Abstract

Objective: To study difficulties and possibilities in Kurdish refugees' social relationship in the host country and its impact on refugee's psychosocial well-being.

Method: Data was collected through group interviews with 23 Kurdish refugees from the Kurdish regions in Iraq and Iran, 10 women and 13 men aged 32-54 years (mean age 47). Content analysis method was used for analysis and interpreting of collected data.

Results: Kurdish refugees reported a number of difficulties and possibilities related to the social relationship in the host countries. Three main categories emerged from the analysis of the data. The first category reflects the hampering factors regarding refugees' social relationship. The second category deals with factors that affect improving of refugees' social relationship. The third category is about the importance of social relationship for psychosocial well-being.

Conclusion: According to the participants' experiences, there are both hampering and amplification factors regarding immigrants social relationship and psychosocial well-being in host countries. They stated that there is a strong association between social relationships and psychosocial well-being.
partly inside Turkey, Iran, Iraq and Syria. The division of the Kurdistan region happened when the allied countries divided the defeated Ottoman territories among themselves, after the 1st World War [11,12]. Because of war and ethnic discrimination many Kurds have been forced to leave their homeland, and about 7 to 8 percent of all Kurds live outside their region of origin [13].

Several studies on immigrants’ mental health have been performed the last decades [14]. It is not possible to conclude briefly on the outcomes on these studies, because they differ a lot between the different immigration groups and between males and females. In some immigrant groups there is a higher risk of suicide but in other groups the risks are decreased. It seemed clear, however, that the risk of depression and mental disorder was higher in the immigrant population than in the Swedish population [14]. The purpose of the present study was to examine factors that master immigrant’s social relation and its impact on psychosocial well-being.

**MATERIALS AND METHOD**

The data was collected through four focus group discussions with 23 Kurdish immigrants from the Kurdistan regions in Iraq and Iran. Participants selected in cooperation with the local Kurdish Cultural Society and represented both men (n=15) and women (n=8) with a different occupational status aged 32-54 (mean age 47) (Table 1). The participants were informed about the aim and procedure of the study, as well as about that fact the interviews will be recording. As the study groups were almost homogeneous and had the same cultural background, it appeared that the focus group discussion was appropriate for the collection of the data [15]. All participants were refugees and have lived in Scandinavian between 3-28 years. The interviews, which took place at the Kurdish cultural associations in respective countries during 2014, lasted for a total of five hours. The interviews started with an open question “Could you please explain how social relation is working here and how it has affected your life in host country regarding your psychosocial well-being?” experienced the migrations process”? Then in the course of the discussions, deepening of the content, clarifications and condensing were achieved through more target questions (see table 4).

The interview focused on the immigrants’ social relationship and its effects on their well-being in the host countries. The interviews, performed in Kurdish (two groups) and the Norwegian (two groups) languages, and were digitally recorded, transcribed verbatim and then translated from Kurdish and Norwegian into English by one of the authors (NF). A qualitative analysis method, content analysis, was used for the analysis and interpretation of the interviews [16]. According to this method the important issue in the analysis process is to be aware of the various

<table>
<thead>
<tr>
<th>Nr</th>
<th>Age (Years)</th>
<th>Occupation in Scandinavian</th>
<th>Residency in Scandinavian (No. of years)</th>
<th>Job experiences (No. of years)</th>
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<tbody>
<tr>
<td>1</td>
<td>46</td>
<td>Engineer assistant</td>
<td>22</td>
<td>14</td>
</tr>
<tr>
<td>1</td>
<td>42</td>
<td>Petro online</td>
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<td>2</td>
<td>32</td>
<td>Medicine technic</td>
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<td>3</td>
<td>39</td>
<td>Knurs assistant</td>
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<td>50</td>
<td>Taxi driver</td>
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<td>52</td>
<td>Teacher</td>
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<td>Nurse</td>
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<td>50</td>
<td>Immigrants jobs’ adviser</td>
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<td>13</td>
<td>53</td>
<td>State employee</td>
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<td>Taxi driver</td>
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<td>16</td>
<td>45</td>
<td>Nurse assistant</td>
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<td>17</td>
<td>48</td>
<td>Unemployed</td>
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<td>18</td>
<td>59</td>
<td>Radio-speaker</td>
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</table>
Table 2: Emerged categories, subcategories and theme from analysis of the data.

<table>
<thead>
<tr>
<th>Categories</th>
<th>Subcategories</th>
<th>Theme</th>
</tr>
</thead>
<tbody>
<tr>
<td>1) Hampering factors in refugees social relationship</td>
<td>a) Cultural aspects and language barrier</td>
<td>Difficulties and possibilities in immigrants social relationship</td>
</tr>
<tr>
<td></td>
<td>b) Mutual prejudgments</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c) Discrimination</td>
<td></td>
</tr>
<tr>
<td>2) Possibilities in social relationship</td>
<td>a) Mutual respect</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b) Openness and Strong personality</td>
<td></td>
</tr>
<tr>
<td></td>
<td>c) Low expectation and low age</td>
<td></td>
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<tr>
<td>3) Impact of social relationship on social well-being</td>
<td>a) Feel of security</td>
<td></td>
</tr>
<tr>
<td></td>
<td>b) Increasing knowledge and improving mental health</td>
<td></td>
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</table>

Table 3: Illustration of the analysis process in various stages.

<table>
<thead>
<tr>
<th>Steps</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>I</td>
<td>Meaning unit. The first step is to identify the words, sentences and paragraph that have the same essential meaning and contain aspects related to each other through their content and context.</td>
</tr>
<tr>
<td>II</td>
<td>Condensed meaning unit description close to the text. Then meaning units related to each other through their content and context were abstracted and grouped together into a condensed meaning unit, with a description close to the original text.</td>
</tr>
<tr>
<td>III</td>
<td>More condensed meaning unit interpretation of the underlying meaning. The condensed text in the meaning unit was further abstracted and interpreted as the underlying meaning and labelled with a code.</td>
</tr>
<tr>
<td>IV</td>
<td>Subcategories. Codes were grouped together based on their relationship and codes that addressed similar issues were grouped together in subcategories.</td>
</tr>
<tr>
<td>V</td>
<td>Categories. Subcategories that focused on the same problem were brought together in order to create more extensive conceptions.</td>
</tr>
<tr>
<td>VI</td>
<td>Theme. Finally, a theme that covers the analysed text links the categories that appeared and emerged from the text.</td>
</tr>
</tbody>
</table>

Table 4: The interview questions.

<table>
<thead>
<tr>
<th>Main issue raised at the start of the interviews</th>
<th>Examples of more targeted issues raised during the course of the interviews</th>
</tr>
</thead>
<tbody>
<tr>
<td>Could you please explain how you have experienced possibilities and difficulties concerning your social relationship in resettlement country? How this issue has impact on your psychosocial well-being?</td>
<td>Could you please tell us about hampering factors in this context? Have you been satisfied with your contact with the native inhabitance? If not, why? Could you please state the main factors that may hamper your relationship with people in the new society? Have you usually been invited of your colleagues to eat together? Do you think the hampering factors in social relationship are depending on lack of mutual understanding? Have you experienced unpleasant moments in your contact with people in the new country? How unsatisfied social relationship could influences immigrant's mental well-being in resettlement country? What should be done in order to improve the social relationship?</td>
</tr>
</tbody>
</table>

modes; manifest or latent content. The text is first analysed focusing on the content and describing the visible elements (manifest content). Analysis of what the text is about involves an interpretation of the underlying meaning of the text (latent content). During the analysis process, the words, sentences or paragraphs that address a specific topic, were grouped together into meaning units. Then meaning units related to each other were grouped together into a condensed meaning unit, with a description close to the original text. The condensed text was further abstracted and labelled with a code. Codes that addressed similar issues were grouped together, resulting in subcategories. Subcategories that focused on the same problem were brought together in order to create more extensive conceptions, which addressed an obvious issue as categories. Finally, subcategories, categories themes emerged from the analysis process [16]. Each subcategory emerged from the words, sentences or paragraphs that address a specific topic and usually have been repeated frequently by majorities of participant. The analysis process contained of 6 steps (see table 3).

RESULTS AND DISCUSSION

The analysis of the group interviews resulted in a theme based on three main categories and eight subcategories (Table 2). The first category reflects the hampering factors regarding refugee’s social relationship. In this context cultural diversities and lack of language abilities sometimes has resulted in mutual prejudgment. Discrimination is the last subcategory that has been mentioned in this section. The second category deals with factors
that affect improving of refugee’s social relationship. Participant stated that mutual respect, openness and strong personality as well as law expectation and the age status as factors that improve possibilities in social relationship. The third category is about the importance of social relationship for psychosocial well-being. Satisfied social relationship would result in a feeling of security and mental well-being table 2.

Hampering factors governing refugees’ social relationship

Several factors governed the results of the present study. In the following we will point out some of the most dominating factors that seemed to be hampering the refugees’ social relationships with the host culture.

Cultural aspects and language barrier: First, cultural and language barriers were dominant factors that seemed to cause the greatest amount of stress among the Kurdish immigrants. And as religion has a central part in most cultures, it had a dominant role here as well. It affected the way they related to the immigrants’ new society, as illustrated by one of the participants:

“As a governing factor for some of the immigrants’ religion, it can be considered as indicator to how they should have social relationship, how they wear clothes and eating meat”.

Several of them mentioned the different role of religion between their own culture and the host culture. If one had understood that the host culture considered religion as a more private issue and not a collective issue as they were used to from their own culture, then the possibilities for a successful integration was much higher.

“Religion is our spiritual issue is should never influence our social life, otherwise it will hamper social relationships with people from other religions”.

Others followed this up by saying that:

“We should not allow religion to take part in our social life. In order to create good social relations in the new society, we should be willing to put parts of our culture aside”.

Many emphasized the necessity of learning the dynamics of the host culture, in order to communicate better, and also for their own sake to feel integrated and a full member of the new society:

“Getting stuck in a special culture and religion makes it harder to get in contact with other people because you become very careful to communicate with other people”.

Apart from religion, other cultural aspects and language barriers were addressed as factors that affected immigrants’ social relationships in the new society. The majority of study group emphasized language as the key element in social relationships as well as an importance communications’ toll to society.

“It is important that immigrants get adequate language training and experience good behavior from teachers when they learn the language because the language is an important tool to create contacts with the new society.”.

“I think language was the biggest obstacle of social relations in the new society”.

Language barriers are closely connected to cultural barriers, as one of the participants remarked:

“In our culture, we always exchange greetings when we meet, but we should not expect a Norwegian to do the same thing. They may exchange greeting one day but not another day”.

Another participant was very clear about the importance of language to the ability to understand also the new society’s culture:

This was also exemplified in the different understandings of hospitality between the home culture and the host culture:

“Coming to a liberal society, and from a culture that is free for guests to a culture that does not have such tradition is quite terrible.” “Once I was invited by a colleague, I thought that my husband and my children a real so invited as we do in our culture, but it was just me who was invited so I declined.”

On the cultural side, several of them expressed the necessity of good relations to the people in the host society as crucial for their ability to integrate and understand the new culture:

“Coming from Asia with a conservative culture to a country with a free culture, is not without problems, but I got great help from the people here to get in touch with the community.”

To sum up here, religion was considered crucial to be integrated into the new society. Then cultural understanding, linked to language proficiencies, was an integral part of this. Language gave increased abilities to master the culture as well.

Mutual prejudgments: Second, mutual prejudgments were factors that sometimes affected social relationships between native inhabitants and immigrants negatively. This point is of course linked to the above: the importance of language skills. Language barriers and cultural misunderstandings can be considered as potential sources to the refugees’ prejudgment, according to one of the participants. He expressed his discontent regarding the attitudes and collective judgments regarding immigrants from countries that have Islam as their main religion, because not all people coming from the Middle East are Muslims and not all Muslims are fundamentalists or terrorists.

“My last name shows clearly that I am a Muslim, in this way I preferred that my children get my wife’s last name, which is unusual in our culture”.

For these Kurds, these prejudgments were sometimes felt extra hard, because they already brought with them a history of inferiority and discrimination from their home culture:

“As Kurds we have been discriminated against by the authority in the home country, we are very vulnerable people and sometimes misinterpretations occur in social relationships, which sometimes can result in prejudgments”.

Due to lack of cultural understanding, some of this discrimination was not real, but at the moment it was perceived as racism and discrimination:

“Sometimes I felt real bad attitude from colleagues, what I would
call racism, but now I have learnt the language and know a little more about the culture, and it was just cultural misunderstanding”.

We are living in an area where almost everyone is Swedish, if something happens in our area; our children are the first to blame”.

Mutual prejudices were therefore rather predominant in the results of the study, as a central reason for creation emotional and psychological stress among the refugees.

**Discrimination:** Third, following the previous point, the study indicates that some of the participants had experienced discrimination in relation to their studies, their work, or in their private lives as residents in their new societies.

“As minority ethnic group we have experienced discrimination in Iran, Iraq and Turkey in many years. We expected now the time is over for such terrible experiences, but unfortunately, it remains in our lives”, as expressed by one of the participants in the study.

Some of this discrimination was not only through verbal or non-verbal communication, but actual discrimination in the way that one did not get one’s legal rights:

“We have the same training, and do the same job with the same quality, even though I have worked in the same company longer than my Swedish colleagues, my salary is not in the same level as them”.

This feeling of discrimination was often in relation to work, as well as to social life. Some of it was very concretely related to legal rights, while others were more related to perceptions of discrimination:

“Respectful response from new society is important for social relationships and psychological well-being. If I think that sometimes we are treated differently in comparison to the native population when we are looking for jobs. If I and a Norwegian man are looking for the same job, he will get the job, even though I have the higher skills or qualification than him”.

Consequently, these perceptions of discrimination were obvious causes of mental stress as refugees. These experiences of discrimination were most evident in the early stages of their settlement in the new society, and, as mentioned, closely connected to language and cultural barriers.

**Possibilities in social relationship**

On the other hand, several factors may contribute on the positive side, to improve social relationships between the refugees and the host culture society.

**Mutual respect:** First, some of the participants in the study mentioned mutual respect has significant impact in establishment of an adequate social relationship. Without an equal respect from both sides, social relation did not work out well. One of the immigrants experienced that he received help and respect as long as he was a poor immigrant, and inferior to them. When he reached the same socioeconomic level, however, he became part of a heavy competition, in which they most often were the winners.

“Social relationship is an issue of mutual interest, and it should happen from both sides; I respect Swedish culture and expect to be accepted as I am, rather than that they want me to be”.

Oftentimes, this mutual respect fails. Even if one seeks respect of the host culture, this respect is not felt to be reciprocated:

“Every day when I was at my workplace, I usually said ‘hello’, to my colleagues which all of them are Swedish. In order to know if there is a mutual respect, one day I decided to stop say ‘hello’. Nobody said ‘hello’ to me. I never got it back that I give them in many years so I also stopped greeting, how social relationship will work out if you just give and not to get back”.

Mutual respect is therefore not always felt, but when it is there, it is a very good indicator of successful integration process.

**Openness and strong personality:** Openness towards other cultures and accepting cultural differences and interests in other cultural conditions, including ethnic and social matters, are essential for establishment of social relation with people in the new societies, according to some of the participants:

“I think if we accept people just as fellow human beings and not according to their religion, color or race, it will be easy to build up social relations in every place with everyone”.

Even if one accepts the other as a fellow human being, and on equal term as oneself, and accepts and adjusts to the new culture, it is not necessary to lose one’s original identity:

“We shall be open and accept the rule and law here without put away our culture, we cannot live here physically and stay in our home land mentally”.

“Not only should the authorities, but also the population be open to other cultures. I have been in Sweden for 22 years and lived in the same area for 19 years, but I still don’t know my neighbours’ name. It is quite terrible”.

Based on the participants’ experience, strong personality is another aspect that has impact on improved social relations and psychosocial well-being.

“If I have a strong personality I am going be able to respond to difficulty in the new society and develop social relationships. If I meet a racist, does not matter what he say it’s his problem that has such idea”.

The findings show the importance of actively building strong social relationships within the host culture, and being able to endure difficulties, and differences. Openness and an individual intention of understanding and adjusting to the host culture, without losing one’s own identity, were mentioned as important factors of successful integration.

**Low age and low expectation:** Third, the young refugees and those with low expectations had greater potential to build positive social relationships in the new society. Low age was addressed as potential sources to dreams and interests in the future. These factors were mentioned as significant in relation to contacting authorities as well as the general population. In this context, low age had a significant importance in building social relationships.

“Interests and dreams help to get in touch with the new society. If one is young and has dreams and interests, this facilitates social relationships but if you are old, you are very often mentally in your home country “.
This was confirmed by one of the participants:

“I was young and my expectations were not as high as many others, so I could get in touch with the community very easily.”

Appropriately, young age and a flexible attitude, where one more or less starts from scratch, make it easier to adjust and find a niche in the new society, as opposed to the older generation, who is more settled in the home culture, and therefore experience greater difficulties in the meeting with new ways of living.

The impact of social relationship on psychosocial well-being

Consequently, the way one encounters the new society and the people in one’s neighborhood, school or workplace, is of crucial importance to the refugees’ psychological well-being.

Feel of security: Social relationships play an important role in the individuals’ life when it comes to the feeling of security. According one of the participants the main purpose to build up communities and get in touch with other people, was the basic human need of security and social well-being.

“Without contact with other people life is quite terrible, if one day I have not direct contact with my friends I must call one or two of them during the evening, otherwise I cannot have a good sleep and good health”.

Some of the participants were very explicit about how they actively were seeking fellowship with people around them:

“I have some friends both Kurdish and Swedish, I think it is very important to have these good friends and support that is something you cannot do without. Without their presence, I would feel lonely and also afraid of the unknown that comes with the new society.”

And another one expressed it like this:

“No one can live alone and feel well or have security; social relations with other people have significant impact on our mental well-being”.

Without a social network, the refugees would be far worse off, and therefore they were very conscious about building these networks around them.

Increasing knowledge and improving mental health: Again, as a follow-up of the previous point, the construction of relationships and increasing knowledge of the host country and its inhabitants, was fundamental for them.

In that context they learnt a mutual understanding of culture and norms that guided their lives, as well as the lives of the host country, and actually crucial for their social well-being:

“As human being, we are often afraid of something that is unknown to us; it is the same in our social life before we know each other”.

“If we get knowledge about each other we are going to have mutual understanding of each other, which is essential for mutual acceptance, good relationship and finally good social well-being. In this context social relationship is necessary for psychosocial well-being”.

“My contact with my friends and my colleagues is a main drive in my life’s philosophy that is essential for my mental well-being”.

Most of them expressed how important this building of knowledge was to their mental health in the new society.

DISCUSSION

Method discussion

As the purpose of present study was to investigate the experiences of Kurdish refugees regarding social difficulties and possibilities in relationship and its impact on refugees’ psychosocial well-being, a qualitative approach was considered necessary to gain more knowledge about this matter. In this way, we found content analysis method to be an appropriate method to analyze and interpret the collected data. The method is capable of handling the categorization and classification of text, in order to analyze its content and its underlying meaning. This method is capable to condense a large amount of data to a limited number of themes, categories, subcategories and codes [16].

Result discussion

According to the results, the participants in this study addressed the social relationship as an importance factor in human been life that has significant impact on psychosocial well-being. They stated that there is a number of hampering factors, which make it difficult for refugees make up a satisfactory relationship with the new societies. Differences in language and culture mentioned as substantial factor in this context. Some of the factors that influence refugees’ social relation and psychosocial well-being in host countries may be traced back to the refugees’ homeland and her/his pre-migration process. Refugees who come to a new society, particularly adult refugees, have already shaped their own cultural identities and their personality, which often is deferred from the host countries [17]. Furthermore, a number of additional factors such as language barriers, life experiences, social and economic factors are included and may influence this issue [6,18]. The effect of discrimination in immigrants social and professional lives which have been indicated by previous studies [1,18] stated as factor that have resulted in exclusion for immigrant as well as a reduction of social contacts and social relationships.

Participant in the study mentioned, in order to improve social interaction and social relationship mutual understanding, social support from native inhabitant and openness are essential. Previous studies have indicated that openness toward other culture would resulted to mutual understanding [19,20] which is an importance factor concerning social relationship. Refugees that come from other part of the world, particularly from country with enormous diversities in culture and language needed to satisfactory disposal and social support to build up the social relationship [21]. Strong personality, low expectation and low age are mentioned as positive factors that influenced social relationship. Nonetheless, all of the study groups have grown up in societies where individual identity often was replaced by collective one, which affected personality negatively. Majorities of the study group have come to the host countries as adult and sometimes may in middle aged, furthermore the modern life standard in the host countries have created a high expectation
for many of them. In this context, the study groups’ effort to reach satisfactory social relationship has faced some difficulties. According to the previous suites, social relationship has significant impact on improving of personality and psychosocial well-being [1,22,23]. This issue has also highlighted by the participant in the present study.

According to the participants’ experiences, mutual pre-judgment could be considered as hampering factor in social relationship. Kurdish refugees that have been discriminated as ethnic minorities at home countries and have a trouble pre-migration experiences may misunderstand and misinterpret an unpleasant behavior as racism and discrimination [1,24]. On the other side a native inhabitant who has a collective judgment about all of the refugees may just by seeing a name that seems to be an immigrant, encourage her/him to take a decision based on her/his collective judgment as soon as possible.

Other studies [25,26] have shown that immigration in many cases leads to a poor self-reported health (SRH). It seems to be a clear correspondence between the migrant’s background and experiences, also on their general health situation [27]. Studies of Kurdish immigrants to Sweden have shown the same. It also showed that the women had a higher risk for anxiety than men. Furthermore, the study showed that important reasons for this stress were financial insecurity, discrimination and anxieties for the political situation in the homeland [28]. These findings correlates well to our study, where we found that the hampering factors for a positive integration and, consequently, a psychological well-being, were closely connected to insecurity due to cultural and linguistic barriers and discrimination.

Factors that seem to contribute positively to coping strategies, are the ability to find social cohesion and a global perspective. Several of the participants in our study showed this type of global orientation, in their willingness to adjust to the host culture, as well as they were fully aware that they could maintain their original identity.

If they, on the other hand, showed a high degree of anticipated or perceived discrimination, as some did, the risk of psychological distress is higher, according to a recent study among Asian immigrants to the United States [29]. In our study, the feeling of discrimination was very apparent, but it was more prevalent in the first years after their arrival. After some years, they were able to discern when actual discrimination took place, and when they felt that they were misunderstood.

The importance of social relationships that was found in our study is very much in accordance with other studies as well [30]. In Kim, Han et al.’s study, social support was a mediating factor between stress and depression levels. Social relationships through neighbors, colleagues and so on, are contributing to a lower stress level. This means that connections in the first period in the new country are extremely important, and it is easier for those who come later, as compared to the pioneers who came first and had to find out things on their own.

The studies do not have any quantitative data that can suggest any significant differences between males and females. Many of them had been in Norway or Sweden for more than 10 years, some even more then 20, and they expressed a high degree of willingness to adjust to their respective societies. Several expressed the need to play down the religious aspect, and adjust to the rule of a more individual religion. Whether this might be defined as a high level of integration, or if it qualifies more as assimilation, might be discussed, but not here. As most of them had been in the host country for so long, they had also been a part of the professional life for quite some time, and thus obtained social relationships according to their roles in the society.

Our study is a qualitative one, and it can therefore not be generalized to other populations. The results, however, seem to be in accordance to previous and similar studies. What the study do say about this particular group, is that they, to a large degree, have found a way to cope with their new society. It does not mean that they do not feel excluded in situations, but this was happening more before. They were also more often discriminated against in the earlier stage of their settlement, as they did not know all the linguistic and cultural cues then.

**Potential sources of bias**

One of the authors of this study (NF) has the same background as study groups. This might have caused a bias in the planning, execution and analysis of the research, because of pre-understanding [31]. On the other hand, this investigator’s background and his pre-understanding might be advantageous, since he was aware of the potential problem that may arise in this area. Moreover, the interviews were performed in the participants’ native tongue. The participants could then talk about their experiences freely and without risk for misunderstanding. In order to minimize such bias the interviews had a semi-structured design starting with a neutral question: “Could you please explain how social relation is working here and how it has affected your life in the host country regarding your psychosocial well-being?” In addition, the researchers’ knowledge of the limitations of qualitative methods, and awareness and understanding of the impact of the “life-world paradigm” regarding pre-understanding, probably helped to minimize bias in the research process, even though this issue could not be ruled out completely [32].

**CONCLUSION**

The social relationship and psychosocial well-being of Kurdish refugees in the host country were influenced by hampering as well as amplification factors. Mutual pre-judgement, discrimination, cultural aspects and language barrier mentioned as hampering factors in this context. Mutual respect, openness, strong personality, low expectation and low age stated as amplification factors in social relationship. According to the participants’ experiences, improving social relationship has significant impact on refugees’ psychosocial well-being.

This research confirms many other studies research on refugees’ emotional well-being. The three categories, hampering factors, possibilities in social relationships and the impacts of these social relationships summarizes the findings.

Several implications could be drawn from our study, but a very central one should be to find measures to meet the social needs to the new immigrants and refugees who arrive directly from areas with war and conflict and with possible fresh traumatic experiences.
Qualitative studies of this kind are valuable because they give deeper insights into specific immigrant groups. Together with larger quantitative studies, more knowledge is added to the refugees’ and immigrants psychological well-being.

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