and are now looking to stay there.

6:1:1 Globalisation process

I started by discussing their feelings about the move and also if they thought that easier communication, computers etc. (globalisation process) did affect their choice to move. Three of the interview persons were transferred over to England from Sweden and it's quite clear that they would never have gotten that offer if it wasn't for the fact that companies today work together internationally. In this discussion one can not forget that we only discussed how the globalisation process have affected the interviewed in person and not how the globalisation process have affected migration in general.

This is some of their thoughts.

One person said (A):

- *I didn't want to move at first even though I realised that it was a great job opportunity. If this would have been 20 years ago I am sure I would never even got the offer to transfer in the first place. But of course it makes it easier to move to a new country today. The company did everything for us and that helped me*

overcome the fear a bit. My family and me did a lot of research on the Internet before the move. Also that grandparents and friends can just fly over without it costing a fortune helps.

Another person (B) said this:

- I met my boyfriend when he was in Sweden and decided to move with him back to England. I never really had been abroad before so I was ever so worried. Didn't want to move at all at first mainly because I was very insecure about the language, I thought nobody would understand me and I would look like a fool.

I don't think the actual globalisation progress affected my decision to move at all. I was in love and even if I didn't really wanted to move that was enough. Of course it's easier to communicate with friends and family but you still did that 20 years ago, it just took a bit longer.

Another person said (E):

- I find the globalisation process very interesting. I didn't want to move anyway but the possibility of e-mailing and speak on the phone a lot really helped me to overcome the fear of moving. Friends and family wouldn't be so far away. The globalisation process might have made the practical part of a move abroad easier but I still believe people go through the same emotional stages as they did 20 years ago. I still know for a fact that you can feel extremely lonely in a strange country and it doesn't really matter that you easily can phone home or e-mail. Even though it's easier in general to move to another country I would still have done it because I love my partner and it's easier for me to move to an English speaking country than him to learn Swedish and move with me.

According to these answers one could say that the globalisation process has not affected the interviewees decision to move. The fear and insecurity is still there despite that one can find more information and that communication is easier. All of them agree though that it has helped that it's easier to communicate with friends and family, fly home etc. Three of the people have done a transfer via their company over to England and they do agree that if it weren't for the opportunity to transfer none of them would have considered a move. Two of these people didn't seem to worry about the move in the first place. This might be because these two people have been

transferred between two countries but still work for the same company. They have other people to talk to who been in the same situation. They also worked within a developed company that uses e-mail and phones daily. The people that had transferred also received a lot of help with practical details that might have done the move in general easier. The other two people still had to arrange all the practical things by themselves. It might be a bit easier if one don't have to take care of everything themselves. Two of these people have also moved to England because they have fallen in love with an English person. Several theories do say though that the globalisation process is the reason why people move abroad more today than ever before and all three people that have transferred agreed that they would never had moved if it wasn't for that transfer. The statistics about the globalisation being the reason for people moving are also to some extent based on high skilled emigration and not ordinary people that just have decided they want a new life.

6:1:2 The English culture and adjustment

After this we talked a bit about what was hard about moving to England and the English culture. We also discussed how they were feeling after the move and if it was hard to adjust. All of the interviewed said that simple things like going to the bank etc. are really complicated in England. Also all of the interviewed found it hard to adjust to all the rain. This might only seem like small things but one cannot forget that after a move abroad small simple things can feel hard. Feeling isolated was also something that was mentioned quite often. Also the work situation seems to be very different. If a person find it hard to adjust this can be because each culture has it's own rules and expectations but it seems like most of the interviewed have adjusted quite well.

One person said (B):

All the new systems and ways of seeing things at work were hard at first. It is really hard to be without the social security you are used to. Even today I miss the social security that Sweden does provide. I also felt very isolated at first. It was also very hard to meet new friends so I started to spend a lot of time with Swedish people. Even today I spend a lot of time with Swedes but I try not to because most of the leave after a while and you feel alone again.

Another person said (D):

- *It is hard in the beginning to adjust to any culture. England is very different from Sweden even if you might not think so. I still feel a bit isolated but that is more because it's been hard to make new friends. You just have to try and get into how things work straight away. Work is very different considering they have a lot more of a class society and that includes the work place.*

Another person said (A):

- *I didn't find it has hard as I thought it would be to adjust to the English culture. People are pretty similar and also I love my job. It was easy to adjust especially when you got the practical things sorted out.*

Another person said (C)

- *No I don't think it was too hard to adjust to the English culture. I been to England before and I have always enjoyed the English humour. People are in general social and nice and it's easier to speak to an English person about "nothing" than it is to a Swedish person. The hardest part to adjust to was the English weather. After Glasgow Manchester is the city where it rains the most. You had to carry an umbrella around all the time. Also general things as stores in town closes early in the week were hard to adjust to. It was harder to adjust to the work place, as we never got any information. Here you can see an example that you are never informed about anything else than you need to be for your job. Your boss has a higher position and decides what you are supposed to do. You always only worked those hours you were suppose to and in the afternoon everybody left the office at the same time.*

Most people that move abroad feel isolated at some stage but things tend to be easier the longer time goes. Three of the interviewed found it a lot easier to adjust to the English culture. Once again a big reason for this is because they have been lucky with their jobs and also made a lot of friends at work. Two also mentioned that they had other Swedish people to turn to within the company, which made adjustment a lot easier. If a person feels that fundamental security they might find it easier to adjust to the rest of the culture. They have realised that they need to follow England's own culture to fit in. When they have done this English people also accept them easier.

These two people have also probably learned that they are the ones who have to back down and accept the new rules and expectations that are expect from them. The other two people feel that it's been a lot harder to adjust. These are probably because they came as total strangers to a new country with no friends around. They had nobody to lean back to if something went wrong. It seems like these two people even though they've lived in England for quite some time find it hard to adjust. This is probably because they've been a bit unlucky with their jobs and the people they've met. If people find it hard to adjust they will in general feel isolated and this is what happened here. It's like mentioned in the theory part important to feel part of the group and these people don't do that. One of them didn't get enough confirmation at work and that makes it even harder as it's important to feel important.

One can now see that the people that transferred seem to find it easier to adjust probably because there are people around them to show how things work.

The next thing that was discussed in the interview was how they've done to adjust to these difficulties that they had to face especially after the move. What a person does to adjust to the new culture is crucial in a migration process. The quicker a person can adjust to a situation the easier it's going to be. Some people in the new country might be very open to new ideas but many might not be. It's therefore very important when you move to a new country not to criticise their culture. This will make it easier to be a part of the group and be accepted as one of them. This is how they dealt with their difficulties.

This is what one person said (A).

- *I always asked people at work how to deal with everything and they were often very helpful but sometimes it also felt like they had no idea what I was talking about as they felt it was a natural thing*

Another person said (B):

- *First of all I tried to learn the language as quick as possible because without that it's never going to work. I also started working and study at university quickly after I arrived and that helped a lot. Also the people I worked with were a good help to explain how things worked. I realised right from the start that if I was*

going to live in another country I had to adjust to their culture. A lot of Swedes think they can bring over our culture to England and that doesn't work at all.

A third person said (D):

- *I must admit I had problems adjusting to the new culture. Maybe I am one of those people who try to bring my own culture into theirs. Anyway it didn't work very well and I had to try and do things their way. Because of this I am still not very happy here. I understand that you have to change but it's also hard to be something you not. Especially at work where I had total freedom in Sweden and here it feels like you are not allowed to do anything without your permission.*

All of the interviewed said that they tried to ask people at work how things were done. Observation how others do things is crucial in learning things quickly. Learning the language is also so important as communication is the only way to get into a society. If one doesn't know the language it's too big of a risk that they get to isolated. It's also important as shown in the interview not to bring your own culture into theirs. A new group will never accept anybody if this happens. The hard part here is like one of the interviewed said is to change. Some people might find that extremely hard and that is one of the reasons why some of us don't travel.

The next thing we discussed was if it has got easier to adjust now than it was when they first moved over. This is what they all said.

- A. Absolutely the first 3 months were the worst.*
- B. Of course. I learned the language and how the systems work and after that everything gets easier, even though I still don't always understand English logic.*
- C. Of course it was easier after a while when you learned the system*
- D. It is easier now even if it's still hard.*
- E. It's a lot easier now especially the practical part. The emotional part is still hard and I believe it's going to be hard for quite some time.*

This shows that the interviewed has been going through or are still in the process of going through the five stages that were described in the theory chapter (under

culture and adjustment). People are bound to go through these stages, most likely at all times, even if they find no problems at all to adjust. Time does make things easier and one get a chance to learn how the new society works. This includes both the practical and what is accepted to do in the new society. Even the interviewed that found it harder to adjust will learn how things work and this will also help being accepted by the new group. In relation to this I chose to discuss how they felt they been met by the English people. Has it changed over the time they been there. Did they feel like a “stranger” when they first arrived and if they did has this changed now. This is what they said:

One person said (A):

-I was mostly met with positive attitudes and I think the reason I was that is because I adjusted after their culture even if it was hard sometimes.

- Sometimes it felt that people at work had a very pre picture of how Swedish people are suppose to be, they especially think we have a weird way of looking at sex but they don't even have a clue what they are talking about.

Another person said (B):

- I mostly have positive memories even though English people are good at isolate themselves from new people. It was hard in the beginning because English people have such weird humour and are so unaware of how things work in other parts of the world. Some of my friends that have arrived in later years say though that they have not experienced the same feeling of not belonging that I did in the beginning.

A third person said (C):

-No I never felt like a stranger at all. A lot of people really made an effort to make me feel at home. They often invited you over to their house for dinner etc. There were two ladies at the office that were extra nice. They were also at the same age and had kids at the same age. I guess it's always easier than to find things to talk about. English people would never change anything they believe in though so you were the one who had to back on your opinions and also never say that you thought Swedes were better than English people. They never really liked the way we do things in Sweden within the company so you had to watch out for what you said.

This is a very interesting conclusion, as all of the above felt very welcomed by the English people. The reason why the people who transferred felt very welcomed could be a general knowledge within the company about Swedish people. Also today English people are more educated about other cultures than their own. It also seemed as though all the interviewed have done their best to try and adjust to the new culture even if all of them found it hard. It does seem though as even though there are easier communications etc today the mental part of emigration is still as hard. It doesn't matter that England is quite close to Sweden and that they are a western country. One might not think that England might be so different from Sweden but it is. In England everything takes longer as they don't are as developed as we are when it comes to computer. There is also no such thing as social security number or similar which makes things even harder because every time one wants to do something one has to carry around loads of papers to prove that you are the same person. English people are quite open to foreigners as the interviews also prove but one can discuss if this is only towards certain foreigners such as people from other western countries.

6:1:3 Positive/negative views about England

As a last thing to discuss I choose to look into positive/negative things about England. This is mainly to see if the interviewed who has adjusted to the new county and done a lot of things to try and adjust sees England as more positive or negative.

One person said (A):

- + *Positive how they socialise with each other on their spare time, the structure and goal focused,*

Stopped working at 4.30 and no evenings and weekends

- *It was hard to get to know people other than through work.*

Another person said (B):

-+ *Actually I find the class system in some ways better you kind of only mix with your own kind. It might sound weird but it seems to be working for them. You notice a lot of class difference at my work and I learned to live with that. I also like that it's quite a formal and polite country. As a customer in England you do have a lot more rights than back home. English people also see live as a bit of fun and not just about work*

and making money which I really appreciate that it's ok to go to the pub and have a good laugh.

A third person said (D): You can find a lot of positive things in England such as the social life. For me though all the practical things have been really hard. Work is also hard because its so different.

7. Analyses

The aim of this work was to try and find a connection between globalisation, adjustment, being met by strangers and how positive one can feel about the new country. One can see that most of the interviewed adjusted very well to the English culture, felt well met by the locals and seemed to think life was quite happy. The ones that found it hard to move and adjust to the culture still tried very hard and all of them said it's been easier to adjust after some time.

Three of the people I interviewed have been transferred to England via the company they work for. This can be connected with what Mc Luhan said that companies now has the chance to be located in different parts of the world and still be able to communicate with each other. The people who made a transfer also all agreed that better communications etc have helped them to settle in better and to undertake good research before the move. This would support the globalisation theory as these people both had been transferred as a result of the globalisation and also used the communication that is a result of the globalisation process. The globalisation process does not seem to support "ordinary people" as much when it comes to immigration. These people are not moving because they received a better offer somewhere else and they might not be able to use the communication tools such as Internet either. The only way these two people really have benefited from the globalisation process is that both England and Sweden are a part of the European union so they don't need work permits. I would therefore like to do as result that it's still "high skilled" immigrants that benefit the most from the globalisation process in general.

It seems like all the people I interviewed felt like they didn't have too much trouble adjusting after the move. They all mentioned things like isolation but they also said it disappeared after a while. They all mentioned that handling practical things in the beginning was hard. All these feelings are natural after emigrating. The interviews support the theory that if they accept the way things is dealt with in the new country the adjustment goes quicker. The theory also support that it seems easier to adjust depending on what class you belong to when you arrive in the new country. As England is a very class orientated society one can see that the ones I interviewed who adjusted quickly also were the "high skilled" emigrants. All interviewed except one seem to have followed the model mentioned in the theory chapter (under culture and adjustment) and find it easier to adjust after a while Only one of the interviewed does not seem to go through these stages even if that person still found adjusting easier after a while. This person runs a bigger chance of suffering from mental health issues in the future and is probably going to go through some identity problems.

All of the interviewed said they have been well met by the Englishmen right from the start. This shows that even if some of the interviewed had problems adjusting to the culture in the beginning this has not affected how they been accepted in the English society. All the interviewed must have taken on the rules and expectations that were expected from them in the group and they have therefore never experienced the feelings such as aggressive behaviour mentioned in the theory chapter. They did say though that they felt isolated in the beginning and this is a good sign that the locals probably showed them a bit of reservation in the beginning before accepting them into the group. It all seemed though as they all tried hard therefore go accepted quickly. This shows how important it really is to take on the rules and expectations that are expected from you in the new group. The only person who did feel left out was the same person who didn't manage to adjust very well. This person also admits trying to bring the Swedish culture over to England and try to "teach" them how things can be done better. This person still find it hard to spend time with people at work and are seen a bit as a outsider even if it's a lot better than before. This person was the only one who felt long-term isolation etc. Simmel mentioned that emigrants often carry a label on them. This was also something that was mentioned by one of the interviewed and also something that person found very annoying. It never seemed that any of the interviewed except one had any problems with social interaction that Simmel

mentioned. The stress factor that he mentions never seemed to have happened except with one interviewed. The theories that I used for this part of the interview are supported by the results of the interviewed.

One can definitely see a link between adjustment and how the group meets them. All the interviewed that have adjusted well has also been accepted in the group. The one person who hasn't adjusted very well have also had problems feeling as a part of the group. It's hard to know which factor that affected which. It might as well be that how well a person is met by a group, affects how well that person adjust. In a bigger essay this have been something interesting to look into.

One can also see that the interviewed that have been adjusted well and have been well met by the new group also see things a lot more positive than the one person who haven't adjusted very well.

All the results are to most extend very similar to the ones in the study from 1984. Therefore one can say that the globalisation process hasn't really affected people's emotional distress about moving to another country. They all had similar experiences after the move and how they dealt with the move. It is true though that a few of the ones I interviewed would never got the chance to work in another country if it wasn't for the globalisation. There also lives a lot more Swedish people in England now and the social security rules etc applies for everyone. This shows that even though my interviewed to feel affected by the globalisation England have adjusted to increased immigration.

8. Conclusions

There are several aspects one can do research about when it comes to immigration. I chose to do more research about aspects like globalisation, adjustment, interaction in groups (how well the Swedish people were met by the English people), and their general happiness after immigrating. The aim from the beginning was to research these aspects separately from each other but as the research went along I started to realise that they were all linked. The results were very supportive of the theories all

along even though some feelings and behaviour that were mentioned never occurred to the people I interviewed. If I have had the chance to do a bigger research this would most likely had changed. Of course I would have thought that it would have been more fun to find out that things were a bit different from what was already written but I am also quite happy to realise that what I wanted to research already is supported in theory. I also realised as the research went along that studying Swedish people in England might not have been the best choice for studying the aspects I wanted to study. One would probably find harder adjustment and interaction in groups would occur if Swedish people would migrate to a third world country. I did find it very interesting though that my results were so similar to the results in the research in 1984 (Ericsson). Personally I would have thought that the globalisation process would have helped people more when emigrating. Now I realised that globalisation is more there as a background factor that might result in more people emigrating but it doesn't make it easier on the people that do emigrate. People still go through the same adjustment periods and difficulties as they did 20 years ago. There are really only practical things that have changed such as having a work visa and that it's easier to buy a plane ticket today. I also learnt that people felt as much far away from home in England as they probably would have done in Australia. Migration will continue to happen even in the future and maybe one day people loose the feeling of where they belong but today it still seems to know that people know where home is.

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