

**“Psychological toughness among African immigrants- A clinical study
of one case in tlemcen, Algeria-”**

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Received: 2025-06-25 Accepted: 2025-03-06 Published :30-06-2025

Abstract : The current study aimed to determine the level of psychological hardiness among African immigrants in Algeria, where a single case was studied in the psychology unit at the university Hospital of Tlemcen - Algeria, using the clinical approach ,case study,and using the following tools: the clinical interview, the clinical observation, and the psychological hardiness scale by Mohamed Ahmed Mkhaimer, the results of this study finnally concluded that the case studied (the African immigrant), had a moderate level of psychological hardiness.

Keywords: _psychological toughness, illegal immigration, African immigrant, commitment, control, challenge.

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1. The Introduction

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Algeria is increasingly facing the phenomenon of illegal or clandestine immigration, as it is a transit country to most western European countries. Several networks specializing in illegal immigration were formed, working to bring many African nationals to Algeria, and thus their number is constantly increasing, this journey (illegal immigration) is full of risks, exposing many of them to psychological pressure and disorders, especially when they are exposed to some painful accidents during this journey, despite these risks the reactions of these immigrants remain different, as we find some of them maintaining their psychological and physical health, which reflects the concepts of psychological resilience. Hence, our study aims to shed light on the African immigrants in Algeria and to study their level of psychological resilience. The study seeks to provide a psychological reading of the phenomenon of illegal immigration by posing the following main question: What is the level of psychological resilience among African immigrants? The study hypothesis was that African immigrants have a high level of psychological resilience. Given the nature of the subject, we relied on the clinical approach and case study, with the application of the psychological resilience scale to the case under study, with the aim of achieving a set of points, which are as follows:

- identifying the level of psychological toughness among African immigrants.
- identifying the level of commitment of the African immigrants.
- identifying the level of control of the African immigrants.
- identifying the level of challenge of the African immigrants.

2)- basic concepts of the study:

A/ Definition of psychological toughness:

-Psychological toughness from a linguistic standpoint:

It is hard, that is very hard, something is hard, so it is very hard.

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- Psychological toughness in terms:

“Pines and kabara” define it as psychological toughness, a general belief held by the individual in his effectiveness and ability to use all available psychological and environmental resources in order to perceive, interpret, and effectively confront stressful life events (Pines, 1986: 171)

As “funk” Defines it, it is the general characteristic of an individual’s personality that works to form and develop it due to the environmental experiences that surround the individual from a young age (FUNK, 1992:336).

In the current study, psychological toughness can be defined as the degree obtained by the studied case, the African immigrant, on the psychological toughness scale.

B/ definition of illegal immigration:

-Immigration from a linguistic standpoint:

“Al - Buqa i “(1997) pointed out that migration comes from the names of Hijra, yahjra, and Hijraon . As for the first, abandonment is the opposite of connection, as well as abandonment, and the saying migrated from house to house, they left the first.

“Ibn Manzoor” also defined it in the sense of going out of land to land and migrating something means leaving.

- immigration in terms:

Migration, according to “Naguib” (2000), is used as the movement of an individual, a group, or a group of residents from a place of residence or residence to another place of residence.

3)- Study method:

In our current study, we have relied on the clinical approach, which is considered a method of analysis and interpretation in a scientific and organized manner in order to reach specific symptoms. The clinical

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approach does not only aim to reach the general laws and principles that govern human behavior, but rather aims to study the individual and attribute his behavior to the causes and factors influencing it. (Awatif Mahmoud Yassin, 1986:117).

The clinical approach is considered to be in -depth and continuous observations of cases, and one of its characteristics is studying each case individually.

4)- limitations of the study:

A/ humain sphere:

The study was conducted on the case of one African immigrant in the city of Tlemcen, Algeria, of male gender and aged 32 years.

B/ the Special field :

The study was conducted at the psychology unit at the University Hospital of Tlemcen, Algeria.

c/ temporal field:

The period of conducting the field study lasted about two and a half months between October and December.

5)- study tools :

A/ clinical interview:

“ A.Rossow” defines it as a dynamic relationship that takes place in psychological atmosphere of security and mutual trust between two or more people. According to ‘English and English’, the interview is a directed conversation that the individual carries out to consult certain types of information to be used in scientific research or to be used in guidance, diagnosis, and treatment (Muhammad Zain . al.Din :2005).

B- clinical observation:

According to 'N.Sillamy' it is the auxiliary important and purposeful method in the clinical method. observation is the method that allows the researcher to observe the individual's behavior, expressions gestures, way of speaking, and responses to interview questions.

c. psychological hardiness scale:

This scale was prepared by 'Imad Muhammad mukhamer' (2002), and originally consisted of 47 items distributed over three dimensions:

- The commitment is measured by 16 items.

- The control is measured by 15 items.

Researcher 'Bashir Mimaria' added one item to this dimension, number 47, making it 16 items.

- The challenge and is measured by 16 items.

The number of items in the entire scale became 48 items that were answered in a declarative manner.

-Scale correction:

To correct the scale, there are four alternatives:

- no, its score is zero.

- a little, its score is 1.

- average, its score is 2.

- a lot, its score is 3.

Therefore, the theoretical score of each examinee ranges between 0 and 144.

- Levels of the total degree of psychological hardiness:

- If the total score ranges between [48- 78] the level of psychological toughness of the subject is low.

- If the total score ranges between [79-109] the level of psychological toughness of the subject is average.

- If the total score ranges between [110-144] the level of psychological toughness of the subject is high.

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6)-Presentation and discussion of results:

A/Presentation of results:

- presentation of the case:

The case'M' is a 32 year-old male from Africa. He is an African immigrant who immigrated illegally with his family, which consists of his wife, daughter, and two brothers.

- summary of interviews with the case:

All interviews were conducted with the case'M', in the psychology unit at University Hospital of Tlemcen, where the case presented to the unit for psychological consultation.

The first interviews were devoted to identifying the case and collecting preliminary data related to it, in addition to identifying the circumstance under which she and her family, were displaced, and the reasons that prompted her to do so, as the case stated that she lived. very difficult circumstances in her country, specially after the death of her parents, and this is what prompted her to think about illegal immigration .And her remaining family members.

The case'M', also added that as soon as she collected a sun of money.

They did not hesitate immigrates illegally via a small boat. and this is what actually happened. The case, also stated during interviews that she would never forget that trip in her life, which she described as a deadly adventure due to the harsh weather conditions that he went through at that time, as she added.

The case is that'M' has never regretted her illegal immigration of her and her family members to Algeria because they now live in peace and its people are cooperating with them.

As for the subsequent interviews, they were devoted to applying the psychological hardiness scale to 'Mukhaymar', after explaining the scale to the case and highlighting the purpose behind its application and after obtaining the case's approval, the scale was applied to it. The last interviews were devoted to applying the scale and analyzing its results, while thanking the case for its cooperation in conducting this study.

- display results associated with the Measure:

Table number (1) represents a presentation of the degrees of the dimensions of the “Mukhaymar” psychological hardiness scale after its application to the case:

The general degree of psychological soil	degree	Challenge items	degree	Control items	degree	Commitment items
99	3	3	3	2	2	1
	1	6	2	5	3	4
	1	9	2	8	1	7
	3	12	3	11	2	10
	2	15	1	14	3	13
	2	18	1	17	2	16
	3	21	2	20	2	19
	2	24	3	23	2	22
	3	27	0	26	1	25
	3	30	2	29	1	28
	2	33	3	32	2	31
	3	36	1	35	0	34
	3	39	3	38	3	37
	3	42	1	41	2	40
	3	45	2	44	2	43
	1	48	1	47	3	46
	38		30		31	

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It is clear to us from the results obtained in the following table that the case obtained a score of 31 in the dimension related to commitment, a score of 30 in the dimension related to control, and a score of 38 in the dimension related to challenge - As for the total score related to the level of psychological hardiness, the case obtained a score of 99, and this indicates there is a moderate level of psychological toughness in the case.

B/ Discussion of Results:

Through our application of the psychological toughness scale and results obtained in this study, the study hypothesis, which states that the African immigrant has a high level of psychological toughness was not achieved because it became clear to us through the results obtained with the case that she has an average level of psychological toughness. Although the African immigrant lost an important part of his necessary needs to continue his life in his country of origin, which was born with a state of imbalance and this prompted him to search hard to achieve his balance, by satisfying his need that he missed and this chose the course of immigration that is not legitimate.

However, it is in the face of the psychological analysis of the immigration of a shock experience, in which the individual relations are not expressed and noticeable, but its effects penetrate the depth.

According to "Grinborg and Grinberg" (1989) the illegitimate immigrant is exposed to fears that caused him to lose adaptation to the new rules, so he lives deep feelings of fear and more isolation.

Despite these effects, the African immigrant had the ability to confront the pressures caused by the illegal immigration.

This was reflected in the average results at the level of his psychological solidarity. Psychological soil and its components act as a psychological variable that greatly reduces the pressure caused by non-legal immigration and the suffering associated with it.

It is among the ways to reach the individual to the acceptance of the changes or shocks that may be resolved by the African immigrant, in addition to some factors that may reduce the effect of these pressures, such as social support, the ability to control the emotions in the situation and

necessity of its commitment to its responsibilities, optimism and the ability to control.

7-Conclusion:

What can be concluded in the latter is that although psychological solidarity gives the African immigrant force after being shocked to control the pressures of the illegitimate immigration and his attempt to adhere to its responsibilities, the experience of the illegal immigration remains influential even in an average level of the African to us through all the current study about the occurrence of the African immigrant at an average level of psychological solidity.

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