

Study on Social Adaptability of Eco-Immigrants in the Eastern Foot of Qilian Mountains

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Abstract:

Currently, people pay more attention to the social adaptability of ecological immigrants in the eastern foot of the Qilian Mountains. As a comprehensive reflection of the analysis of economic, psychological, social relations, and other factors, it can directly reflect the impact of social adaptability of ecological immigrants on people's living conditions. It is necessary to improve relevant immigration policies. This is of practical significance to promote the good social and economic development of our country. Taking the eastern foot of the Qilian Mountains as an example, this paper analyzes the current situation of the social adaptability of ecological immigrants and the policy suggestions, hoping to play a role in good policy advantages and implement all kinds of psychological counseling work of immigrant groups, to comprehensively improve their mental health level.

Keywords:

Eastern foot Qilian Mountains
Ecological migration
Social adaptation
Research and analysis

Online publication: September 6, 2024

1. Foreword

At present, the state is very concerned about the degree of social adaptability of ecological immigrants in the east foot of Northwest Qilian Mountains in China, because the geographical conditions of the region are very harsh, lack natural ecological resources, and belong to many areas of poor people in China. The local government implements the national immigration policy and has carried out the relocation of poor people, and the eastern foot of the Qilian Mountains is set as an important pilot area.

The implementation of the ecological immigration policy can not only solve the problem of the poor population, but also play a role in the protection of the natural ecological environment, and achieve the development goal of common prosperity of the Chinese people. However, in the actual process, these immigrants who leave their native land will have different problems, such as adaptability to the new environment, interpersonal circle, etc., which will bring negative effects on their mental health. In this regard, the relevant departments

must carry out the analysis of the adaptability of ecological immigrants, and actively improve the local ecological immigration policies, to improve the adaptability of immigrants to the new living environment ^[1].

2. Research on the theory of social adaptability of ecological immigrants

Ecological migration can solve the problem of population pressure in poor areas, and at the same time, it can play a good role in environmental protection, relocate the population, and comprehensively improve people's ability to adapt to society. The social adaptability of ecological migration not only emphasizes the adjustment of the individual psychological state of immigrants but also needs to adapt to the original living habits and behavioral attitudes. Only in this way can we meet the needs of living and working in the new environment, play a driving role in promoting the sound development of society, and give immigrants a good living space to realize the goal of the harmonious development of humans and society. The following is a discussion of several aspects of the social adaptability of ecological immigrants involved in the theoretical research ^[2].

Firstly, in terms of psychological adaptability research, the psychological adaptation of ecological immigrants can play a good role in promoting social development, solving the life puzzles existing in the psychology of immigrants, better adapting to the new living environment, and improving the psychological anti-frustration of immigrants, which requires the active support of the local government, and implement the propaganda work of ethnic and religious friendship. In this way, a good harmonious living atmosphere can be created and the level of mental health counseling services for immigrants can be improved ^[3].

Secondly, in terms of cultural adaptation research, the relevant departments of the local government need to enhance the ecological immigration policy to improve the degree of cultural adaptation of immigrants to the new environment, obtain good migration effects, establish the sense of belonging of immigrants, and successfully achieve the goal of poverty alleviation in different places ^[4].

Thirdly, in terms of economic adaptability, relevant departments need to start from the perspective

of immigrants' real life, analyze the factors such as immigrants' new ways of living and individual social development, and actively enhance the adaptability of immigrants to the new environment and society, to obtain positive results of migration ^[5].

Additionally, in the aspect of adaptation research of the elderly, relevant departments need to pay more attention to the degree of social adaptation of the elderly, and formulate targeted psychological counseling service programs based on the actual interaction with society, to help the elderly better adapt to the new living environment and improve their inner happiness.

Finally, in terms of social adaptability research, factors such as the resettlement method and resettlement area of ecological immigrants have a direct impact on the different degrees of social adaptability of ecological immigrants. Immigrants generally have the psychology of voluntary migration and passive relocation, which will have a differentiated impact on social adaptability. Relevant departments of the local government also need to analyze from different angles, to improve the research system on the social adaptability of ecological immigrants. For example, psychological, economic, elderly, and other aspects mentioned above can integrate the research content related to social capital and social environment, which is more conducive to researching the social adaptability of ecological immigrants in the eastern foot of the Qilian Mountains. To obtain better research results, actively implement the research work, can more clearly understand the degree of ecological immigrants to social adaptability, and better carry out various psychological counseling services ^[6].

3. Analysis of the social adaptation status of ecological immigrants in the eastern foot of the Qilian Mountains

In the process of analyzing the social adaptation status of ecological immigrants in the eastern foot of the Qilian Mountains, it is also necessary to analyze and put forward more current problems, understand the cultural changes of immigrants, economic changes, etc., and think about the adaptation situation. To a certain extent, the economic adaptation of ecological immigrants should be analyzed first, and the following details are discussed.

3.1. Investigation of economic adaptation of ecological migration in the eastern foot of the Qilian Mountains

3.1.1. Survey on occupational type change of ecological immigrants

As we all know, a series of social adaptability analyses should be carried out on the occupational type changes of immigrants before and after migration. For example, in the eastern foot of the Qilian Mountains, the household income of local people will increase, and the development needs of ecological migration should also be considered from multiple aspects, to deeply understand the changes of ecological migration in the economic adaptation^[4,7].

Firstly, it is necessary to give an example of their changes in occupation type, because occupation type has a relatively large impact on the income source of immigrants, and these impacts on their economic adaptation should not be underestimated. It is necessary to find and solve problems based on the research results. For example, after the migration of regional ecological immigrants, the occupational type unit of immigrants has changed from a single unit in the past to a diversified unit. Therefore, before the migration, most ecological immigrants were farmers, and agricultural production was their main source of income. According to the relevant data performance, the agricultural income of farmers in this region accounts for more than 53.8% of the total income, which is more than half of the total income. However, after the migration, a large number of ecological immigrants have changed their sources of economic income. The number of migrant workers has increased, and the ratio of migrant workers' income is as high as 43.7%. Among them, those who do business account for 7.1%^[8].

3.1.2. Survey on the confidence level of economic income improvement of ecological immigrants

There are a large number of ecological immigrants in this region, and they are very confident about the improvement of their economic income level, which indicates that the confidence of ecological immigrants has soared after migration. For example, 48.0% of the immigrants have a high level of confidence that their family income will increase in the future, while 32.0% of the immigrants have a moderate level of confidence, and

20.0% of the immigrants have no confidence at all^[9].

3.1.3. A survey on the post-migration development needs of ecological immigrants

Objectively speaking, more than 34.10% of the ecological immigrants in the region indicated that their economic income was not stable after migration, and they generally believed that the economic instability was caused by migration. Of course, 28.19% of the eco-immigrants believed that they lacked the skills to make a living. Other eco-immigrants cited problems in housing, health care, and other areas that, to some extent, affected their future development needs^[10].

3.2. Analysis of the social adaptation status of ecological immigrants

Based on the survey results, it can be seen that the ecological immigrants in this region need to be investigated in many links and factors, such as neighborhood satisfaction, community participation and other aspects of the investigation is very necessary, it is necessary to conduct an in-depth analysis of their social adaptation status^[11].

3.2.1. Analysis of the adaptation status of neighborhood satisfaction

Immigrants are quite satisfied with the performance of their neighborhood relations after migration, with more than 40.0% of them satisfied, but 21.8% of them say that they are dissatisfied, and 10.0% of them say that they are very dissatisfied. In general, the satisfaction evaluation of regional ecological immigrants on neighborhood relations is relatively high. For example, the neighbors have more frequent exchanges and are relatively harmonious, which is worthy of further study.

3.2.2. Analysis of the adaptation status of community participation

In terms of community participation, the degree of community participation of regional ecological immigrants is relatively low. Among them, only 12.0% of immigrants often participate in community activities, 48.0% participate in community activities occasionally, and 40.0% of immigrants never participate in community activities^[12].

3.3. Analysis of the psychological adaptation status of ecological immigrants

For example, some immigrants will have negative emotions such as panic, anxiety, and fear. They lack a sense of security and are prone to insomnia and panic in the months after relocation. These psychological symptoms are also normal, which indicates that they have not adapted to the new life in the new living area. They are not used to changes in the pace of life. For example, some ecological immigrants have serious maladaptive symptoms after relocation, anxiety, and insomnia at night, and feel flustered every day. After living for two years, they have adapted themselves and updated their own life circle. In the past, the neighbors before the relocation had less contact, and the new neighborhood relationship system has been preliminarily established. Therefore, according to the previous analysis of the status quo of psychological adaptation, it can be understood that the social adaptation of ecological immigrants in the eastern foot of the Qilian Mountains is good, which can also be summarized by several survey results, as follows.

Firstly, the economic integration of immigrants is relatively large, mainly because the occupation type of ecological immigrants may change greatly after the migration. In particular, immigrants are of great help to improving family economic income, but ecological immigrants themselves may have a lack of confidence in economic income, which varies according to their personal technical ability and work ability^[13].

Secondly, in the process of social integration, regional ecological immigrants show high adaptability. For example, the relationship satisfaction of neighborhood residents rises rapidly. Of course, 40.0% of ecological immigrants also have low to no community participation, which indicates that for some, the arrangement of work, study, and leisure time is relatively simple and insufficient^[14].

Thirdly, the psychological integration of ecological immigrants is complicated. This is because most ecological immigrants do not have deep feelings for the place they moved to, and they miss their past residence. However, after at least two years of assimilation period, the mood of ecological immigrants becomes better, and they gradually adapt to the rhythm of life and are willing to live in the new place for a long time^[7].

4. Policy suggestions on social adaptability of ecological immigrants in the eastern foot of the Qilian Mountains

4.1. Improving the quality of immigrants and reducing excessive dependence on government policies

According to the analysis of the survey sample results, the social adaptability of regional ecological immigrants mainly depends on government policies, which also shows that they rely too much on these policies. Therefore, in the future, it is also necessary to effectively lower the dependence on government policies, give full play to their subjective initiative, and encourage them to actively integrate into the life of new immigrants in work, study, and life^[15].

4.2. Reflect the advantages of community to improve the social adaptability of immigrants

It is necessary to give full play to the important advantages of community organizations in new places, and gradually improve the social adaptability of ecological immigrants after migration. In this regard, it is also necessary to think about how to reduce the sense of alienation, organize various community activities regularly for a long time, and enhance the communication relationship between immigrants. In the process of organizing community activities, it is also necessary to create good feelings of communication among immigrants and ensure that meaningful activities are held in the community. In other words, it is necessary to create good opportunities for residents to communicate and broaden the scope of their interaction^[16].

It is also necessary to establish a good psychological counseling service mechanism, which aims to help ecological immigrants effectively solve various psychological problems after migration, and further demonstrate the emotional advantages of communication.

5. Conclusion

It is essential to analyze the adaptability of immigrants in the eastern foot of the Qilian Mountains by examining multiple current issues and assessing the significant impacts on social adaptability. This analysis should include understanding their various emotions and

changes in adaptability, as well as identifying significant correlations. Additionally, both theoretical and practical analyses should consider the changes in ecological immigrants' abilities before and after migration to

evaluate their social adaptability. Thus, conducting a comprehensive series of analyses on the significance of immigrants' adaptation is necessary to ensure they can better adjust to their new environment.

Disclosure statement

The author declares no conflict of interest.

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