

A Study of the Mental Health of Returnee Migrants Case Study: Jawzjan Province

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DOI: 10.64104/v10.Issue.17.n31.2025

Abstract

This study was conducted to assess the mental health of migrants who have returned from foreign countries. The statistical population of this research consists of returnees who came back to Jawzjan Province from abroad in the year 1403 (2024–2025). A total of 300 individuals were selected through accessible random sampling, and the General Health Questionnaire (GHQ) was distributed and completed.

The data were analyzed using a descriptive and causal-comparative research method with SPSS version 26. The findings indicate that the mental health of returnees is below the desirable level, with male returnees reporting lower levels of mental well-being compared to female returnees. Additionally, significant differences in mental health were observed across different age groups.

The results further suggest that the difficulties experienced during the migration period remain evident even after return, and reintegration with the country of origin continues to pose challenges for returnees over time.

Keywords: Jawzjan, Mental Health, Returnees, Foreign Countries, Migrants.

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