

ADDIS ABABA UNIVESITY
COLLEGE OF EDUCATION AND BEHAVIORAL STUDIES
SCHOOL OF PSYCHOLOGY



ASSESSMENT OF PSYCHOLOGICAL PROBLEMS AMONG ERITREAN AND SOMALI
REFUGEES IN ADDIS ABABA

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NOVEMBER 2020

ADDIS ABABA

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ASSESSMENT OF PSYCHOLOGICAL PROBLEMS AMONG ERITREAN
AND SOMALIA REFUGEES IN ADDIS ABABA

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A Thesis Submitted to School of Psychology, College of Education and Behavioral Studies,
Addis Ababa University in Partial Fulfillment of the Requirements for the Master of Arts Degree
in Social Psychology.

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ACKNOWLEDGMENTS

I am truly indebted to God for giving me the strength that keeps me standing and for the hope that keeps me believes that this affiliation would be possible. Then my deep appreciation goes to my advisor Dr. Yekoyealem Desie, for his constructive comments, and more importantly, his patience.

I would also like to thank the study participants Eritrean & Somali urban refugees who were willing to participate, and UNHCR staff especially Kaleab Zelalem and DICCA staffs for the coordination to collect the desired data for the study. I deeply appreciate your time, the detailed information you provided and all the personal and professional advices you gave me.

Last but not least, I would like to thank my family for their continuous support and classmates Dagne Mekuria, and Yetsedaw Wolle.

Finally, I would like to deliver my appreciation for my husband and everyone who supported me while i was conducting this study.

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List of Acronyms

ARRA - Administration for Refugees and Returnee Affairs

ANOVA- Analysis of Variance

HRC- Human Rights Commission`

ILO- International Labor Office

NGO- Non-Governmental Organizations

OCP- Out of Camp Scheme

OAU- Organization of Africa Union

RCC- Refugee Central Committee

UN- United Nations

USCR- US Committee for Refugees

UNHCR- United Nations High Commissioner for Refugees

ABSTRACT

The purpose of the study was to examine the Psychological problems faced by Eritrean and Somali refugees in Addis Ababa. The research followed a quantitative design. Data were collected from 152 (94 male and 58 female) randomly selected urban refugees through adapted instruments of Perceived Stress Scale, University of California Los Angeles (UCLA) Loneliness Scale, Generalized Anxiety Scale and Center for Epidemiologic Studies Depression Scale (CES-D). Descriptive and inferential statistics were used to analyze the data. The result showed that most Eritrean and Somali urban refugees face anxiety, stress, depression and loneliness. It was found that there was no statistically significant difference in the level of anxiety, stress, depression and loneliness between genders and employment statuses. However, the relation between other demographic factors and the type and level of psychological problems faced by refugees is found to be statistically significant. Regarding age, the study indicated that refugees who were 60 and above years of age were more vulnerable to anxiety, stress, and loneliness than other groups. Furthermore, refugees who are between 20-29 years of age were more vulnerable to depression than the other groups. Regarding educational status, the result showed that literate participants, Grade 1-4, 5-8, diploma holders were not statistically significantly different from the groups of degree holders in terms of Stress. Refugees who migrated in 2005 or earlier face more anxiety, stress and loneliness than other groups, Refugees who migrated in Addis Ababa between 2016-2020 are depressed than the other groups. Among the study participants, 55.2% and 74.5% had moderate anxiety and stress, respectively. However, almost all (98.6%) of participants had depression and 99.3% face loneliness. Recommendations were forwarded based on these findings.

Keywords: Anxiety, Stress, Depression, Loneliness, urban refugees, Eritrean refugees, Somalia refugees, Ethiopia.

CHAPTER ONE

Introduction

1.1 Background of the study

Refugees and human movement whether intended or forced, have always existed over the years. Among other things, refugee flows and human movement have been a feature, and concern, of conflict within and between societies (Edward, 2003). Though refugees have existed in all centuries, the 20th century was named the century of the uprooted. This is mainly because over 50 million refugees and displaced people are recorded in many parts of the world (Crisp, 2000, Ogata, 2005).

In 1951, when the office of the United Nations High Commissioner for Refugees (UNHCR) was established, the refugee population within the UNHCR mandate was estimated to be one million (UNHCR, 2003; Martin, 2004). It has been estimated that in 1965, seventy five million people lived outside of their countries of birth, while in 2000 the number rose to 150 and 160 million (Martin and Widgren, 2002). The main countries of immigration of these refugees were Canada, 21 million, US 45 million, Germany, Russia, Saudi Arabia which included 9.9 million refugees.

By the close of 2006, there were an estimated 9.9 million refugees internationally establishing roughly one third (30%) of UNHCR's population of concern. For the first time since 2002, a decreasing trend in the global figures was overturned (UNHCR, 2006). The increase was highest in Africa (+89%), followed by Asia (+68%), North America (+59%), Latin America and the Caribbean (+41%), and Oceania (+4%). Europe (-7%) was the only continent recording a decrease in the population of refugees. Out of the 13.9 million peoples where disaggregated evidence by gender is available, the available data indicates that 49 percent were females.

The major part of the world's displaced people is located in Africa. Most have been driven from their homes both as a result of interstate and intrastate conflicts. Such coerced migration often violate people's rights and freedoms, and most have been displaced into settings where conditions fall far short of what is required to live with basic human dignity. (Hollenbach, 2008:1)

The refugee problem in Africa grew slowly in the early 1960s; and then took a shocking turn in the 1970s, with a remarkable increase in the number of refugees and displaced persons (Holborn, 1975). As a result, Africa has been prominent in the world for large-scale refugee movements, internal population displacement, and mass repatriation movement in recent years (Crisp, 2000; Ogata, 2005).

According to the US committee for Refugees (USCR), 10 of the 24 countries with the highest ratio of refugees to local people are members of the Organization of Africa Union (OAU). Some 89,000 asylum-seekers in non-industrialized countries were settled refugees or humanitarian status in 2006, particularly in Kenya (22,900), and Sudan (9,800) (UNHCR, 2006). This failing situation has been caused largely by a series of political crises in many African countries (Adepoju, 1982).

Horn of Africa, as one of the most conflict-ridden region in the world, is known for mass migration of refugee. At the heyday of cold-war, especially from the late 1970s to 1980s, the region has shown the largest influx of refugees because of inter-state and intra-state wars. The situation continued in the post-cold war era.

Refugee's arrival to Ethiopia is not a recent phenomenon. In the past to at least 615 AD when Prophet Muhammad's earliest followers and of course with his daughter Makiya, have sought refuge in Ethiopia (Administration for Refugee and Returnee Affairs, 2011:10; Wondwosen, 1995:7).

For the last two and half decades, Ethiopia has been hosting refugees from neighboring countries of South Sudan, Somalia, Eritrea, Sudan, Yemen and others countries from the Great Lakes Region. The absence of central government in Somalia since 1991, ongoing civil war in the youngest state of South Sudan, and political oppression and human right violation in Eritrea are factors that are considered for the flight to Ethiopia (Assefaw, 2006:59; International Crisis Group, 2014).

Refugees are looking to settle in Ethiopia such as Mekelle, Adama, Jijiga, Shire, Samara, Assosa, Gambella and Addis Ababa for different reasons. Indeed, the exact number of refugees living in Addis Ababa is not known despite the suggestion of some figures.

According to UNHCR August 2016 report, the number of registered urban refugees settled in Addis are more than 20,000. Refugees from countries such as Somali, Eritrea, South Sudan, Yemeni and the Great Lake Region (Rwanda, Uganda, Burundi, Democratic Republic of Congo and Tanzania) are the major ones in Addis Ababa (UNHCR2016). From this total, more than half are from Eritrea and Somalia (UNHCR Registration Unit, 2016).

As per DICAC Report of March 2017, the number of assisted refugees of Eritrea and Somali settled in Addis Ababa for special case of protection purpose or specialized medical care are 594 and 853 respectively. But the numbers of self-settled refugees of both countries are by far greater than officially recognized and assisted refugees in Addis Ababa. As Jacobson noted the government is incapable or choose to turn blind eye for the situation (Jacobson, 2006:274). However, this number varies from time to time and different sources mention different numbers.

According to the joint report of ARRA and DICAC as of March 2017, around 192,000 refugees are assisted urban refugees. They are Out-of-Camp Policy beneficiary and as unregistered asylum

seekers are settled in Addis Ababa in a different ground (some have permission and some doesn't have permission). Among them, more than 90% are from Somalia and Eritrea.

By the end of 2019, there were a total of 758,199 refugees in Ethiopia, mainly from Eritrea, Yemen, Somalia, South Sudan and refugees of other nationalities, including those from the Great Lakes region. (UNHCR Ethiopia: Urban Refugees Factsheet, December 2020).

According to Dr. Manuel Carballo (2011), it must be assumed that all refugees have experienced trauma and that the choice to leave their home country was not their own. As a result of these traumatic events, which can occur before leaving home, during migration, or even after entering the host country, about half of refugees will arrive at their final destination with psychosocial problems (Carballo, 2011). These problems might be, diagnosed and treated by a psychologist, to problems that are more closely related to the social world, such as difficulties with linguistic and cultural barriers, or wondering whether or not they will be granted refugee status and therefore asylum. Of course, dealing with such problems in a foreign country is often difficult due to an excess of psychological problems of refugees: Understanding and addressing needs, particularly for refugees with traumatic pasts. The living conditions for refugees, either in self-chosen settlements or in refugee camps, are also often less than ideal, with each type of settlement posing unique additional barriers to psychosocial wellbeing (Connor, 1989). Along with consequences of these living conditions, many challenges faced by refugees stem from the cultural and linguistic differences that may lead to misunderstandings, especially in situations of psychotherapy. Ultimately, if such conditions of life are improved and misunderstandings are identified and decreased in psychotherapy, psychological problems of refugees will be more easily and effectively managed.

Eritrea and Somali refugees are the victims of those problems. So it is worthy to study such problems and the aim of this paper is to address the psychological problems of refugees in Addis Ababa.

The researcher focused on this project because of two reasons, first as the number of Eritrean and Somali refugees arriving to Addis Ababa is increasing, the researcher believed that more research in this area is needed and the second reason is being that the researcher grew up in an area where there were a number of refugees from Eritrea and the researcher always wondered how they are feeling, how best can we help them, how they got where they are now....and so on and when the researcher got this opportunity to conduct a research to this program, the researcher thought it is a good idea to study about the refugees psychological problems to help answer those questions.

1.2 Statement of the Problem

Ethiopia has the largest refugees as compared to other African countries with 758,199 registered refugees and asylum seekers till 31 March 2020, (UNHCR 2020).The government agency responsible for refugee affairs is the Agency for Refugees and Returnee Affairs (ARRA), which has a role in monitoring refugees and the asylum program and provides facilities to refugees, including community services, education and protection.

Alike other African countries, the structure of refugee settlement in Ethiopia are mainly restricted to the camps in isolated rural areas for perceived or real economic burden and security concern of the state. Although camps are considered as temporary settlement for refugee in temporary emergency, most of refugees in the country have been in camp for extended time.

Self-settlement and assisted settlement of refugees in urban areas is increasing for different pull and push factors. Therefore, refugees are found in different urban areas of Ethiopia such as Addis Ababa, Adama, Jijiga, Gambella, Shire, Mekelle, Assosa and Samara. In Addis Ababa among others, Somali

and Eritrean refugees have settled for a long time in addition to their numerical upper hand (UNHCR Ethiopia, 2016).

Ethiopia monitors an open-door policy towards refugees, However there are no provisions in Ethiopian law for native combination and there are significant boundaries on refugee right of movement, with the government keeping an encampment policy for the majority of refugees (UNHCR 2016).

It was also expected that Ethiopia will host 751,449 refugees by the end of 2020, including Eritrean and Somalia refugees. Among the major factors leading to this condition the dominant political situation in Eritrea, together with conflict and scarcity of food in Somalia are considered prime factors for refugee. (UNHCR 2020)

Refugees are also adapting differently into the host city with integration dependent on factors including understanding of Amharic language, social networks, wealth, cultural association, physical characters, and length of time in country of origin, inter-marriage with Ethiopians, religion and service. This heterogeneity must be taken into account in responses to the challenges and opportunities of urban refugee economies. (UNHCR, 2016)

The purpose of refugees coming to Addis Ababa vary from refugees, The out of camp scheme offers the opportunity for the refugees to live in any city they want as long as they can manage to live by themselves (UNHCR, 2016).

There are limited studies shown in the area focusing on psychological challenges of urban refugees livelihoods in Ethiopia. Most previous studies focused on self-reliance, food security, policy and protection. Psychological impacts are areas that need to be studied keenly.

In general, the local experiential studies stated above have made inadequate efforts to examine about the psychological problems of refugees in Ethiopia. However, to address the psychological challenges of urban refugees', it is vital to understand their/the refugee's living conditions from different perspectives. This study is planned to fill the information gap in the course of examining the psychological problems of urban refugees in Addis Ababa.

In addition to this, Ethiopia recently accepted a new refugee declaration that can give broad chances for refugees to work in the official or formal sector and access the local economies through different living activities. So far there are limited researches conducted about the impact of psychological problems of the refugees.

Therefore, this paper studied the degree of psychological problems faced by refugees with particular stress on depression, anxiety, stress, and loneliness Moreover; this research pursues to address the knowledge gap by providing new visions into the psychological tests which is demographic factors.

The following research questions directed the study:-

- ✓ What are the common psychological problems of Eritrean and Somalia refugees in Addis Ababa and the magnitude of the problem?
- ✓ Is there significant difference in psychological problem among Eritrean and Somali refugees based on their demographic characteristics (age, gender, working experience, educational level, marital status and year of migration)?
- ✓ What are the magnitudes of the problem?

1.3 Objective of the Study

1.3.1 General Objectives

The main objective of this study was to assess the psychological problems amongst Eritrean and Somali urban refugee's in Addis Ababa and to understand the refugee's response to it.

1.3.2 Specific Objectives

More specifically, this study was designed to achieve the following specific objectives.

- ❖ To examine the psychological problem of the Eritrean and Somali refugees.
- ❖ To examine psychological problems across refugees demographic factors.
- ❖ To examine the magnitude of the problem.

1.4 Significance of the Study

As the number of refugees is increasing from time to time in Ethiopia, the findings of the study might have the following contributions. The finding of the study will serve as a source for social and counseling psychology researchers who are initiated to conduct further study on the topic and it could serve as an input for concerned bodies that works on refugees as the research provided information about psychological challenges that the refugees faced. And, the study might also provide an important input for the existing literature on how demographic characteristics are associated with psychological well-being. On top of this, the study will contribute to the global knowledge base. Moreover, those who provide psychological services or who have planned to give psychological support for refugees could be also benefited from the finding of this study.

1.5 Scope of the Study

The issue of urban refugee and psychological issues is a very wide topic affecting all societies in the world. Therefore, it is difficult for the researcher to focus on every issue and all refugees relating to this topic. To this end, because of the seriousness of the issue, and also the number of Eritrean and Somali refugees in Addis Ababa are very immense, the research is limited both conceptually and geographically. It is conceptually delimited because the paper only focused on four types of psychological problems (anxiety, stress, depression and loneliness) and it only focused on on Eritrean and Somali urban refugees and it is geographically limited because the research only focused on refugees who are located around Mebrat Hayle and Bole Michael area in Addis Ababa.

1.6 Limitation of the Study

The main limitation of the study was that the researcher was not able to collect the expected number of data from Respondents due to the Global Pandemic COVID-19 as the researcher was supposed to collect 377 and the actual collected data is 152. The study data was collected through self-report questionnaires subsequently there was absence of support to clarify questions for the participants in a face to face manner.

1.7 Operational Definitions

Psychological problems: In the present study the psychological problems include the problems such as anxiety, depression, loneliness, and stress experienced by the refugees.

Depression:-A long-term deep sadness accompanied by feelings of hopelessness, inadequacy, dissatisfaction, and with harmful effects on health and development of the individual as measured by Center for Epidemiologic Studies Depression Scale (CES-D).

Anxiety: is feeling tense, frightened feeling, worrying thoughts, restless and sudden feelings of panic as measured by Generalized Anxiety Scale.

Stress - In this study, it is defined as levels of long-lasting non-specific stimulation which includes difficulty calming, nervous arousal, and being upset easily, irritable and impatient as measured by Perceived Stress Scale.

Loneliness - in this study, is defined as a feeling of social disconnectedness in which a person wishes that he or she had better social relationships as measured by UCLA Loneliness Scale.

Refugees -The United Nations Conventions of the 1951 and 1967 Protocol relating to the status of immigrants describe a refugee as follows; any person who: ...owing to a well-founded fear of being offended for reasons of race, religion, nationality, association of a specific social group, or political opinion, is outside the country of his nationality and is unable, or owing to such fear, is unwilling to benefit himself/herself of the protection of that country; or who, not having a nationality and being outside the country of his previous habitual residence as a result of such events, is unable or, owing to such fear, is reluctant to return to it (UNHCR, 2015:2).

CHAPTER TWO

REVIEW OF RELATED LITRATURE

In this chapter, research findings related to psychological problems of urban refugee's issues are reviewed.

2.1 The Notion of Refugee

According to UNHCR an urban refugee is refugees who decide or was obliged to settle in an urban area rather than in a refugee camp in the country or territory where the person fled to. Urban refugee experiences are complex and it varied from place to place as the asylum seekers differs in terms of gender, age and social status. Refugees face a challenge and a number of non-governmental and international organizations are giving focus of the issue.

Urban settlements may be chosen for different reasons but the researcher believes the major reason is for improvements are safety and security. As a host country there is also a concern and that might be categorized as economic, financial, security and responsibility sharing which is described below.

There is no theory so far regarding refugee settlement. Instead, researchers have assumed different theories and situated refugee research within numerous disciplines. Defining the parameters of the use of the refugee in this study is important. "Refugee is not a tag for a particular kind of person and is a term many people who became refugees due to some conditions wish to avoid over time." (Marsh, 2012). Below is the description of some of the concern of refugees.

Socio Economic Pressure Concern

It is widely perceived that refugees are a drain on national resources and a social and economic burden to one's state (Hovil 2007, Jacobsen 2007). This is evidenced by the inherent difficulties of employment: If refugees are not employed, they are a clear burden to the hosting country, yet if they

are employed, they are taking jobs from the local community, which is equally intolerable to host governments (Kritikos, 2000).

Security Concerns

Encampment policies are a thoughtful strategy to apply control over refugees in a context of real and perceived security issues (Bailey, 2004). The security threat is a complex issue: refugees are considered a threat to the host country (Crisp, 2009), a threat to their country of origin (Sommers, 2001), and under risk even for themselves (Hovil, 2009). For the above mentioned reasons refugees are usually restricted for the safety of the wider public community and themselves.

Responsibility Sharing Concerns

There is a perception among host country governments that the global community fails to provide adequate assistance to frequently low-income countries that are under international responsibility to allow refugees across their borders (Bailey, 2004). From a host country perspective, restricting refugees to camps shifts financial responsibility for meeting refugee needs to the international donor community (Sommers, 2001). Consequently convincing refugees to remain in camps and settlements is a method of pressuring the global community to play a direct role in the provision of aid to refugees. Furthermore, in following a long term durable solution, it is thought easier for the host government to encourage repatriation if refugees are segregated from the host society in camps (Hovil 2007, Sommers 2001).

Financial concerns

Urban refugees usually don't access education, medical, and financial services, mainly because of their economic situation and social situation as refugees.

In urban centers assistance to refugees can be sparse, unevenly distributed, and insufficient to meet basic needs – If it exists at all. For this reason, urban refugees exercise a higher degree of self-sufficiency than those in camps. Refugees settle in urban areas to avoid necessity on supplies, desperateness, lacks and limitations that they overcome in camps. They use their capabilities and pursue chances provided by better economic resources, such as good education for their children and relatives (Campbell 2005 & 2006, Hovil & Jacobsen 2006, Landau & Jacobsen, Macchiavello 2004, Sommers 1999 & 2001).

2.2 Urban Refuges in Ethiopia

Since the beginning of World War I, According to Wondwosen a number of refugees from Europe and even Asia have come to live in Ethiopia. The African struggle against colonialism was also another factor which drove numerous refugees to Ethiopia (Wondwosen, 1995:7). The crisis in Somalia and the civil war in the South Sudan are also the very recent factors which caused Ethiopia to become a sanctuary for hundreds of thousands of refugees (Momodu, 2014:3; UNHCR, 2015:16).

Ethiopia has a long history of receiving people displaced by cross-border movements due to droughts, conflicts, political events and civil wars in neighboring countries including Eritrea, Somalia, South Sudan, Sudan, Rwanda, Burundi, Angola, Liberia, Djibouti, Uganda and Yemen. However, refugees from Somalia, Sudan, South Sudan and Eritrea make up the majority (Bezait, 2003:17). This is mainly conditioned by the fact that Ethiopia is bordered by the most volatile and

conflict ridden countries (South Sudan, Somalia and Eritrea) in the region Horn of Africa (Administration for Refugee and Returnee Affairs, 2011:10).

Ethiopia is also known for mixed migration flows and has continued to be the primary country of origin for economic migrants as well as a transit country for Eritreans, Somalis and other nationalities seeking new opportunities using the north-western and eastern migrant routes (Danish Refugee Council, 2014:28). Ethiopia has hosting refugees in different parts of the country's border villages, urban refugees are also found in major towns from different neighboring countries.

2.3 Eritrean and Somali Refugees in Addis Ababa

As mentioned in the above Ethiopia has a long tradition of receiving and hosting refugees from various countries.

Furthermore, Ethiopia follows an open door policy in receiving asylum-seekers. With a less- strict refugee policy than neighboring countries, Due to its peace and stability, Ethiopia attracts refugees from different countries. At the beginning of the second quarter of 2014, Ethiopia was hosting well over half a million refugees residing in various refugee camps scattered throughout the country mainly in Somali, Tigray, Gambella and Benishanghul-Gumuz regional states.

Ethiopia has overtaken Kenya to become Africa's largest refugee-hosting country after hundreds of thousands of Eritrea's, and Somalis arrived in the country. The total refugee population has stretched almost to 758, 199, raising worries that its volume to help exiled people may be overstretched. Ethiopia is currently facing an increasing number of refugees coming from Eritrea, as people escape a strictly enforced national service that requires all adults to spend most of their lives working for the government. Eritrea's mounting refugee crisis has resulted most people seeking refuge in Ethiopia. Both crises are straining Ethiopia's ability to support refugee populations. Although a decades-long

conflict in Somalia has driven many refugees across the border into Ethiopia since 1991, the number of Somali arrivals has declined in recent months, UNHCR once said “We are sighted a decrease in the number of refugees coming from Somalia and that’s a very welcome development” (UNHCR ,2009)

2.4 Out of Camp Scheme

The Out-of-Camp system established by the government is an accepted initiative that opens interesting chances for Eritrean refugees. Eritrean refugees and politicians addressed Ethiopia's new decision that allows Eritrean refugees to live out of refugee camps and settlements. The newly introduced scheme, which came into force after talks between the Ethiopian government and the UN refugee agency (UNHCR) allows Eritrean refugees residing in camps to independently live anywhere they chose across the nation, provided that they can sustain themselves financially or if they could sustain from supports of relatives outside. A number of Eritreans refugee crossing p boarders to Ethiopia daily is increasing, the situation in the camps is also crowded and it is under poor condition. Providing funds to support all the new arrivals is also a problem. (Tesfalem, 2010)

The question why Eritreans leave is attempted to be understood in terms of facts that, Eritrea is Africa’s version of North Korea, a country with no constitution, court system, elections or free press. The Human Rights Council found that systematic, extensive and gross human rights violations have been and are being committed in Eritrea under the authority of the Government. Some of these destructions may create crimes against humanity. In the 2016 report, the Command shows how the first potentials of equality and rule of law, incarnated never applied Structure of 1997, were increasingly repressed and then turned off by the Government. In particular how the Government has shaped and continued oppressive arrangements to control peace and separate Individuals or persons in the country, stingy them of their essential freedoms. Information collected on people’s activities,

their supposed intentions and even conjectured thoughts are used to rule through fear in a country where individuals are routinely arbitrarily arrested and detained, tortured, disappeared or extra judicially executed. The Commission also describes how, on the pretext of defending the integrity of the State and ensuring its self-sufficiency, Eritreans are subject to systems of national service and forced labor that effectively abuse, exploit and enslave them for indefinite periods of time. (HRC, 2015)

Refugees in camps are provided aid and protection as part of the UNHCR's order and as an inducement by the host government to keep them focused in one area. By contrast, in urban centers assistance to refugees can be rare, unequally distributed, and insufficient to meet basic needs. For this reason, urban refugees exercise a higher degree of self-sufficiency than those in camps (Campbell, 2005). Refugees usually settle in urban areas to avoid requirement on materials, boredom, desperateness, lacks and limitations that overcome in camps. They use their knowledge and follow chances provided by greater economic resources, such as education for their children (Campbell, 2005).

The survey of the Eritrean camps points at the limits of camp-based assistance for refugees. It confirms that encampment prevents the development of livelihood mechanisms amongst Eritrean refugees living in Ethiopia, leading to a very low level of self-reliance in the camps and to negative coping mechanisms. (Samuel Hall, 2014) Many refugees settle in urban areas based on the assessment that this will make them relatively better off. A dominant issue to this decision seems to be the greater ability to earn a living. In some cases, refugees living in urban settings who do not do well economically return or migrate to camps. For urban refugees, employment in the casual sector is mainly common. In countries that have not approved the 1951 Agreement or that have not afforded refugees the right to be employed, numerous refugees try to find work informally to keep their refugee status unseen or kept hidden. (Kobia, Cranfield, 2009).

The existing literature on urban refugees generally argues that circumstances for urban refugees must be improved in the short term and does not stress on the pursuit of durable solutions for urban refugees. The majority of current articles contain varying levels of discussion on local integration, resettlement and repatriation. Repatriation is rarely discussed and it is argued that most refugees cannot return to their homelands, and even those who can have little incentive to do so. Local integration and more specifically economic integration are very influential aspects. Resettlement also obtains strong attention, most often perceived as a limited solution but one that has ramifications on those refugees who remain in urban settings (Kobia, Cranfield, 2009).

Eritrean opposition administrations and refugee representative acclaimed the move by Ethiopian authorities as a vital step forward to fix bonds between individuals of the two neighboring nations. (Tesfalem, 2010).

The alternative scheme has been put into place but yet, it has not led to the expected results so far, as some gaps in the policy limit the protection and access to livelihood of refugees once out of the camp (Samuel Hall, 2014). Evaluating the existing conditions of Eritrean refugees living in the city exhibited admission to living conditions and independence remains a challenge for some of the refugees in urban settings and that the OCP provides limited protection mechanisms for refugees in the city. Some networks are still missing to raise the influence of the OCP on refugees' admission to self-sufficiency (Samuel Hall, 2014).

2.5 Challenges of Refugees

Ethiopia is the second largest refugee hosting country in Africa but the refugees whether they seek to settle in rich or poor countries they continue to struggle to survive in new and good environments. In 2010 the Ethiopian government introduced an out of camp policy that permits refugees to reside in rural and urban areas so long as they can support themselves

*Discrimination in the community not part of the social activities

* Economically dependent on international organizations and remittance

2.5.1 Social Problems of Refugees

In recent times, in African societies, refugees are being isolated. Most of them are left alone without anyone to socialize with them. This can complicate his/her mental health condition. On the streets of such urban centers, there are some refugees begging. Absence of social welfare coverage, language barrier, restricted social security services, different belief systems, cultural difference/expectations, lack of education and training opportunities, narrow employment and income generating opportunities are some of the social factors in Ethiopia that are considered as a challenge in the researcher observation.

2.5.2 Psychological problems of Refugees

2.5.2.1 Depression among the Refugees

Depression is a heterogeneous set of phenomenon ranging from simple mood swings to severe affective state. Depression is a major health hazard with distressing outcomes. Depression in urban refugee creates various problems in carrying out activities of daily living. In other words, there will be difficulty and dependency on others and health care systems. Depression in later life has serious consequences including increased health cost, distress, amplified disabilities and increased morbidity and suicide. The researcher believes that being left alone often prevents many urban refugees from enjoying life as it because sadness, financial crisis and even worse death this all factors are adding to the psychological problems.

2.5.2.2 Anxiety among refugees

Anxiety is a reaction of body to a perceived threat which is triggered by an individual's beliefs, feelings, and thoughts and is characterized by worried thoughts, tension, increased blood pressure, breathing rate, pulse rate, sweating, and problems of swallowing, and dizziness. (APA 2013)

People can be surrounded by others but still be lonely, or we can be alone but not feel lonely. Loneliness may be a sign that a person's relationships are inadequate or don't meet their expectations or needs. As humans are essentially social animals, loneliness is thought to arise because a resident need to belong to a group is unmet. Loneliness signals a need to form a meaningful connection with others. . (Lim., Rodebaugh, Zyphur, & Gleeson, 2016)

Research has initiated that loneliness is related more to the quality than the quantity of relationships. A lonely individual feels that their relationships are not meaningful and that he or she is not understood by others. (Lim, et al. 2016).

2.5.2.3 Stress among urban refugees

The use of terms "Stress" in our daily conversation has increases. Though we all talk so much about stress but it often isn't clear what stress actually is about all. We are well conscious with some terms which are used synonymously for stress. These languages are stress, strain, conflict, burnout, depression and pressure. Many people reflect stress is somewhat that happens to them, an event such as harm or encouragement, whereas others think stress is what happens to our bodies, psyche and our behavior in response to an event. When somewhat happens to us, we as a reflex action start assessing the situation mentally. We try to come to a decision, if it is threatening to us, how we need to deal with the situation and what skills and strategies we can use. (Everly et al. 1981)

2.5.2.4. Loneliness among urban refugees

Peplaw and Perlman (1982) define loneliness as a feeling in which one's relationships do not meet their psychological needs and expectation. Therefore, people may feel lonely even when they are surrounded by people. In order to avoid loneliness, people develop coping mechanisms such as constant and excessive eating, shopping, mindlessly watching television and spending their time indolently (Gençtan, 1999). Individuals experience loneliness at different stages in life.

When we come to urban refugees, Social isolation and loneliness are global issues experienced by many immigrant and refugees.

2.6 Psychological well-being in the Context of Migration

Leaving one's home country and adapting to a different environment, culture and life situation is often stressful. Many refugees and immigrants can suffer from psychological disorders, though occurrence is variable from one person to the other. Higher prevalence of mental disorders in long-term refugees is associated with lack of social integration and specifically with unemployment.

Whether influenced by stressful events during migration or independent of these stressful events, refugees and migrants can suffer from mental disorders and might benefit from treatment in professional health services. Yet accessing care is often difficult for them, and some problems in access are shared by all refugees and migrants. These can cover different problems such as language barriers, information gap about the health care system in the host state, limited rights to receiving of different types of care, different descriptive models of mental suffering, and different approaches to health and mental actions associated with those of the majority population in the host nation.

The ability to associate and cope up easily with the health care professionals or psychologists depends on the refugees educational status and Background as it will help them greatly to express their problems. Access to professional care is particularly difficult for irregular migrants. Their entitlements to receiving free care can be very limited, and they typically do not have the means to pay for mental health treatment themselves. Additionally, they can be reluctant to access a health care service out of fear they might be reported.

Because also migration often brings people together from very different cultural backgrounds, it is important to give much attention to cultural dimensions of the illness the refugees might experience. Place of origin can affect exposure to endemic diseases, childhood immunization and health care experiences. Culture can profoundly influence every aspect of illness and adaptation, including interpretations and reactions to symptoms; explanations of illness; patterns of coping, of seeking help and response; adherence to action; way of emotional expression and message; and contacts between refugees with mental health problems, their relatives and health care providers. The outline for cultural formulation in the diagnostic and statistical manual of mental disorders provides a basic set of considerations that can be incorporated into assessment of patients to explore clinically relevant aspects of their identity, illness explanations, psychological environment and expectations for patient–physician relationships.

Most patients in primary care with mental health problems present with physical complaints, which can lead to under recognition and treatment of common mental disorders. Patients with depression or anxiety sometimes focus on physical symptoms or use culture-specific bodily idioms to express distress. Medically unexplained symptoms, particularly pain, fatigue, and genitourinary symptoms, are common in the community and in primary care. When interviewed outside medical settings, more patients report psychological stressors, which they sometimes are unwilling to reveal to

physicians because they think such stressors are wrong topics for medical attention or they believe that their situation will not be understood. There is limited but up-and-coming evidence that information about associated psychological distress and social predicaments can be elicited by enquiring about the effect of the physical symptoms or other presenting concerns on activities of daily living, stressors, social supports, functioning in work and family, or community contexts Use of multiple sources of help is common among migrants, who may consult traditional forms of healing as well as biomedical practitioners. Finally, questions about previous or ongoing consultations with a physician, healer or helper from their own or other communities can uncover medication use or other health concerns that can affect adherence, treatment response and coping.

(journal, Canadian medical assoication, September 2011).

Migration commonly reflects different population movements and includes different categories of migrant, such as economic migrants, refugees, asylum seekers and migrants in an irregular situation (1–5). The same individual migrant can belong to different categories at different points in time: people who travel irregularly can ask and obtain asylum; rejected asylum seekers become migrants in an irregular situation (which are referred to here, for brevity, as irregular migrants); and economic migrants who become unemployed or whose documents expire may become irregular migrants. Against this, some irregular migrants may succeed in finding a job and in achieving recognized migrant status in a country (Global migration trends August 2018).For all migrants, the process of migration can be complicated and stressful. It involves leaving the home country and adapting to a different environment, culture and life situation (6, 7). Moreover, refugees and migrants can be exposed to stressful events before departure, during their travel and after arrival, and they may struggle to fully integrate in the social context of the host countries (6–10).The exposure to stressful situations can vary substantially among different migrant groups (economic migrants, refugees,

asylum seekers and irregular migrants) but also within each of the groups, depending on the given context of the migration and settlement in the host country (10,11).

Independently of their lawful status, some immigrants have come across a predominantly extended, irregular way before arrival in the host state and have challenged thrilling hardships or very poor economic conditions. In addition, refugees have often been exposed to stressful events such as wars and other forms of armed conflict, persecution, discrimination or natural disasters before departure from their countries.

Following arrival in the host country, migrants have to cope with the need to adapt to a new environment, often with a new language and a different majority culture. This can be linked with concerns about the fate of their families, no matter whether the families migrated with them or stayed in the country of origin. Other tasks may include lecturing the administrative necessities for gaining consent to stay in a nation. Mainly for refuge seekers, there is the additional demanding doubt about how extensive they can stay in the new nation. They face the potential threat of being deported and/or detained and long waiting times until their status is determined.

To complicate this further, migration is often not a simple and direct move from one country to another: country of origin to a country of destination or host country. They frequently access and reside in a number of countries (so-called countries of transit) before arriving in the country of their final destination. Whether they reside in a country of transit in the longer term may depend on several factors such as their economic resources, the success of temporary settlement in the country of transit and their entitlements to move on to other countries.

Whether influenced by stressful events during migration or independent of these stressful events, refugees and migrants can suffer from mental disorders and might benefit from treatment in professional health services. Yet opening care is often hard for the givers, and some problems in access are common by all refugees. Depending on the educational level and background of an

individual refugee or migrant, language barriers, the ability to interact with health care professionals and skills to express mental health problems can vary greatly (Giaccio D, Priebe S. 2018)

Admission to specialized care is mostly challenging for irregular refugees. Their entitlements to receiving free care can be very limited, and they typically do not have the means to pay for mental health treatment themselves. Moreover, they can be unwilling to admission a health care service out of anxiety they might be stated to the establishments and face opposing concerns, including exile or deporting.

A number of different specialized suggestions and global policy-making forms have issued reports accepting the physical and mental health needs of refugees and migrants. (Bhugra D. Migration and mental health 2004).

2.7 Conceptual Framework

Conceptual framework, it could be a consistently created, depicted, and explained organize of affiliation among factors that have been recognized through empirical findings. Based on the conceptual framework, the speculation is developed. This research study has independent variables such as age, gender, marital status, educational status, occupational status and year of migration and also four dependent variables which are anxiety, stress, depression and loneliness. The reasons for the study as supposed over were to discover out the relationship between independent variables and a dependent variable.

Review of previous studies in line with the study under inquiry assists to investigate the knowledge and gaps between the present study and previous researches. Furthermore, there have been attempts to review local researches so as to have better understanding of the problem and identify the gaps. However, there are very limited studies in Ethiopian context particularly among Eritrean and Somali

urban refugee's psychological problems. Thus; it is paramount to study in order to comprehend the aspects as well.

CHAPTER THREE

Methods

This chapter deals with the design and methods that are used to carry out the study. A research methodology is a plan of action or a way to systematically solve the research problem (Wilson, 2009). Under this topic, the research site, research approach, research design, target population, sample size and sampling techniques, research instruments, data collection procedures, analysis techniques and ethical considerations are presented.

3.1 Research Design

The research design that was used in this study was descriptive as it attempts to describe the phenomena. It was also co-relational, since it correlates the dependent variable of psychological problems of urban refugees with some selected independent variables. The present study is also quantitative in nature. Quantitative research method is an objective and systematic process in which numerical data are obtained from respondents and utilized to address the questions about the relationship of variables measured. The rationale behind utilizing this design is it describes and measures the degree of the relationship between two or more variables without being manipulate the variables (Creswell, 2012).

3.2 Study Area

For the convenience of finding research respondents, study sites were selected using random sampling method. Since mass Eritrean refugees were residing in a place called Gofa and Somali refugees were residing in Bole michael, these sites were selected appropriate. Besides, the research used this area to find respondents for gathering using questionnaire.

Table 1: Estimated number of Eritrean and Somali refugees settled in Addis Ababa

Categories of refugees in Addis Ababa	Number
Total number of registered Eritrean refugees	20,546
Total number of registered Somali refugees	708
Total number of registered Somali and Eritrean refugees	21254
Total number of estimated Eritrean refugees in Gofa Mebrat Hail area	7,000
Total number of estimated Somali refugees in Bole Michael area	650

Source: Report of Urban refugees by UNHCR as of September1, 2019 and compiled by the researcher.

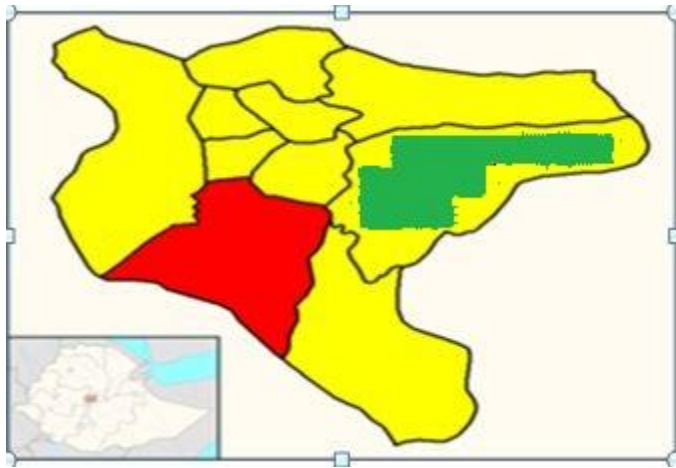


Figure 1: Map of Bole sub-City (Red shaded) and Nefas Silk Lafto Sub-City (Green Shaded)

3.4 Population

Total populations of Somalia refugees in Ethiopia are 197,080, out of this total population Registered Somalia Refugees in Addis Ababa are 708 and Total population of Eritrean refugees are 164,960 out of this population Registered Eritreans in Addis Ababa are 20,546. (UNHCR 2019)The

Eritrean and Somalia refugees who live in Addis Ababa around Mebrat hail and bole Michael are following Out of camp scheme.

3.5 Sampling

The researcher employed a non-probability sampling design as the study was conducted in Addis Ababa around areas where many of the urban refugees specially Somalis and Eritreans are residing called Bole Michael and Gofa Mebrat Hail respectively.

Random sampling techniques were employed to select sample population for this study. Lastly the researcher observed to assess the representativeness of the responses of the respondents.

The researcher will determine the sample size by using Krejcie and Morgan (1970). Formula;

$$s = \frac{X^2NP(1-P)}{d^2(N-1) + X^2P(1-P)}$$

$$X^2 = 3.841$$

$$N = 21,254$$

$$P = 0.5$$

$$D = 0.0025$$

$$s = \frac{3.841(21254 \cdot 0.5(1-0.5))}{0.0025(21,254-1) + 3.841 \cdot 0.5(1-0.5)}$$

$$s = \frac{3.841 \cdot 21,254 \cdot 0.5 \cdot 0.5}{0.0025 \cdot 21253 + 3.841 \cdot 0.5 \cdot 0.5}$$

$$s = 20,409 - 1,535/54.09275$$

$$s = 377.2992407 \approx 377$$

Where,

S= required sample size.

X^2 =Represents the table value of chi-square for 1 degree of freedom at confidence level (0.05 = 3.841).

N =the population size.

- ❖ Based on the above formula the researcher took 377 sample size.
- ❖ However due to the global pandemic, for these study the researcher was able to collect only 152 questionnaires which are 40% of the total population with the help of Refugees Central Committee (RCC).

3.6 Method of Data Collection

A well-designed questionnaire-containing variable related to psychological problems and demographic characteristics was used to assess background information's. In this study, the data were collected through the questionnaire. The first part of the questionnaire required Participants to complete a short demographic questionnaire regarding their gender, age, levels of education, working experience, marital status and year of migration. The other four different part of the questionnaire are stated as follows:-

3.6.1 Generalized Anxiety Scale (GAD-7)

Generalized Anxiety Scale (GAD-7) Scale is a self-report measure of anxiety which consists 7 question items was used to assess the prevalence of anxiety. Scores of 5, 10, and 15 were taken as the cut-off points for mild (5-9), moderate (10-14) and severe anxiety (15-21), respectively.

3.6.2 Perceived Stress Scale (PSS)

Perceived Stress Scale (PSS) which is the most widely used psychological instrument for measuring the perception of stress. It is an amount of the degree to which circumstances in one's life are

evaluated as stressful. The PSS consists 10 items and it has the revers item. (Cohen, et al. 1988). Individual scores on the PSS can range from 0 to 40. 0-13 low, 14-26 moderate and 27-40 higher scores indicating higher perceived stress.

3.6.3 Center for Epidemiologic Studies Depression Scale (CES-D)

Center for Epidemiologic Studies Depression Scale with good psychometric property of 20 items were used to assess prevalence of depression. (Radloff, 1977). The scale has been found reliable ($\alpha > .85$) in previous research (Hann et. al., 1999). The range of possible scores falls between 0-60. A cutoff score of 16 or greater reflects individuals at risk for depression. More specifically: 0-16 no to mild depressive 16-23 moderate depressive 24-60 severe depressive.

3.6.4 UCLA Loneliness Scale

The researcher also used A 20-item scale developed by Russell (1996) designed to measure one's subjective feelings of loneliness as well as feelings of social isolation. Russell evaluated the psychometric properties of the UCLA Loneliness Scale (Version 3). Originally it was validated among: college students, teachers, and the elderly, analyses of the reliability, validity, and factor structure of this new version of the UCLA Loneliness Scale were intensively examined. The result indicates that the measure was highly consistent, both in terms of internal consistency (coefficient of α ranging from .89 to .94), (Russell, 1996). 1-5 considered as not lonely, 6-9 lonely and 9 or above is considered as most lonely.

3.7 Pilot Study

In order to check the validity and reliability of the tools in a similar group pilot study was conducted. Pilot testing was found to be crucial as it helped the researcher to determine who meets and who does not meet the eligibility requirements and check whether the translated tools measure their intended construct and consistency. The samples were selected randomly and participated in filling out the questionnaires at the spot. The numbers of pilot test participants were 30.

Regarding how large the sample size for the pilot study, taking the time limitation, the researcher planned to take 30 of the sample size of the major study. The respondents for the pilot study were selected randomly which is 15 Eritreans urban refugee and 15 Somalia's urban refugees.

Translation and Validation of the Tools

The tool was translated from English to Tigrigna and Somalia by the professional translators. The dynamic equivalence methods of translation were used to minimize cultural and political sensitivity in the questionnaire.

Validation of the Tools

In this section, the researcher provided the process how the instruments were validated on a pilot study in the same area where the final research was done. The scales were piloted to test the reliability of the instrument used in this study. The reliability test was concerned with whether a scale indicates that it is free from random error and the extent to which it is without bias in measuring consistently the key variables of the research in the main research context. The statistical reliability test of the tool was done to check the extent to which they supposed to measure the concept of psychological problems. The questionnaire for the major study has experimented Eritrean and Somali urban refugees living in Addis Ababa where the major research was conducted. The reliability of the scales used in this study was tested by using Cronbach's alpha coefficient test.

Accordingly, the pilot study the internal reliability measure for anxiety scales, with of Cronbach's alpha coefficient was .753, a stress scale was .795, depression scale was .873 and loneliness scale was .785.

The main challenge the researcher faced during piloting was people who were afraid of the pandemic and who thought about the questionnaire is for some aid or benefits when they see psychological problems in the questionnaire. It took the researcher much time to make clear about the purpose of the research and how it is free from any aid.

The purpose of the reliability test was to check or qualify of the scales. It also clarified the relationship between the number of inquiries, difficulties or tasks in the test and the reliability of the scores.

Table 2 Reliability Result

Cronbach's Alpha of the Anxiety, Loneliness, Depression and Stress scale reliability results (N=30)

Variables	Number of Items	Cronbach's Alpha
Anxiety	7	.753
Stress	10	.795
Depression	20	.873
Loneliness	20	.785

3.8 Data Analysis Procedures

The description of results on demographic information of study participants was analyzed by using descriptive statistics. In order to examine gender difference on the result of the mean scores obtained from anxiety, depression, stress and loneliness scales independent sample t-test was employed. To analyze variation of refugee's psychological problems in terms of educational background, one way

analysis of variance (ANOVA) was computed. Further, it was done by using SPSS version -20 and significance level was checked at alpha 0.05.

3.8.1 Quantitative Analysis

Data analysis is a whole process that starts immediately after data collection and ends at the point of interpretation and processing of results. A data analysis method which was employed in this study involves a quantitative procedure. After the data is collected and getting the responses into the spreadsheet, the data were transferred into SPSS version 20 and the researcher decided to use the following statistical tests:

Descriptive statistics: Descriptive statistics frequency and percentage were used to see the general distribution of demographic characteristics.

Independent t-test: An independent sample t-test was used to compare the means of two independent groups for example gender occupational status.

ANOVA Test: ANOVA is normally used to compare the mean scores of more than two groups of variables. The researcher was used ANOVA to determine whether there are any statistically significant difference between three or more independent groups.

Multiple regressions Analysis: One of the purposes of this study was to assess psychological problems of Eritrean and Somali urban refugees. The researcher was used multiple regressions to predict the value of two or more variables.

3.9 Ethical Consideration

Formal communication was made with Administration for Refugees and Returnees Affairs (ARRA), UNHCR and DICAC as to get consent and support with a formal letter written from Addis Ababa University, School of Psychology. Hence, the researcher informed the respondents and informants about the purpose of the study in the introduction part of the questionnaire and the interview guide. After obtaining confirmation from those participants, the research resumed.

In addition to this, the respondents/informants were informed that their participation in the study was based on their consent. The research results had no harm to the respondents/participants.

The purpose of this study was clarified to the study participants. In the process of selection of participants, the issue of confidentiality was discussed initially to make sure that they are well informed before giving their consent. The participants' response and the information collected were kept confidential.

CHAPTER FOUR

RESULTS

This chapter mainly focuses on the results of the responses of the participant. The data was analyzed based on the research objectives and questionnaire items using a statistical tool, to generate frequency distribution tables, means, and charts. The findings are presented in accordance with the major sub-topics.

The findings are discussed in sequence with the research questions. The first finding deals with the Psychological problems or impacts of being refugee on Eritrea and Somali urban refugees.

4.1 Demographic Characteristics of Respondents

According to Krejcie and Morgan (1970) a sample size of 377 would be a representative of 21,554 populations with a confidence level of 95%. Besides, one should have to anticipate the non-response rate among questionnaires while determining the sample size of the study. However, out of the total of 377 sample size only 152 participants responded due to the pandemic the researcher couldn't collect the rest of the questioners. The majority of the respondents were partially answered (i.e. demographic questions were left blank) and few of them were returned completely blank. Therefore, the remaining 152 questionnaires were used for the main data analysis in the present study.

The questionnaire contained information on their demographic characteristics. The information captured included participants 'gender, age, educational level, work experience/status, marital status and year of migration. The number of urban refugees who participated in the study was 152. In this study, the demographic variables are (i.e., gender, age, educational level, experience, marital status and year of migration) were used to examine if there are any significant relationship between these

variables and the psychological problems of Eritrea and Somali urban refugees. The first part of the questionnaire consists of six items about the demographic information of the respondents. It covers the personal data of respondents, such as gender, age, educational level, marital status, and year of migration. The following tables illustrated each demographic characteristic of the respondents.

Table 3: Demographic Characteristics of the Participants

Variable		n	%
Gender	Male	94	38.20%
	Female	58	61.80%
Age	20-29	21	13.80%
	30-39	42	27.60%
	40-49	46	30.30%
	50-59	27	17.80%
	>60	16	10.50%
	Educational status	Illiterate participant	43
G1-4		34	22.70%
G5-8		22	14.70%
G9-12		21	14.00%
Diploma		3	2%
Degree		6	4%
Marital Status	Single	50	33.80%
	Married	56	37.80%
	Divorced	35	23.60%
	Widowed	6	4.10%
Occupational Status	Employed	5	3.30%
	Unemployed	145	96.70%
Year of Migration	2016-2020EC	75	50.00%
	2011-2015EC	55	36.70%
	2006-2010EC	18	12.00%
	2005& below	2	1.30%

The number of respondents in this survey was 152, (61.8%) of which 94 were males represent whereas; only (38.2%) 58 were females.

The results of the survey show that from 152 Eritrean and Somali Urban Refugees 13.8% respondents of the Eritrean and Somali refugees are below 20-29 years. Followed by 27.6% respondents who are between 30-39, 30.3% are between 40-49, 17.8% are between 50-59 and 10.5% are 60 or above years of age. Regarding the participants educational status 28.70% of the Eritrea and Somali urban refugees of this study are illiterate, 22.7% studied from Grade 1-4, 14.70% from Grade 5-8, 14.00% G9-12, Diploma 2%, 4% of the participant are degree holder, and 2% of the participants has above first degree.

In this research, single respondents were 33.8%, married ones are 37.8%, divorced ones are 23.6% and widowed ones are 4.1%. Again 49.3% of the respondents came to Ethiopia between 2016-2020, 36.2% came between 2011-2015, the other came 11.8% between 2006-2010, and 1.3% of them came 2005 and before. Out of 150 total respondents, only 3.3% are employed; and the remaining 96.7% of the respondents are unemployed.

As stated in UNHCR 2016 report, a livelihood of most urban refugees depends on the remittance from their families or other bodies. In accordance to this report, these urban refugees living in various host countries were waiting on financial assistance from abroad to sustain their life. On the other hand, there were also respondents who stated that they were living with their relatives in Addis Ababa. In Addition to this, some respondents stated that they are engaged in non-formal sectors. As a new policy for Eritrean refugees, the out of camp scheme has described that refugees can live in Addis Ababa or other cities of the country if they can support themselves. This has enabled these refugees to live in the city either supported by themselves or others. A study done by Samuel Hall about self-resilient refugees in Addis Ababa has also indicated that the out of camp scheme has

enabled some refugees to engage in informal sectors. This in turn has helped them to be dependent although the amount they made is not sufficient enough.

4.1.1 Psychological Problems

For this study, the researcher considered four basic factors i.e. anxiety, stress, loneliness and depression as mentioned in the literature review chapter. Questions were designed on each of these variables.

4.1.2 Anxiety among Eritrean and Somali Urban Refugees

The Scoring of GAD-7 Anxiety Severity is always calculated by assigning scores of 0, 1, 2, and 3 to the response categories, respectively, of “Never,” “Often,” “Most of the time,” and “Very often.” GAD-7 total score for the seven ranges from 0 to 21. The cut of point are 0–4: minimal anxiety 5–9: mild anxiety 10–14: moderate anxiety and 15–21: severe anxiety.

For this study the researcher considered anxiety as basic psychological problem of urban refugees might face. The reasons were to know how often Eritrean and Somali urban refugees experience anxiety in their lives. It is the first independent variable which is followed by the first two queries. The first question was about the anxiety level of Eritrean and Somali urban refugees. In the total sample of 152 respondents, Eritrean and Somali urban refugees were first asked about their feeling, nervousness, & anxiety level 97.3% of the respondents agreed that they are feeling nervous and anxiety and only 2.6 % disagreed with the first question. Secondly, refugees were asked about being able to stop or control worrying, where 96.7 % agreed that they most often are not able to stop or control worrying, whereas, 3.3 % disagreed with this statement or they can stop or control their worry. The third question was worrying too much about different things 89.5% worry too much about different things and 9.9% do not. The fourth question was trouble relaxing 90.7% are unable to

relax whereas 9.2% of Eritrean and Somali urban refugees. The fifth question was being so restless that it's hard to sit still where 84.9% agreed and only 15.1% disagreed. The sixth question was becoming easily annoyed or irritable where 90.8% agreed and 9.2% disagreed. The last question was feeling afraid as if something awful might happen and 78.3% of the respondents agreed that they are feeling afraid as if something awful might happen and 21.7% do not feel afraid that something awful might happen.

The overall result of the survey shows that most Eritrean and Somali urban refugees face anxiety as one of their psychological problem.

Table 4: Level of Anxiety of the Participants

	Frequency	%
Minimal (0-4)	1	.7
Mild (5-9)	21	13.8
Moderate (10-14)	84	55.2
Severe (15-21)	46	30.2
Total	152	100.0

We can understand from the above table that, 55.2% of migrants have moderate anxiety, 30.2% had severe anxiety, 13.8% had mild anxiety and 0.7% had minimal anxiety.

4.1.3 Stress among Eritrean and Somali Urban Refugees

PSS-10 scores are obtained by reversing the scores on the four positive items, e.g., 0=4, 1=3, 2=2, etc. and then summing across all 10 items. Items 4, 5, 7, and 8 are the positively stated items and then summing across all scale items.

Again for this study the researcher considered Stress as basic psychological problems of urban refugees. The reasons were to know how often Eritrean and Somali urban refugees experience some

level of stress in their life's. The first question was about the stress level of Eritrean and Somali urban refugees. The participants were first asked about number of times that they have been upset because of something that happened unexpectedly. 77% of respondents replied often, most often and very often that they have been upset because of something that might happen unexpectedly and only 7.2% only replied Never. The second and third question were how often they felt that they were unable to control the important things in their life and how often they felt nervous and stressed being a refugee and 80.9% agreed and 7.9% disagreed with the second question whereas 80.3% agreed and 2.6% of the respondents never felt that they were unable to control the important things in their life.

The fourth and fifth question was about how often they felt confident about their ability to handle their personal problems and how often they have felt that things were going in their way and 93.5% of the respondents agreed and 3.9% of the respondents never experienced the fourth question whereas 75% agreed and 25% never felt that things were going in their way.

The Sixth and Seventh question was about how often they have found that they could not cope with all the things that they had to do and how often they have been able to control irritations in their life and 84.9% of the respondents agreed that they could not cope with all the things they had to do However 7.9% disagreed. In the meantime 75% of the respondents agreed with the seventh question whereas 7.2% replied never.

The last three questions were about how often they have felt that you were on top of things, how often they have been angered because of things that were outside of their control, and how often they felt difficulties were piling up so high that they could not overcome. The result were 87.4% agreed and 11.8% disagreed with the Eights question, and 86.1 % often, most often and very often experience and 2.6% never been angered because of things that were outside of their control and

75.6% of the respondents felt difficulties were piling up so high that they could not overcome them and 5.9% never felt difficulties.

Table 5: Level of Stress of the Participants

	Frequency	%
Low (0-13)	12	7.9
Moderate (14-26)	113	74.5
High (27-40)	27	17.9
Total		100.0

• After, reversing the scores for questions 4, 5, 7, and 8. The researcher changed the scores like this: 0 = 4, 1 = 3, 2 = 2, 3 = 1, and 4 = 0.

Individual scores on the PSS can range from 0 to 40 with higher scores indicating higher perceived stress.

- ▶ Scores ranging from 0-13 would be considered low stress.
- ▶ Scores ranging from 14-26 would be considered moderate stress.
- ▶ Scores ranging from 27-40 would be considered high perceived stress.

The above table shows 74.5% of participants have moderate perceived stress, 17.9% have higher perceived stress and 7.9% have low perceived stress level.

4.1.4 Depression among Eritrean and Somali Urban Refugees

To check their depression level twenty questions were asked. Participants answer for the first question shows that 14.5% of respondents agreed, only 13.8% disagreed and 40.1% were neutral while recording their responses. In the second question, 13.8% of respondents agreed, only 28.9% disagreed and 42.8% were neutral. For the third question, 19.7% of respondents agreed, 20.4% disagreed and 48.7% were neutral. For the fourth question, the table shows that 23% of respondents agreed, 29.6% disagreed and 25.7% were neutral while recording their responses. For the fifth question the table shows that 20.4% of respondents agreed, 27.0% disagreed and 34.2% were neutral

while recording their responses. The below table clearly summarizes and shows the number of Occurrences or frequency of each questions and response of Measuring Depression.

Table 6: Level of Depression of the Participants

	Frequency	%
(0-16) No to Mild Depression	1	.7
(16-23) Moderate	0	0
Most depressed/Severe (24-60)	150	98.6
Missing item	1	.7
Total	152	100.0

Questions 4, 8, 12, and 16 are scored as 3, 2, 1, 0 All other questions are scored as 0 1 2 3 the score is the sum of the 20 questions. Possible range is 0-60. A score of 16 points or more is considered depressed.

The CES-D was used in this study as the screening measure of depression and was administered in questionnaire form at the CRC visit. The CES-D is a 20-item scale commonly used to evaluate current depressive symptom severity; with a score range of 0–60 (higher scores reflect increased symptom severity).

From the above table, we can understand that almost all refugees or participants (98.6%) have depression.

4.1.5 Loneliness on Eritrean and Somalia Urban Refugees

The study part aimed to assess how Eritrea and Somali refugees are influenced by Loneliness. According to the findings to a great extent as shown by percent Table 2 shows the results which were obtained when the respondents were asked to show if they thought the first question was if urban refugees feel in tune with the people around them (20.4%) respondent indicated that they disagreed that they never feel in tune with the people around them (25.7%) respondents said rarely.

On the other hand, (30.9%) indicated that they often feel in tune with the people around them. The below table clearly summarizes and shows the number of Occurrences or frequency of each questions and response of Measuring Loneliness.

Table 7: Level of Loneliness of the Participants

	Frequency	%
Not Lonely (1-5)	0	0
Lonely (6-9)	0	0
Most Lonely (above 9)	151	99.3
Total	152	100.0

The scale generally uses three response categories: Hardly ever / Some of the time / Often To score somebody's answers, their responses should be coded as 1,2,3... The scores for each individual question can be added together to give you a possible range of scores from 3 to 9. Researchers in the past have grouped people who score 3 – 5 as “not lonely” and people with the score 6 – 9 as “lonely”. Source: Campaign to End Loneliness (UCLA Loneliness Scale, 2004) Response Score
Hardly Ever 1 Some of the Time 2 Often 3 Least Lonely 3 4 5 6 7 8 9 Most Lonely. Table 7 shows us from 152 research participants 151 (99.3%) feel Lonely.

4.2 Eritrea and Somali Urban Refugees Anxiety, Depression, Stress and Loneliness level by Gender

In this study, by applying an independent samples t-test, the researcher attempted to check whether there was a statistically significant mean difference in scores of anxiety, stress, depression and loneliness level as a function of gender. The results were presented in the below Table.

Table 8: Anxiety, Stress, Depression and Loneliness by Gender

	Variables	N	M	SD	<i>t</i>	df	<i>p</i>
Anxiety	Female	58	13.482	3.943	-.573	150	.568
	Male	94	13.095	4.106			
Stress	Female	58	20.741	5.329	.004	150	.3171
	Male	94	21.797	6.825			
Depression	Female	57	27.614	10.533	.862	149	.390
	Male	94	29.223	11.468			
Loneliness	Female	58	43.000	12.590	-.342	150	.733
	Male	94	42.361	10.210			

An independent sample t-test of anxiety $t(150) = .573, p = .56$ indicated that there was no significant difference between male ($n= 94, M = 13.09, SD = 4.10$) and female ($n=58, M = 13.48, SD = 3.94$). Similarly an independent sample t-test of stress indicated that there was no significant difference $t(150) = .1004, p = .317$ in stress level of males ($n= 94, M = 21.79, SD = 6.82$) and females ($n=58, M = 20.74, SD = 5.32$) in depression level $t(150) = .862, p = .39$ of males ($n= 94, M = 29.22, SD = 11.46$) and females ($n=57, M = 27.61, SD = 10.53$) and in loneliness level $t(150) = -.342, p = .733$ of males ($n= 94, M = 42.36, SD = 10.21$) and females ($n=58, M = 43.00, SD = 12.59$) Eritrea and

Somali urban refugees in Addis Ababa. Therefore, we can conclude that there is no statistically significant difference in the level of anxiety, stress, depression and loneliness between the two genders.

4.3 Refugees Anxiety, Stress, Depression and Loneliness level by Occupation status

Table 9: Anxiety, Stress, Depression and Loneliness level by Occupation status

	Variables	N	M	SD	<i>t</i>	df	<i>p</i>
Anxiety	Employed	5	12.400	4.277	-.485	148	.628
	Unemployed	145	13.296	4.058			
Stress	Employed	5	18.600	3.911	-1.041	148	.300
	Unemployed	145	21.579	6.345			
Depression	Employed	5	25.000	6.892	-.754	147	.452
	Unemployed	144	28.8333	11.27532			
Loneliness	Employed	5	44.2000	4.54973	.300	148	.764
	Unemployed	145	42.6690	11.33459			

As shown as the above table, there was no statistically significant difference in Anxiety level of Employed ($n=5$, $M=12.40$, $SD=4.27$) and Unemployed ($n=145$, $M=13.29$, $SD=4.05$) $t(148) = -.485$, $P=.62$, in stress level of Employed ($n=5$, $M=18.60$, $SD=3.91$) and Unemployed ($n=145$, $M=21.57$, $SD=6.34$) $t(148) = -1.041$, $p = .300$, in depression level Employed ($n=5$, $M=25.00$, $SD=6.9$) and Unemployed ($n=144$, $M=28.83$, $SD=6.89$) $t(147) = -.754$, $p = .452$, and in loneliness level Employed ($n=5$, $M=44.20$, $SD=4.54$) and Unemployed ($n=145$, $M=42.66$, $SD=11.33$) $t(148) = .300$, $p = .764$ of Eritrea and Somali urban refugees in Addis Ababa,

Therefore, this reveals that, both employed and unemployed refugees were not significantly differed in the level of their anxiety, stress, depression and loneliness of Eritrean and Somali urban refugees.

4.4 Refugees Anxiety, Stress, Depression and Loneliness level by Age

An attempt was made to determine the statistically significant mean differences in anxiety, stress, depression and loneliness level due to the difference in their age level. A one way ANOVA revealed the following results which were presented in two subsequent Tables below.

Table 10: One -way ANOVA Summary Comparing Anxiety, Stress, Depression and Loneliness level by their Age.

Variables	Age	N	Mean	SD	Min	Max	F	p
Anxiety	20-29	21	13.0476	4.45507	5.00	19.00	1.552	.190
	30-39	42	12.9762	3.94776	5.00	21.00		
	40-49	46	13.1087	3.30137	5.00	21.00		
	50-59	27	12.6667	4.65750	4.00	21.00		
	60 &above	16	15.5625	4.24215	9.00	21.00		
	Total	152	13.2434	4.03625	4.00	21.00		
Stress	20-29	21	22.0476	6.89548	4.00	31.00	2.313	0.60
	30-39	42	22.7143	6.44408	4.00	35.00		
	40-49	46	20.7174	5.34857	8.00	35.00		
	50-59	27	18.7778	6.91338	4.00	30.00		
	60 &above	16	23.4375	5.50114	13.00	31.00		
	Total	152	21.3947	6.29954	4.00	35.00		
Depression	20-29	21	30.381	7.83247	19	44	.427	.789
	30-39	42	29.6667	12.71194	16	60		
	40-49	46	27.1957	7.55313	19	45		
	50-59	26	28	12.81562	17	60		
	60 &above	16	28.625	15.91174	3	60		
	Total	151	28.6159	11.11687	3	60		
Loneliness	20-29	21	43.8571	6.70288	24	53	.556	.695
	30-39	42	43.1667	9.02819	18	65		
	40-49	46	41.6739	14.02704	18	76		
	50-59	27	40.8148	9.19882	24	60		
	60 &above	16	45.1875	14.5429	0	62		
	Total	152	42.6053	11.14216	0	76		

A one- way ANOVA between Eritrean and Somalia urban refugee's age groups was conducted to explore the difference in Anxiety level, (M=13.24 and SD = 4.03) Participants were divided into five groups according to their age level (group 1: 20-29, Group 2: 30-39, Group 3: 40-49 and Group 4: 50-59 and Group 6: 60 & above). As indicated in the above table, absence of statistical significance difference was also found in anxiety score across the five age groups, $F = 1.552, p = .190$, again ANOVA test also revealed that there was no statistically significant difference in stress level (M=21.39 and SD = 6.29) across the five age groups with, $F = 2.313, p = .60$, in depression level, (M=28.61 and SD = 11.11) $F = .427, p = .789$. and in loneliness level of Eritrean and Somali urban refugees (M=42.60 and SD = 11.14) $F = .556, p = .695$ This means, the refugees found at the five age groups did not varied in their level of psychological problems.

Table 11: Anxiety, Stress, Depression and Loneliness level by Educational Status

		N	Mean	Std. Deviation	Minimum	Maximum	F	Sig
Anxiety	literate	43	13.25	3.65	5.00	21.00	2.648	.013
	Grade 1-4 years	34	13.35	3.36	5.00	21.00		
	Grade 5-8years	22	13.77	4.59	4.00	21.00		
	Grade 9-12 years	21	12.47	5.46	5.00	21.00		
	Diploma	3	13.00	.000	13.00	13.00		
	Degree	6	9.500	.54	9.00	10.00		
	Above first degree	3	21.00	.00	21.00	21.00		
	Total	150	13.25	4.06	4.00	21.00		
Stress	literate	43	20.13	6.62	4.00	35.00	3.110	.004
	Grade 1-4 years	34	23.05	5.30	15.00	35.00		
	Grade 5-8years	22	22.40	6.48	4.00	30.00		
	Grade 9-12 years	21	21.33	4.82	15.00	30.00		
	Diploma	3	23.00	.00	23.00	23.00		
	Degree	6	13.50	10.40	4.00	23.00		
	Above first degree	3	30.00	.00	30.00	30.00		
	Total	150	21.39	6.32	4.00	35.00		
Depression	literate	42	26.80	9.24	17.00	60.00	5.207	.000
	Grade 1-4 years	34	29.29	8.98	16.00	51.00		
	Grade 5-8years	22	28.27	12.39	16.00	60.00		
	Grade 9-12 years	21	30.14	13.41	20.00	60.00		
	Diploma	3	17.00	.00	17.00	17.00		
	Degree	6	22.50	1.64	21.00	24.00		
	Above first degree	3	60.00	.000	60.00	60.00		
	Total	149	28.61	11.16	3.00	60.00		
Loneliness	literate	43	40.69	9.33	18.00	60.00	2.115	.046
	Grade 1-4 years	34	42.11	9.28	18.00	62.00		
	Grade 5-8years	22	47.40	13.84	24.00	76.00		
	Grade 9-12 years	21	44.09	8.49	33.00	62.00		
	Diploma	3	42.66	.577	42.00	43.00		
	Degree	6	35.50	10.76	24.00	50.00		
	Above first degree	3	57.66	4.04	53.00	60.00		
	Total	150	42.77	11.032	.00	76.00		
Total	150	42.77	11.032	.00	76.00	2.115	.046	

Participants were divided into seven groups according to their educational level (group 1: Grade 1-4, Group 2: Grade 5-8, Group 3: 9-12 and Group 4: Diploma and Group 6: Degree and Group 7: Above first degree). As the result indicated, the mean score of urban refugees total anxiety level is (M=13.25 and SD = 4.06) As one can see from the above table, no statistically significant difference has been obtained for anxiety level $F = 2.648, p = .013$ and loneliness level (M=42.77 and SD = 11.03) $F = 2.115, p = .046$ among Eritrean and Somali urban refugees' Educational Status.

However, ANOVA test indicated that there was a statistically significant difference in stress and depression level of refugee's educational status. Stress (M=21.39 and SD = 6.32), $F = 3.110, p = .004$ and depression (M=28.61 and SD = 11.16), $F = 5.207, p = .000$. This means, all refugees stress and depression levels were differed in their educational status. However, it does not indicate the exact educations status variations. Hence, a Tukey post-hoc analysis was computed to test in which the exact mean difference falls among the groups. See the below Table for the comparison analysis.

Table 12: Post-hoc Tukey Test between Education Status Groups and Stress level of Eritrean and Somali Urban Refugees

Dependent Variable: Stress

Tukey HSD				
(I) Education status	(J) Education status	Sig.	95% Confidence Interval	
			Lower Bound	Upper Bound
literate Participants	Grade 1-4 years	.414	-7.17	1.33
	Grade 5-8years	.839	-7.13	2.59
	Grade 9-12 years	.995	-6.13	3.74
	Diploma	.993	-13.93	8.215
	Degree	.193	-1.44	14.72
	Above first degree	.120	-20.93	1.215
Grade 1-4 years	literate Participants	.414	-1.337	7.17
	Grade 5-8years	1.00	-4.425	5.724
	Grade 9-12 years	.969	-3.422	6.873
	Diploma	1.00	-11.11	11.22
	Degree	.011	1.345	17.77
	Above first degree	.545	-18.11	4.22
Grade 5-8years	literate Participants	.839	-2.59	7.13
	Grade 1-4 years	1.00	-5.72	4.42
	Grade 9-12 years	.999	-4.58	6.73
	Diploma	1.00	-12.00	10.82
	Degree	.034	.366	17.45
	Above first degree	.455	-19.00	3.82
Grade 9-12 years	literate Participants	.995	-3.743	6.131
	Grade 1-4 years	.969	-6.87	3.42
	Grade 5-8years	.999	-6.73	4.58
	Diploma	1.00	-13.11	9.78
	Degree	.101	-.752	16.41
	Above first degree	.285	-20.11	2.78
Diploma	literate Participants	.993	-8.215	13.93
	Grade 1-4 years	1.000	-11.22	11.11
	Grade 5-8years	1.000	-10.82	12.00
	Grade 9-12 years	1.000	-9.78	13.11
	Degree	.341	-3.61	22.6
	Above first degree	.846	-22.1	8.14
Degree	literate Participants	.193	-14.72	1.44
	Grade 1-4 years	.011	-17.77	-1.34
	Grade 5-8years	.034	-17.45	-.366
	Grade 9-12 years	.101	-16.41	.752
	Diploma	.341	-22.61	3.61
	Above first degree	.004	-29.61	-3.38
Above first degree	literate Participants	.120	-1.21	20.93
	Grade 1-4 years	.545	-4.22	18.11
	Grade 5-8years	.455	-3.82	19.00
	Grade 9-12 years	.285	-2.78	20.11
	Diploma	.846	-8.14	22.14
	Degree	.004	3.38	29.61
	Degree	.004	3.38	29.61

According to the above Table, the above first degree educational status groups were significantly differed at $p = .004$. In other words, Refugees whose educational status is at above first degree relatively tended to have higher status of stress ($M=30.00$, $SD=.00$) than the rest of the respondents educational status groups.

The post hoc analysis also asserted that, respondents educational status (literate participants, Grade 1-4, Grade 5-8, Diploma holders) were not statistically significantly different from the groups of degree and above first degree holders in terms of stress.

Table 13 : Post-hoc Tukey Test between Education Status Groups and Depression level of Eritrean and Somali Urban Refugees Groups

Multiple Comparisons

Dependent Variable: Depression
Tukey HSD

(I) Education status	(J) Education status	Sig.	95% Confidence Interval	
			Lower Bound	Upper Bound
literate Participants	Grade 1-4 years	.965	-9.72	4.75
	Grade 5-8years	.999	-9.72	6.79
	Grade 9-12 years	.924	-11.71	5.05
	Diploma	.744	-8.94	28.56
	Degree	.978	-9.38	18.00
	Above first degree	.000	-51.94	-14.43
Grade 1-4 years	literate Participants	.965	-4.754	9.723
	Grade 5-8years	1.000	-7.564	9.60
	Grade 9-12 years	1.000	-9.55	7.860
	Diploma	.484	-6.60	31.19
	Degree	.804	-7.100	20.68
	Above first degree	.000	-49.604	-11.80
Grade 5-8years	literate Participants	.999	-6.794	9.721
	Grade 1-4 years	1.000	-9.606	7.564
	Grade 9-12 years	.999	-11.442	7.702
	Diploma	.624	-8.039	30.58
	Degree	.922	-8.678	20.22
	Above first degree	.000	-51.039	-12.41
Grade 9-12 years	literate Participants	.924	-5.052	11.71
	Grade 1-4 years	1.000	-7.860	9.557
	Grade 5-8years	.999	-7.702	11.44
	Diploma	.428	-6.224	32.50
	Degree	.738	-6.882	22.16
	Above first degree	.000	-49.224	-10.49
Diploma	literate Participants	.744	-28.561	8.942
	Grade 1-4 years	.484	-31.19	6.60
	Grade 5-8years	.624	-30.58	8.03
	Grade 9-12 years	.428	-32.50	6.22
	Degree	.995	-27.68	16.68
	Above first degree	.000	-68.62	-17.3
Degree	literate Participants	.978	-18.00	9.38
	Grade 1-4 years	.804	-20.68	7.10
	Grade 5-8years	.922	-20.22	8.67
	Grade 9-12 years	.738	-22.16	6.88
	Diploma	.995	-16.68	27.68
	Above first degree	.000	-59.6	-15.31
Above first degree	literate Participants	.000	14.43	51.94
	Grade 1-4 years	.000	11.80	49.60
	Grade 5-8years	.000	12.41	51.03
	Grade 9-12 years	.000	10.49	49.22
	Diploma	.000	17.38	68.62
	Degree	.000	15.31	59.68

From the above from table the mean result above first degree, Eritrea and Somali urban refugees relatively tended to have a higher rank than the rest of the groups. On the contrary, the result showed that Grade1-4, Grade 5-8, and 9-12, holder urban refugees were likely to have a moderate rank on depression level than the other groups. On the other side, diploma holder Eritrea and Somali urban refugees were likely to have low rank than the other groups from the standard deviation, relatively large variability was observed.

Table 14: Post-hoc Tukey Test between Education Status Groups and Anxiety level of Eritrean and Somali Urban Refugees Groups

(I) Education status	(J) Education status	Sig.	95% Confidence Interval	
			Lower Bound	Upper Bound
literate Participants	Grade 1-4 years	1.000	-2.8602	2.6659
	Grade 5-8years	1.000	-3.6729	2.6390
	Grade 9-12 years	.995	-2.4256	3.9849
	Diploma	1.000	-6.9338	7.4454
	Degree	.357	-1.4911	9.0028
	Above first degree	.025	-14.9338	-.5546
Grade 1-4 years	literate Participants	1.000	-2.6659	2.8602
	Grade 5-8years	1.000	-3.7141	2.8745
	Grade 9-12 years	.992	-2.4648	4.2183
	Diploma	1.000	-6.8984	7.6043
	Degree	.344	-1.4784	9.1843
	Above first degree	.031	-14.8984	-.3957
Grade 5-8years	literate Participants	1.000	-2.6390	3.6729
	Grade 1-4 years	1.000	-2.8745	3.7141
	Grade 9-12 years	.959	-2.3766	4.9696
	Diploma	1.000	-6.6373	8.1827
	Degree	.264	-1.2724	9.8178
	Above first degree	.062	-14.6373	.1827
Grade 9-12 years	literate Participants	.995	-3.9849	2.4256
	Grade 1-4 years	.992	-4.2183	2.4648
	Grade 5-8years	.959	-4.9696	2.3766
	Diploma	1.000	-7.9549	6.9073
	Degree	.723	-2.5972	8.5495
	Above first degree	.013	-15.9549	-1.0927
Diploma	literate Participants	1.000	-7.4454	6.9338
	Grade 1-4 years	1.000	-7.6043	6.8984
	Grade 5-8years	1.000	-8.1827	6.6373
	Grade 9-12 years	1.000	-6.9073	7.9549
	Degree	.910	-5.0134	12.0134
	Above first degree	.202	-17.8304	1.8304
Degree	literate Participants	.357	-9.0028	1.4911
	Grade 1-4 years	.344	-9.1843	1.4784
	Grade 5-8years	.264	-9.8178	1.2724
	Grade 9-12 years	.723	-8.5495	2.5972
Above first degree	Diploma	.910	-12.0134	5.0134
	Degree	.001	-20.0134	-2.9866

literate Participants	.025	.5546	14.9338
Grade 1-4 years	.031	.3957	14.8984
Grade 5-8years	.062	-.1827	14.6373
Grade 9-12 years	.013	1.0927	15.9549
Diploma	.202	-1.8304	17.8304
Degree	.001	2.9866	20.0134

From the above from table the mean result above first degree, Eritrea and Somali urban refugees relatively tended to have a higher rank than the rest of the groups. On the contrary, the result showed that Grade 5-8, urban refugees were likely to have a moderate rank on Anxiety level than the other groups. On the other side, literate participants, grade 1-4, grade 9-12, diploma, degree holder Eritrea and Somali urban refugees were likely to have low rank.

Table 15 : Post-hoc Tukey Test between Education Status Groups and Loneliness level of Eritrean and Somali Urban Refugees Groups

(I) Education status	(J) Education status	Sig.	95% Confidence Interval		
			Lower Bound	Upper Bound	
literate Participants	Grade 1-4 years	1.000	-2.8602	2.6659	
	Grade 5-8years	1.000	-3.6729	2.6390	
	Grade 9-12 years	.995	-2.4256	3.9849	
	Diploma	1.000	-6.9338	7.4454	
	Degree	.357	-1.4911	9.0028	
	Above first degree	.025	-14.9338	-.5546	
	literate Participants	literate Participants	1.000	-2.6659	2.8602
Grade 1-4 years	Grade 5-8years	1.000	-3.7141	2.8745	
	Grade 9-12 years	.992	-2.4648	4.2183	
	Diploma	1.000	-6.8984	7.6043	
	Degree	.344	-1.4784	9.1843	
	Above first degree	.031	-14.8984	-.3957	
	literate Participants	literate Participants	1.000	-2.6390	3.6729
	Grade 5-8years	Grade 1-4 years	1.000	-2.8745	3.7141
Grade 9-12 years		.959	-2.3766	4.9696	
Diploma		1.000	-6.6373	8.1827	
Degree		.264	-1.2724	9.8178	
Above first degree		.062	-14.6373	.1827	
literate Participants		literate Participants	.995	-3.9849	2.4256
Grade 9-12 years		Grade 1-4 years	.992	-4.2183	2.4648
	Grade 5-8years	.959	-4.9696	2.3766	
	Diploma	1.000	-7.9549	6.9073	
	Degree	.723	-2.5972	8.5495	
	Above first degree	.013	-15.9549	-1.0927	
	literate Participants	literate Participants	1.000	-7.4454	6.9338
	Diploma	Grade 1-4 years	1.000	-7.6043	6.8984
Grade 5-8years		1.000	-8.1827	6.6373	
Grade 9-12 years		1.000	-6.9073	7.9549	
Degree		.910	-5.0134	12.0134	
Above first degree		.202	-17.8304	1.8304	
literate Participants		literate Participants	.357	-9.0028	1.4911
Degree		Grade 1-4 years	.344	-9.1843	1.4784
	Grade 5-8years	.264	-9.8178	1.2724	
	Grade 9-12 years	.723	-8.5495	2.5972	
	Diploma	.910	-12.0134	5.0134	
	Above first degree	.001	-20.0134	-2.9866	

	literate Participants	.025	.5546	14.9338
	Grade 1-4 years	.031	.3957	14.8984
Above first degree	Grade 5-8years	.062	-.1827	14.6373
	Grade 9-12 years	.013	1.0927	15.9549
	Diploma	.202	-1.8304	17.8304
	Degree	.001	2.9866	20.0134

From the above table, A post-hoc result found that the mean result Degree holders Eritrean and Somali urban refugees relatively tended to have a higher rank on Loneliness level than the rest of the groups. On the contrary, the result showed that above first degree holder's urban refugee were likely to have low rank than the other groups.

Table 16: Eritrean and Somali Urban Refugees Anxiety, Stress, Depression and Loneliness level by Martial Status

		N	Mean	Std. Deviation	Min	Max	F	Sig
Anxiety	single	50	12.14	3.801	4.00	21.00	.53758	.053
	Married	56	13.35	3.853	5.00	21.00		
	Divorced	35	14.74	3.640	10.00	21.00		
	Widowed	6	14.00	7.974	5.00	21.00		
	Total	148	13.27	4.080	4.00	21.00		
Stress	Single	50	20.94	7.265	4.00	35.00	1.02754	.521
	Married	56	20.85	5.524	8.00	35.00		
	Divorced	35	23.05	5.759	4.00	31.00		
	Widowed	6	22.50	8.215	15.00	30.00		
	Total	148	21.47	6.314	4.00	35.00		
Depression	Single	50	29.66	11.69	16.00	60.00	1.65384	.006
	Married	56	25.44	8.74	16.00	60.00		
	Divorced	34	30.32	10.59	3.00	51.00		
	Widowed	6	41.83	19.91	23.00	60.00		
	Total	147	28.70	11.21	3.00	60.00		
Loneliness	Single	50	42.66	9.128	16.00	53	1.29098	.209
	Married	56	41.71	8.561	16.00	65		
	Divorced	35	43.42	15.99	3.00	76		
	Widowed	6	49.50	9.481	23.00	60		
	9	1	62.00	.	30.00	62		
	Total	148	42.89	11.05	3.00	76		

ANOVA was conducted to explore the difference in anxiety, stress, depression and loneliness level among Eritrea and Somali urban refugees' marital status. Participants were divided into four groups according to their marital status (group 1: single, Group 2: married, Group 3: divorced and Group 4:

widowed). As the result indicated, the mean score of urban refugees total anxiety level is (M=13.27 and SD = 4.08) there was no statistically significant difference among refugees in their anxiety level, $F = .53758$, $p = .053$, stress level, (M=21.47 and SD = 6.31) $F = 1.027$, $p = .527$, and loneliness, (M=42.89 and SD = 11.05) $F = 1.29$, $p = .209$. However, ANOVA result revealed that, there was a statistically significant difference in depression level (M=28.70 and SD = 11.21). This indicates that, the levels of depression of refugees were differed by their marital status.

Table 17 : Eritrean and Somali Urban Refugees Anxiety, Stress, Depression and Loneliness level by Year of Migration

		N	Mean	SD	Minimum	Maximum	F	Sig
Anxiety	2016-2020 EC	75	13.57	4.39	5.00	21.00	.675	.569
	2011-2015 EC	55	12.81	3.60	4.00	21.00		
	2006-2010 EC	18	13.11	4.07	5.00	19.00		
	2005 and Below	2	16.00	.00	16.0	16.00		
	Total	150	13.27	4.05	4.00	21.00		
Stress	2016-2020 EC	75	22.18	6.92	4.00	35.00	.751	.523
	2011-2015 EC	55	20.78	5.6	4.00	35.00		
	2006-2010 EC	18	20.50	4.39	8.00	25.00		
	2005 and Below	2	23.00	.00	23.0	23.00		
	Total	150	21.48	6.16	4.00	35.00		
Depression	2016-2020 EC	75	31.76	11.6	16.0	60.00	5.226	.002
	2011-2015 EC	54	26.48	10.7	3.00	60.00		
	2006-2010 EC	18	23.11	5.23	17.0	33.00		
	2005 and Below	2	17.00	.00	17.0	17.00		
	Total	149	28.60	11.1	3.00	60.00		
Loneliness	2016-2020 EC	75	44.13	11.7	18.0	76.00	1.294	.279
	2011-2015 EC	55	40.67	11.0	.00	76.00		
	2006-2010 EC	18	43.44	6.61	29.0	53.00		
	2005 and Below	2	49.00	4.24	46.0	52.00		
	Total	150	42.84	10.99	.00	76.00		

As it is indicated in the above table, year of migration of the participants were divided into four groups (group 1: 2016-2020 EC, Group 2: 2011-2015 EC, Group 3: 2006-2010 EC and Group 4: 2005 and earlier). There was no statistically significant difference between anxiety (M=13.27 and SD

= 4.05), stress (M=21.47 and SD = 6.31), and loneliness level (M=42.84 and SD = 10.99) among Eritrea and Somali urban refugees' year of migration. However, ANOVA result revealed that, there was a statistically significant difference in depression level (M=28.70 and SD = 11.21). This indicates that, the levels of depression of refugees were differed by their marital status and since it does not indicate the exact year of migration variations, a Tukey post-hoc analysis was computed to test in which the exact mean difference falls among the groups.

Table 18 : Post-hoc Tukey Test between Year of Migration Groups 2016-2020 EC, 2011-2015 EC, Group 2006-2010 EC 2005 and earlier Depression level of Eritrean and Somali Urban Refugees Groups

(I) Year of Migration to Addis Ababa in years	(J) Year of Migration to Addis Ababa in years	Sig.	95% Confidence Interval	
			Lower Bound	Upper Bound
2016-2020 EC	2011-2015 EC	.033	.304	10.252
	2006-2010 EC	.013	1.333	15.963
	2005 and Below	.224	-5.208	34.728
2011-2015 EC	2016-2020 EC	.033	-10.252	-.3045
	2006-2010 EC	.656	-4.214	10.955
	2005 and Below	.610	-10.587	29.550
2006-2010 EC	2016-2020 EC	.013	-15.96	-1.333
	2011-2015 EC	.656	-10.955	4.214
	2005 and Below	.870	-14.662	26.884
2005 and Below	2016-2020 EC	.224	-34.728	5.208
	2011-2015 EC	.610	-29.550	10.587
	2006-2010 EC	.870	-26.884	14.662

*. The mean difference is significant at the 0.05 level.

A post hoc comparison using the Tukey HSD test indicates that the mean score for group one 'year of migration group was significantly different from group two, group three, and group four, year of migration. Thus, from this post hoc result, it is concluded that Eritrea and Somali urban refugees who migrated between 2016-2020 year of migration are (M = 31.76 and SD= 11.6) are depressed than other groups.

4.1.5.2 The Impacts of Demographic factors on Anxiety, Stress, Depression and Loneliness

The overall bundle of determinant factors of the five independent variables , such as gender, age, educational status, marital status and dependent variable anxiety explains 3.2 % ($R^2 = .032$) of the dependent variable (anxiety). This suggests that 3.2% of Eritrea and Somali refugees' anxiety level clearly depends on the independent variables. Since as the result show on the model table the result $F = 0.928$ which is less than 1 and $P < 0.01$ we can conclude that the combination of determinant factor has a positive effect on anxiety level which is statistically significant.

Table 19: The Impacts of Demographic factors on Psychological Problem ANOVA

Model	Sum of Squares	df	Mean Square	F	Sig.	
1	Regression	.933	4	.233	.985	.418b
	Residual	34.551	146	.237		
	Total	35.483	150			

a. Dependent variable – anxiety

The above table demonstrated that the overall significance in the regression analysis. In this case, Dependent and Independent variables had a significant impact on Eritrea and Somali Psychological problem, The higher F value and less significance value ($p < .0005$) indicate that the model reaches statistical significance. $F = .928$, $p = .>0.01$ Thus, this indicated that Demographic factors had a statistically significant contribution to anxiety level of Eritrea and Somali urban refugees. In addition, the combination of gender, age of the urban refugees, their educational and occupational status, work environment, had statistically significant effect on their anxiety level.

Table 20 : Multiple Coefficient Regression

Multiple Regression Coefficients								
Model	Unstandardized Coefficients		Standardized Coefficient	T	Sig.	95.0% Confidence Interval for B		
	B	Std. Error				Lower Bound	Upper Bound	
1	(Constant)	8.950	3.976		2.251	.026	1.091	16.810
	Gender	.017	.728	.002	.024	.981	-1.422	1.457
	Participants Age	.276	.287	.081	.960	.339	-.292	.844
	Education status	.013	.206	.005	.061	.952	-.395	.420
	Marital Status	.544	.346	.138	1.571	.119	-.141	1.229
	Occupation	1.214	1.867	.054	.650	.517	-2.477	4.905

a. Dependent Variable: Anxiety

From the above table we can easily compare the relative contribution of each of the different variables by taking the beta value under the unstandardized coefficients. The higher the beta value, the stronger its contribution becomes. Accordingly, occupation (Beta=1.214) makes the strongest unique contribution to explaining the dependent variable in which the results revealed that, occupation has a change in "urban refugees anxiety level" would lead to a 121.4% increase and followed by marital Status (Beta=.544), participant age (Beta=.276), On the other hand, gender and educational status are contributors to explaining the dependent variable with beta values of 17% and 13% respectively. When we see the statistical significance of each variable from the above coefficients table 3, gender (Sig. =.981), educational Status (Sig. =.952), occupation (Sig. =.517), participant age (Sig. =.339), and marital Status (Sig. =.119), have a statistically significant contribution (Sig>.05) for the prediction of the dependent variable.

4.1.5.2.1 The Impacts of Year of Migration on Anxiety

Table 21 : Descriptive Statistics

	Mean	Std. Deviation	N
Anxiety	13.2733	4.05316	150
Year of Migration to Addis Ababa in years	1.65	.743	150

Table 22: Multiple Linear Regression Model Summaries

Model	R	R Square	Adjusted R Square	Std. Error of the Estimate
1	.032 ^a	.001	-.006	4.06471

Again as it is indicated in the above table the overall bundle of determinant factors of the independent variables , which is year of migration and dependent variable anxiety explains 3.2 % (R2 = 0.001) of the dependent variable (anxiety). This suggests that 0.1% of Eritrea and Somali refugees’ anxiety level clearly depends on the independent variables. Since as the result show on the model table the result F= 1.335 which is greater than 1 and P<0.01 we can conclude that the year migration has a positive effect on anxiety level which is statistically significant.

Table 23:- ANOVA

ANOVA ^a					
Model	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	2.560	1	2.560	.155	.694 ^b
Residual	2445.23	148	16.52		
Total	2447.79	149			

a. Dependent Variable: Anxiety

b. Predictors: (Constant), Year of Migration to Addis Ababa in years

Again the above table shows that the overall significance in the regression analysis. In this case, dependent and independent variables had a significant impact on Eritrea and Somali Psychological problem, The higher F value and less significance value (p<.0005) indicate that the model reaches

statistical significance. $F = 1.335$, $p = .>0.01$. Thus, this indicated that year of migration had a statistically significant contribution to anxiety level of Eritrea and Somali urban refugees.

Table 24 : Multiple Regression Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients		t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta				Lower Bound	Upper Bound
(Constant)	22.77	1.22			18.57	.000	20.34	25.19
1 Year of Migration to Addis Ababa in years	-.785	.679	-.095		-1.15	.250	-2.127	.557

a. Dependent Variable: Stress

When we come to coefficient we can easily compare the relative contribution of variables by taking the beta value under the unstandardized coefficients. The higher the beta value, the strongest its contribution becomes. Accordingly, year of migration (Beta=-0.785) makes the unique contribution to explaining the dependent variable in which the results revealed. When we see the statistical significance of the variable from the above coefficients table, year of migration (Sig. =.250), have a statistically significant contribution (Sig>.05) for the prediction of the dependent variable.

4.1.5.2.2 The Impacts of Demographic factors Descriptive Statistics

Table 25: The Impacts of Demographic factors Descriptive Statistics on Stress

Descriptive Statistics			
	Mean	Std. Deviation	N
Stress	21.47	6.314	148
Gender	1.39	.488	148
Participants Age	2.84	1.19	148
Education status	2.22	1.66	148
Marital Status	2.03	1.03	148
Occupation	1.97	.181	148

Table 26 : The Impacts of Demographic factors Model Summary on Stress

Model Summary									
Mo del	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	df1	df2	Sig. F Change
1	.212 ^a	.045	.011	6.2780	.045	1.340	5	142	.251

a. Predictors: (Constant), Occupation , Gender, Participants Age , Education status , Marital Status

As shown in the model summary factors of the five independent variables , such as gender, age, educational status, marital status and dependent variable stress explains 45 % ($R^2 = .045$) of the dependent variable (stress). This suggests that 45% of Eritrea and Somali refugees' anxiety level clearly depends on the independent variables. Since as the result show on the model table the result $F = 1.340$ which is greater than 1 and $P < 0.01$ we can conclude that the combination of determinant factor has a positive effect on stress level which is statistically significant and confident at 99%.

Table 27 : The Impacts of Demographic factors ANOVA

ANOVA ^a					
Model	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	264.124	5	52.825	1.340	.251 ^b
Residual	5596.81	142	39.414		
Total	5860.93	147			

a. Dependent Variable: Stress

b. Predictors: (Constant), Occupation , Gender, Participants Age , Education status , Marital Status

The above table demonstrated that the overall significance in the regression analysis. The higher F value and less significance value ($p < .0005$) indicate that the model reaches statistical significance $F = 1.340$, $p = .>0.01$. Thus, this indicated that demographic factors had a statistically significant contribution to stress level of Eritrea and Somali urban refugees. In addition, the combination of gender, age of the urban refugees, their educational and occupational status, work environment, had statistically significant effect on their stress level.

Table 28: The Impacts of Demographic factors coefficient

Model	Unstandardized Coefficients		Coefficients Standardized	t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
(Constant)	17.29	6.110		2.831	.005	5.21	29.37
Gender	-1.64	1.11	-.127	-1.46	.144	-3.85	.570
Participants Age	-.592	.442	-.112	-1.33	.183	-1.465	.282
1 Education status	-.031	.317	-.008	-.099	.921	-.658	.595
Marital Status	1.006	.532	.165	1.88	.061	-.047	2.05
Occupation	3.139	2.869	.090	1.094	.276	-2.53	8.81

a. Dependent Variable: Stress

From the above table we can easily compare the relative contribution of each of the different variables by taking the beta value under the unstandardized coefficients. The higher the beta value, the stronger its contribution becomes. Accordingly, occupation (Beta=1.214) makes the strongest unique contribution to explaining the dependent variable in which the results revealed that, occupation has a change in "Urban refugees anxiety level" would lead to a 121.4% increase the level of psychological problem and followed by marital Status (Beta=.544), participant age (Beta=.276), On the other hand, gender and educational status are contributors to explaining the dependent variable with beta values of 17% and 13% respectively. When we see the statistical significance of each variable from the above coefficients table 3, Gender (Sig. =.981), educational Status (Sig. =.952), occupation (Sig. =.517), participant age (Sig. =.339), and marital Status (Sig. =.119), have a statistically significant contribution (Sig>.05) for the prediction of the dependent variable.

4.1.5.3.1 The Impacts of Year of Migration on Stress

Table 29 : The Impacts of Year of Migration on Stress Model Summary

Model Summary									
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	df1	df2	Sig. F Change
1	.095 ^a	.009	.002	6.160	.009	1.33	1	148	.250

a. Predictors: (Constant), Year of Migration to Addis Ababa in years

Again as it is indicated in the above table the determinant factors of the independent variables , which is year of migration and dependent variable stress explains 0.9 % (R2 = 0.009) of the dependent variable (stress). This suggests that 0.9% of Eritrea and Somali refugees' anxiety level clearly depends on the independent variables. Since as the result show on the model table the result F= 1.335 which is greater than 1 and P<0.01 we can conclude that the combination of determinant factor has a positive effect on stress level which is statistically significant.

Table 30: The Impacts of Year of Migration on Stress ANOVA

ANOVA ^a					
Model	Sum of Squares	Df	Mean Square	F	Sig.
1 Regression	50.660	1	50.660	1.335	.250 ^b
Residual	5616.780	148	37.951		
Total	5667.440	149			

a. Dependent Variable: Stress

b. Predictors: (Constant), Year of Migration to Addis Ababa in years

The above table demonstrated that the overall significance in the regression analysis. The higher F value and less significance value ($p < .0005$) indicate that the model reaches statistical significance $F = 1.335$, $p = .>0.01$. Thus, this indicated that demographic factors had a statistically significant contribution to stress level of Eritrea and Somali urban refugees. In addition, the impact of year of migration, had effect on their stress level.

Table 31 : The Impacts of Year of Migration on Stress Coefficients

Model	Unstandardized Coefficients		Standardized Coefficients Beta	t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error				Lower Bound	Upper Bound
(Constant)	22.772	1.226		18.570	.000	20.349	25.195
1 Year of Migration to Addis Ababa in years	-.785	.679	-.095	-1.155	.250	-2.127	.557

a. Dependent Variable: Stress

When we come to coefficient we can easily compare the relative contribution of variables by taking the beta value under the unstandardized coefficients. The higher the beta value, the strongest its contribution becomes. Accordingly, year of migration (Beta= -.785) makes contribution to explaining the dependent variable in which the results revealed. When we see the statistical

significance of the variable from the above coefficients table, year of migration (Sig. =.250), have a statistically significant contribution (Sig>.05) for the prediction of the dependent variable.

4.1.5.4 The Impacts of Demographic factors on Depression

Table 32 : The Impacts of Demographic factors on Depression Descriptive Statistics

	Descriptive Statistics		
	Mean	Std. Deviation	N
Depression	28.7075	11.21289	147
Gender	1.38	.487	147
Participants Age	2.84	1.200	147
Education status	2.22	1.667	147
Marital Status	2.02	1.037	147
Occupation	1.97	.182	147

Table 33: The Impacts of Demographic factors on Depression Model Summary

Model Summary									
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	df1	df2	Sig. F Change
1	.212 ^a	.045	.011	11.15072	.045	1.327	5	141	.256

a. Predictors: (Constant), Occupation , Gender, Participants Age , Education status , Marital Status

As shown in the model summary factors of the five independent variables , such as Gender, Age, Educational status, Marital status and Dependent variable depression explains 45 % ($R^2 = .045$) of the dependent variable (depression). This suggests that 45% of Eritrea and Somali refugees depression level clearly depends on the independent variables. Since as the result show on the model table the result $F= 1.327$ which is greater than 1 and $P<0.01$ we can conclude that the combination of

determinant factor has a positive effect on stress level which is statistically significant and confident at 99%.

Table 34: The Impacts of Demographic factors on Depression Model Summary ANOVA^a

ANOVA ^a						
Model	Sum of Squares	Df	Mean Square	F	Sig.	
1	Regression	824.690	5	164.938	1.327	.256 ^b
	Residual	17531.732	141	124.339		
	Total	18356.422	146			

a. Dependent Variable: Depression

b. Predictors: (Constant), Occupation , Gender, Participants Age , Education status , Marital Status

The above table demonstrated that the overall significance in the regression analysis. The higher F value and less significance value ($p < .0005$) indicate that the model reaches statistical significance. $F = 1.327$, $p = > 0.01$. Thus, this indicated that Demographic factors had a statistically significant contribution to depression level of Eritrea and Somali urban refugees. In addition, the combination of Gender, Age of the urban refugees, their educational and occupational status, Work environment, had statistically significant effect on their depression level.

Table 35: The Impacts of Demographic factors on Depression Model Summary Coefficients

Model	Coefficients						
	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
(Constant)	21.796	10.867		2.006	.047	.313	43.278
Gender	-2.093	1.994	-.091	-1.050	.296	-6.036	1.849
Participants Age	-.840	.786	-.090	-1.068	.287	-2.395	.715
Education status	.693	.563	.103	1.230	.221	-.421	1.806
Marital Status	1.575	.946	.146	1.665	.098	-.296	3.446
Occupation	3.796	5.098	.062	.745	.458	-6.282	13.873

a. Dependent Variable: Depression

From the above table we can easily compare the relative contribution of each of the different variables by taking the beta value under the unstandardized coefficients. The higher the beta value, the strongest its contribution becomes. Accordingly, Occupation (Beta=3.796) makes the strongest unique contribution to explaining the dependent variable in which the results revealed that, occupation has a change in urban refugees depression level would lead followed by Martial Status (Beta=1.575), Educational Status (Beta=.693), On the other hand, age and Gender are contributors to explaining the dependent variable with beta values of -0.840 and -2.093 respectively. When we see the statistical significance of each variable from the above coefficients table, Occupation (Sig. =.458), Gender (Sig. =.296), Participant age (Sig. =.287), Educational status (Sig. =.221), and Martial Status (Sig. = .098) have a statistically significant contribution (Sig>.05) for the prediction of the dependent variable.

4.1.5.4.1 The Impacts of Year of Migration on Depression

Table 36: The Impacts of Year of Migration on Depression Descriptive Statistics

Descriptive Statistics			
	Mean	Std. Deviation	N
Depression	28.6040	11.17298	149
Year of Migration to Addis Ababa in years	1.64	.745	149

Table 37: The Impacts of Year of Migration on Depression Model Summary

Model Summary									
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	df1	df2	Sig. F Change
1	.310 ^a	.096	.090	10.65839	.096	15.636	1	147	.000

a. Predictors: (Constant), Year of Migration to Addis Ababa in years

As shown in the model summery factors of the five independent variable year of migration and dependent variable depression explains 96% ($R^2 = .096$) of the dependent variable (depression). This suggests that 96% of Eritrea and Somali refugees' anxiety level clearly depends on the independent variables. Since as the result show on the model table the result $F= 15.636$ which is greater than 1 and $P<0.01$ we can conclude that the combination of determinant factor has effect on depression level which is statistically significant and confident at 99%.

Table 38: The Impacts of Year of Migration on Depression ANOVA^a
ANOVA^a

Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	1776.238	1	1776.238	15.636	.000 ^b
	Residual	16699.400	147	113.601		
	Total	18475.638	148			

a. Dependent Variable: Depression

b. Predictors: (Constant), Year of Migration to Addis Ababa in years

The above table demonstrated that the overall significance in the regression analysis. The higher F value and less significance value ($p<.0005$) indicate that the model reaches statistical significance $F=15.636$, $p=>0.01$ Thus, this indicated that year of migration had a statistically significant contribution to depression level of Eritrea and Somali urban refugees. In addition, year of migration had statistically significant effect on their depression level.

Table 39: The Impacts of Year of Migration on Depression Coefficients

Model	Coefficients						
	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B	
	B	Std. Error	Beta			Lower Bound	Upper Bound
(Constant)	36.250	2.122		17.086	.000	32.057	40.443
1 Year of Migration to Addis Ababa in years	-4.650	1.176	-.310	-3.954	.000	-6.974	-2.326

a. Dependent Variable: Depression

When we come to coefficient we can easily compare the relative contribution of variables by taking the beta value under the unstandardized coefficients. The higher the beta value, the strongest its contribution becomes. Accordingly, year of migration (Beta= -.4.650) makes contribution to explaining the dependent variable in which the results revealed. When we see the statistical significance of the variable from the above coefficients table, year of migration (Sig. =.000), does not have a statistically significant contribution as it has to be (Sig>.05) for the prediction of the dependent variable.

4.1.5.5 The Impacts of Demographic factors on Loneliness

Table 40: The Impacts of Demographic factors on Loneliness Descriptive Statistics

Descriptive Statistics			
	Mean	Std. Deviation	N
Loneliness	42.8919	11.05899	148
Gender	1.39	.488	148
Participants Age	2.84	1.199	148
Education status	2.22	1.664	148
Marital Status	2.03	1.036	148
Occupation	1.97	.181	148

Table 41: The Impacts of Demographic factors on Loneliness Model Summary

Model Summary									
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	df1	df2	Sig. F Change
1	.197 ^a	.039	.005	11.03105	.039	1.149	5	142	.337

a. Predictors: (Constant), Occupation , Gender, Participants Age , Education status , Marital Status

As shown in the model summary factors of the five independent variables , such as gender, age, educational status, marital status and dependent variable loneliness explains 39% ($R^2 = .039$) of the dependent variable (loneliness). This suggests that 39% of Eritrea and Somali refugees' loneliness level clearly depends on the independent variables. Since as the result show on the model table the result $F = 1.149$ which is greater than 1 and $P < 0.01$ we can conclude that the combination of determinant factor has a positive effect on loneliness level which is statistically significant and confident at 99%

Table 42: The Impacts of Demographic factors on Loneliness ANOVA^a

		ANOVA ^a				
Model		Sum of Squares	Df	Mean Square	F	Sig.
1	Regression	699.132	5	139.826	1.149	.337 ^b
	Residual	17279.139	142	121.684		
	Total	17978.270	147			

a. Dependent Variable: Loneliness

b. Predictors: (Constant), Occupation , Gender, Participants Age , Education status , Marital Status

The above table demonstrated that the overall significance in the regression analysis. The higher F value and less significance value ($p < .0005$) indicate that the model reaches statistical significance $F = 1.149$, $p = .>0.01$. Thus, this indicated that demographic factors had a statistically significant contribution to loneliness level of Eritrea and Somali urban refugees. In addition, the combination of gender, age of the urban refugees, their educational and occupational status, work environment, had statistically significant effect on their loneliness level.

Table 43: The Impacts of Demographic factors on Loneliness Coefficients

		Coefficients						
Model		Unstandardized Coefficients		Standardized Coefficients Beta	t	Sig.	95.0% Confidence Interval for B	
		B	Std. Error				Lower Bound	Upper Bound
1	(Constant)	41.985	10.735		3.911	.000	20.763	63.207
	Gender	-.310	1.967	-.014	-.158	.875	-4.198	3.578
	Participants Age	-.465	.776	-.050	-.599	.550	-1.999	1.070
	Education status	.787	.557	.118	1.415	.159	-.313	1.888
	Marital Status	1.647	.935	.154	1.760	.081	-.202	3.496
	Occupation	-1.233	5.041	-.020	-.245	.807	-11.199	8.733

a. Dependent Variable: Loneliness

From the above table we can easily compare the relative contribution of each of the different variables by taking the beta value under the unstandardized coefficients. The higher the beta value, the strongest its contribution becomes. Accordingly, education Status (Beta=.787) makes the strongest unique contribution to explaining the dependent variable in which the results revealed that, education status has a change in "urban refugees loneliness level" would lead to a 78. %increase and followed by marital Status (Beta= 1.647), and so on. When we see the statistical significance of each variable from the above coefficients table, gender (Sig. =.875), occupation (Sig. =.807), participant age (Sig. =.550), educational Status (Sig. =.159), and marital Status (Sig. =.081), have a statistically significant contribution (Sig>.05) for the prediction of the dependent variable.

4.1.5.5.1 The Impacts of Year of Migration on Loneliness

Table 44: The Impact of Year of Migration on Loneliness Descriptive statistics

Descriptive Statistics			
	Mean	Std. Deviation	N
Loneliness	42.8467	10.99038	150
Year of Migration to Addis Ababa in years	1.65	.743	150

Table 45: The Impact of Year of Migration on Loneliness Model summary

Model Summary									
Model	R	R Square	Adjusted R Square	Std. Error of the Estimate	R Square Change	F Change	df1	df2	Sig. F Change
1	.050 ^a	.003	-.004	11.01352	.003	.374	1	148	.542

a. Predictors: (Constant), Year of Migration to Addis Ababa in years

As shown in the model summary factors of the five independent variable year of migration and dependent variable loneliness explains 0.3% (R2 = .003) of the dependent variable (loneliness). This suggests that 0.3% of Eritrea and Somali refugees loneliness level doesn't depend on the independent variables. Since as the result show on the model table the result F= 0.374 which is less

than 1 and $P < 0.01$ we can conclude that the combination of determinant factor does not have effect on loneliness level.

Table 46: The Impact of Year of Migration on Loneliness ANOVA^a

ANOVA ^a					
Model	Sum of Squares	Df	Mean Square	F	Sig.
1	45.415	1	45.415	.374	.542 ^b
	17952.05	148	121.29		
	17997.47	149			

a. Dependent Variable: Loneliness

c. Predictors: (Constant), Year of Migration to Addis Ababa in years

The above table demonstrated that the overall significance in the regression analysis. As indicated in the above the higher F value and less significance value ($p < .0005$) indicate that the model reaches statistical significance $F = .374$, $p = .>0.01$ Thus, this indicated that demographic factors had a statistically significant contribution to loneliness level of Eritrea and Somali urban refugees. In addition, year of migration had effect on their loneliness level.

From the above table we can easily compare the relative contribution variable by taking the beta value under the unstandardized coefficients.

Table 47: The Impact of year of Migration Coefficients

Model	Coefficients							
	Unstandardized Coefficients		Standardized Coefficients	t	Sig.	95.0% Confidence Interval for B		
	B	Std. Error				Beta	Lower Bound	Upper Bound
1	(Constant)	44.07	2.19		20.10	.000	39.73	48.40
	Year of Migration to Addis Ababa in years	-.743	1.21	-.050	-.612	.542	-3.14	1.65

a. Dependent Variable: Loneliness
 =.542), have a statistically significant contribution (Sig>.05) for the prediction of the dependent variable.

CHAPTER FIVE

DISCUSSION

The main purpose of this study was to assess the psychological problems of Eritrean and Somali urban refugees in Addis Ababa, Hence; a discussion was made on the results of the analysis in accordance with the objectives of this study. First, the result obtained about determining the difference in demographic factors (age, gender, working experience, educational level, marital status and year of migration) on anxiety, stress, depression and loneliness level is discussed. Examining the effects of demographic variables like gender, age, work experience, Marital and education status, and year of migration rank on Eritrean and Somali urban refugees' psychological problem was the first research question of the present study.

5.1.1 The Overall Psychological Problems of Refugees

As stated in the literature review, due to different reasons, such as language and culture difference, most refugees are facing different psychological problems. In this study the researcher examined their anxiety, stress, depression and loneliness level which is summarized as (55.2%) of the participants have moderate anxiety, 30.2% have severe anxiety, 13.8% have mild and 0.7% have minimal anxiety, 74.5% of participants have moderate perceived stress, 17.9% have higher perceived stress and 7.9% have low perceived stress level, almost all participants 98.6% have depression and 99.3% of study participant face loneliness.

5.1.2 Eritrea and Somalia Urban Refugees Psychological problem by demographic factors

Regarding gender differences in Eritrean and Somali urban refugees, the finding of the present study shows that a statistically significant difference in Eritrean and Somali urban refugee's score of anxiety, stress, depression and loneliness level was not observed as it has been performed via an

independent samples t-test. The result indicated that there was no significant difference in anxiety, stress, depression and loneliness level between males and females Eritrea and Somali urban refugees'. Finally, the result indicated that gender of those two urban refugees 'had no impact on their Psychological problems. That is, male Eritrea and Somali female urban refugees' psychological problems level was not found to be different. Therefore According to the result, gender does not matter the level of social anxiety and other problems. Examining whether there are significant differences in Eritrean and Somali urban refugees psychological problems as a function of age was another objective of the present study from the first research question. A research result indicated that there was a statistically significant difference in Eritrean and Somali urban refugees psychological problem scores for the six age groups (group 1: 20-29, Group 2: 30-39, Group 3: 40-49 and Group 4: 50-59 and Group 6: 60 & above). Besides, the result specified that urban refugees who were in the age group of 60 & above years was influenced by anxiety, stress and loneliness level than those refugees who were in the age group 20-29, 30-39 years, 40-49, and 50-59 years. Again urban refugees who were in the age group of 20-29 years was influenced by depression than those refugees who were in the age group 30-39 years, 40-49, 50-59 and 60 & above years.

Based on their educational status scores for the seven groups which are (literate Participants, Grade 1-4 years, Grade 5-8 years, Grade 9-12, Diploma, Degree, and above first degree) The result showed that degree holders anxiety, stress and loneliness level is significantly different from the other groups, whereas Eritrean and Somalia urban refugees who are diploma holder are concluded to be depressed.

When we come to year of migration the study showed that Eritrean and Somalia urban refugees who migrated between 2005 and below are more facing anxiety, stress and loneliness than the other group of year of migration. Thus, from the post hoc result, it is concluded that, Eritrean and Somali urban refugees who migrated between 2011-2015 years, are affected by depression. Concerning Eritrean

and Somali urban refugees' marital status, results in the present study demonstrated that there was a difference among the refugee's psychological problems. The last one is work experience which had no statistically significant effect on the refugee's psychological problems level which are anxiety, stress, depression and loneliness. Regarding refugees work experience, in the present study demonstrated that there was a difference among psychological problems level, due to difference in their work experience. Besides, about refugee's psychological problems, in the present study demonstrated that there was a statistically significant difference among each participant on their level of psychological problems. Therefore, the result states that demographic factors such as gender, age, marital status, occupation status, educational status and year of migration has some effect on Eritrean and Somali urban refugees psychological problems.

CHAPTER SIX

SUMMARY, CONCLUSION AND RECOMMENDATION

6.1. Summary of Major Findings

The main purpose of this study was to examine the psychological problems of urban refugees. To achieve this objective the study employed a descriptive method design. Eritrean and Somali refugees were chosen randomly; and a sample of 152 participants was selected from a population of 20,546 urban refugees by using the formula of Krejcie and Morgan (1970) sample size determination. A simple random sampling technique was used for the selection. 152 Eritrea and Somalia refugees were selected as representatives of the population from each stratum.

To collect the data from the respondents the researcher used questionnaires. The questionnaires have 57 questions and were divided into five main parts. The first part was designed to collect data related to Eritrean and Somali urban refugees' demographic variables. The second part of the questionnaire consisted of 7 specially designed Likert-type scales that were developed to measure the levels of anxiety based on the literature review. Before collecting the main research data, a pilot test was conducted on 15 Somali and 15 Eritrea urban refugees to check the reliability and validity of the instruments. Based on the pilot test and its feedback, all the questionnaires were used without any change to collect the main data. The questionnaires were administered on 152 urban refugees. However, out of the total of 377 selected participants. Only 152 participants filled the questionnaire. The collected data was analyzed by using Statistical Package for Social Science (SPSS) version 20. This study used descriptive statistics like percent and frequency and inferential statistics like independent t-test, and Analysis of Variance (ANOVA) and regression to analyze quantitative data.

Based on the study, the below major results were found:

- More than 60% population of the Eritrea and Somalia urban refugees are between 30-49 years of age.
- There is no statistically significant difference on the level of anxiety, stress, depression and loneliness between employed and unemployed, male or female Eritrean and Somali urban refugees.
- Most Eritrean and Somali urban refugees face anxiety, stress, depression and loneliness.
- Both employed and unemployed refugees were not significantly differed in the level of their anxiety, stress, depression and loneliness.
- Urban refugees who were in the age group of 60 & above years faced higher anxiety level than other groups.
- Literate participants, Grade 1-4, 5-8, and diploma holders were not statistically significantly different from the groups of degree holders in terms of stress.
- The combination of gender, age, educational status, occupational status, work experience, and year of migration of the urban refugees had statistically significant effect on anxiety, stress, depression and loneliness level.
- Refugees who migrated 2005 and earlier are face more anxiety, stress and loneliness than the other groups. Refugees who migrated in Addis Ababa between 2011-2015 face more depression.
- (55.2%) of the participants have moderate anxiety, 30.2% have severe anxiety, 13.8% have mild and 0.7% have minimal anxiety, 74.5% of participants have moderate perceived stress,

17.9% have higher perceived stress and 7.9% have low perceived stress level, almost all participants 98.6% have depression and 99.3% of study participant face loneliness.

6.2 CONCLUSIONS

The main purpose of this study was to determine the Psychological problems of urban refugees the case of Eritrean and Somali in Addis Ababa.

This study had five different parts each containing research questions. The first questions were aimed to examine the difference in demographic factors (age, gender, working experience, educational level, marital status and year of migration) of Eritrean and Somali urban refugees. The second part of the questions contained 7 questions which relate to measure Social Anxiety level, the scale is called Generalized Anxiety Scale In this study, there was no difference in the level of anxiety level between the two genders, and also regarding age there was a difference the result specified that urban Refugees who were in the age group of 60 & above years was influenced by anxiety. When we come to educational status The result showed that degree holders anxiety level is significantly different from the other groups, Those refugees who migrated between 2005 and below are more facing anxiety concerning Eritrean and Somali urban refugees' marital status, results in the present study demonstrated that there was a difference among the refugee's psychological problems. The last one is work experience which had no statistically significant effect on the refugee's psychological problems level which are anxiety, stress, depression and loneliness. Furthermore concerning refugees work experience, in the present study demonstrated that there was a difference among psychological problems level, due to difference in their work experience. The third research question was aimed to assess stress which contains 10 questions and fourth was to assess depression which contains 20 questions and finally the last part of the questioner contains 20 questions to assess loneliness level of Eritrean and Somali urban refugees Besides, about refugee's psychological

problems, in the present study demonstrated that there was a statistically significant difference among each participant on their level of psychological problems. Therefore, the result states that demographic factors such as gender, age, marital status, occupation status, educational status and year of migration has some effect on Eritrean and Somali urban refugees psychological problems. (84%) of the participants have moderate anxiety, 46 (30.2%) have severe anxiety, 21 (13.8%) have mild and 1 (0.7%) have minimal anxiety, 113 (74.5%) of participants have moderate perceived stress, 27 (17.9%) have higher perceived stress and 12 (7.9%) have low perceived stress level, almost all participants (98.6%) have depression and 99.3% of study participant face loneliness.

Based on this conclusion, the below recommendations are forwarded.

6.3 RECOMMENDATIONS

Based on the conclusion above, the following recommendations are forwarded:-

- Governmental and non-governmental bodies must; provide time to give life skill trainings and therapy sessions to decrease or avoid any psychological problems that may arise due to being a refugee and to address the psychological needs of the refugee community.
- Governmental and non-governmental organizations working on refugees have to assess potential destination and create a conducive environment for hosting refugees.
- Empower refugees to lead a sustainable life by providing employment opportunities.
- It is known that Ethiopia's parliament adopted revisions in its existing refugee law on January 2019 to obtain work permits, access primary education, obtain drivers' licenses, legally register life events such as births and marriages and open up access to national financial services, such as banking., making it one of the most progressive refugee policies in Africa. Hence by using the new refugee law allowing refugees the opportunity to be better integrated into society, Ethiopia is not only upholding its international refugee law obligations, but is

serving as a model for other refugee hosting nations around the world therefore the researcher recommends Eritrean and Somali refugees and organizations that support the refugees should follow up on and take advantage of this opportunity to secure employment and also the government should follow up the proper implementation of this regulation to ensure that it is fair and done in a way that protects refugee rights.

- Future research should focus on how to support refugees and increase the community's awareness of displacement and refugees.

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Questioner in English

Appendix A.

Addis Ababa University

College of Education and Behavioral Studies

School of psychology

Dear respondents

The purpose of this questionnaire is to collect part of the data for my MA study titled, psychological problems amongst Eritrean and Somalia Refugees. The success of this study, thus, depends on openness of your responses. The researcher would like to assure you that your responses will be kept strictly confidential. Since you are not required to write your name, please be assured that your privacy will be maintained.

Instruction

Please feel free to write your answers

For those items with alternatives provide your responses by circling. For those items with no alternative provide your response in the space provided

Thank you for your time!

Meklit Samuel

Part three- Perceived Stress Scale (PSS 10)

Instruction; The questions in this scale asks you about your feelings and thoughts please check the corresponding answer.

No	Items	Response Alternatives				
		Never (0)	Often (1)	Most of the time(2)	Very often (3)	Never (0)
1	How often have you been upset because of something that happened unexpectedly?					
2	How often have you felt that you were unable to control the important things in your life?					
3	How often have you felt nervous and “stressed” about being a refugee?					
4	How often have you felt confident about your ability to handle your personal problems?					
5	How often have you felt that things were going your way?					
6	How often have you found that you could not cope with all the things that you had to do?					
7	How often have you been able to control irritations in your life?					
8	How often have you felt that you were on top of things?					
9	How often have you been angered because of things that were outside of your control?					
10	How often have you felt difficulties were piling up so high that you could not overcome them?					

Part Four- Center for Epidemiologic Studies Depression Scale (CES-D) Depression Scale

Instructions: please Circle the answer that best describes how you usually felt this way.

No	Items	Response alternatives			
		Rarely or none of the time (Less than one day) (0)	Some or a little of the time (1)	Occasionally or a moderate amount of time(2)	Most or all of the time (3)
1	I was bothered by things that usually don't				

	bother me				
2	I did not feel like eating, my appetite was poor				
3	I felt that i could not shake off the blues even with help from my family or friends				
4	I felt i was just good as other people				
5	I had trouble keeping my mind on what i was doing				
6	I felt depressed				
7	I felt that everything i did was an effort				
8	I felt hopeful about the future				
9	I thought my life had been a failure.				
10	I felt fearful				
11	My sleep was restless				
12	I was happy				
13	I talked less than usual				
14	I felt lonely				
15	People were unfriendly				
16	I enjoyed life				
17	I had crying spells				
18	I felt sad				
19	I felt that people dislike me				
20.	I couldn't not get going				

Part Five- UCLA Loneliness Scale Version 3

Instructions: Indicate how often each of the statements below is descriptive of you.

No	Items	Response Alternatives			
		Never (1)	Rarely (2)	Sometimes (3)	Often (4)
*1	I feel in tune with the people around me				
2	I lack companionship				
3	There is no one I can turn to				
4	I do not feel alone				
*5	I feel part of a group of friends				
*6	I have a lot in common with the people around me				
7	I am no longer close to anyone				
8	My interests and ideas are not shared by those around me				
*9	I am an outgoing person				
*10	There are people I feel close to				
11	I feel left out				

12	My social relationships are superficial				
13	No one really knows me well				
14	I feel isolated from others				
*15	I can find companionship when I want it				
*16	There are people who really understand me				
17	I am unhappy being so withdrawn				
18	People are around me but not with me				
*19	There are people I can talk to				
*20	There are people I can turn to				

Scoring: The items with an asterisk are reverse scored. Keep scoring on a continuous basis

በአዲስ አበባ ዩኒቨርሲቲ
የስነ ትምህርትና ባህሪ ጥናት ኮሌጅ
ሳይኮሎጂ ትምህርት ቤት

በ ስደተኞች የሚሞላ መጠይቅ

የዚህመመጠይቅአላማበአዲስአበባየሚገኙስደተኞችንየስነልቦናአናማህበራዊችግሮችምንእንደሆኑእናችግሮቻቸውንለመቋቋምምንዘዴዎችንእደሚጠቀሙለማጥናትእናየመፍትሄሀሳብለመጠቆምነው።

የጥናቱንአላማከግብለማድረስእናንተበትክክልናበቀናነትየምትመልሱትመልስወሳኝነው።በምትሰጡትመልስምንምነገርየማይደርስብዎመሆኑንየማረጋግጥላችሁሲሆንሚስጢራዊነቱንለመጠበቅሲባልስምመፃፍአያስፈልግም።መረጃውለዚህጥናትብቻየሚውልመሆኑንለመግለፅእውዳለሁ።

መመሪያ

እባክዎመልስዎንለመፃፍነፃነትይሰማዎ

አማራጭለቀረቡላቸውየጥያቄአይነቶችምላሽዎንበማክበብያስቀምጡ።ምንምአይነትአማራጭላልቀረቡላቸውየጥያቄአይነቶችበተሰጠውክፍትቦታላይምላሽዎንያስቀምጡ።

ጊዜያችሁንመስዎትአድርጋችሁመጠይቁንበመሙላትስለተባበራችሁኝበቅድሚያአመሰግናለሁ።

መክሊትሳሙኤል

ክፍል አንድ - አጠቃላይ መረጃ

1. ፆታ U. ወንድ ለ. ሴት

2. እድሜ በአመት

18-29

30-39

40-49

50-64

3. የትምህርት ደረጃ U. ያልተማረሰ. ዲፕሎማ

ለ. የመጀመሪያ ደረጃ (1-4) ረ. ዲግሪ

ሐ. ሁለተኛ ደረጃ (5-8) ሠ. ከመጀመሪያ ዲግሪ በላይ

መ. ሁለተኛ ደረጃ (9-12)

4. የጋብቻ ሁኔታ U. ያላገባሉ. የፈታ

ለ. ያገባሉ. ባልቴት

5. የስራ ሁኔታ U. አለ ለ. የለም

6. ለምን ያህል ጊዜ ቆይ? -----

ክፍል ሁለት - የስደተኞች ጭንቀት መለኪያ

መመሪያ: እባክዎን በዝርዝር ውስጥ ያሉትን እያንዳንዱን ነገር በጥንቃቄ ያንብቡ። በተጓዳኝ መልስ ስር ዘሬን ጭምር፣ እያንዳንዱን ጭንቀት ስምን ያህል እንደነበሩ ከተሰጡ አማራጮች የሚገልፁትን ያመልክቱ።

ተ.ቁ	ዓረፍተ-ነገሮች	የመልስ አማራጮች			
		በጭራሽ (0)	አንዳንድ ጊዜ (1)	ብዙ ጊዜ (2)	ሁል ጊዜ (3)
1	የጭንቀት እና የመረጠኝ ስሜት ተሰምትዎት ያዉቃል				
2	ሀሳቦቼን ማቆም ያቅተኛል				
3	ስለ ብዙ ነገሮች አስባለሁ				
4	ዘና ለማለት እችላለሁ				
5	እረፍት ስለሌለኝ መቀመጥ ከባድ ነዉ				

6	በትልቁምበትንሹምእናደዳለሁ				
7	የተለየአስፈሪነገርይፈጠራልብዮእፈራለሁ				

ክፍልሶስት- የአዕምሮ ጭንቀትመጠንለመለካትየቀረበ

መመሪያ: ከዚህበታችያሉጥያቄዎችባለፈውወርውሥጥስለተሰማዎትስሜቶችእናሀሳቦችለማወቅየተዘጋጁመጠይቆችናቸው።በእያንዳንዱሁኔታምንያህልጊዜእንደተሰማዎትወይምእንዳሰቡትበማሰብየሚገልጽዎትንአማራጭ ያክቡ።

ተ.ቁ	ጥያቄዎች	የመልስአማራጮች				
		በጭራሽ (0)	በጣም አልፎ አልፎ (1)	አልፎ አልፎ (2)	አብዛኛውንጊዜ (3)	በጣም ብዙጊዜ (4)
1	ሳይጠበቅድንገትበተከሰተነገርምክንያትምንያህልጊዜተረብሽውወይምአዝነውያውቁነበር					
2	የዕለትተዕለትየህይወትእንቅስቃሴዎንመቆጣጠርየማይችሉ አይነትስሜትምንያህልጊዜተሰምትዎትነበር					
3	የአዕምሮ ጭንቀትወይምውጥረትምንያህልጊዜያጠቃዎነበር					
4	ችግሮችባጋጠሙዎጊዜችግሮችንየመፍታትወይምየመወጣትችሎታዎንበተመለከተምንያህልጊዜበራስየመተማመንስሜትይሰማዎነበር?					
5	ነገሮችሁሉእርስዎእንደሚፈልጉትእየሄዱልዎወይምእየተከናወኑልዎእንደሆነአይነትስሜትምንያህልጊዜይሰማዎነበር					
6	በእለትተእለትእንቅስቃሴዎችላይማከናዎንያለብዎትነገርኖሮነገርግንማከናዎንያለመቻልስሜትምንያህልተሰምቶትያዉቃል					
7	የብስጭነትወይምየመገንፈልስሜትበሚሰማዎትወቅትምንያህልጊዜስሜትዎትንለመቆጣጠርሞክረውያዉቃሉ					
8	የሚያጋጥሙዎትችግሮችሁሉበርስዎቁጥጥርሥርእንደሆኑ ዓይነትስሜትምንያህልጊዜተሰምቶትነበር					
9	ከቁጥጥርዎውጨበሆኑነገሮችምክንያትምንያህልጊዜተበሳጭተውያውቁነበር					
10	የተለያዩችግሮችባጋጠሙዎትጊዜ:ችግሮቹከአቅምዎበላይእንደሆኑናእርስዎችግሮችንመወጣትየማይችሉእንደሆኑምንያህልጊዜይሰማዎነበር					

ከፍልአራት-የስንድብርትመለኪያ (አጭርቅፅ)

መመሪያ: እባክዎን እንደተሰማዎት በተሻለሁኔታ የሚገልፀውን መልስ ያክቡ።

ተ. ቁ	ዓረፍተ-ነገሮች	መልስ	
		እስማማለሁ	እስማማለሁ
1	አሁን በሚኖሩበት የኑሮሁኔታ እርካታ ይሰማዎታል		
2	ከዚህ በፊት ያካናውኗቸው የነበሩ ድርጊቶች እና ለነገሮች ያለዎት ተነሳሽነትና ፍላጎት ጋር በተያያዘ ክቅርብ ወዲህ የስሜት በዕጅግ መቀዝቀዝ አለብላዎታል		
3	የባዶነት ስሜት ይሰማዎታል		
4	የድብርት ስሜት በእለት ተእለት ኑሮ ያዘዉት ይሰማዎታል		
5	በአብዛኛው ጥሩ የመንፈስ ብርታት አለኝ ብላዎታል		
6	ምኑም በማይታወቅ ምክንያት አልፎ ፍርሃት ይሰማዎታል ምክንያቱን በውል በማያውቁት ሁኔታ መጥፎ ለገር ሊከሰት ብንኑ ብላው በማሰብ ብቻ የፍርሃት ስሜት ይሰማዎታል		
7	አሁን በሚኖሩበት ኑሮ አብዛኛውን ጊዜ ደስታ ይሰማዎታል		
8	ባሉበት የኑሮ ሁኔታ የእረዳት ወይም አጋዥ የሌለው ሰው ስሜት ይሰማዎታል		
9	ከቤት ውጭ ተውሎ አንዳንድ ነገሮችን ከማከናወን ይልቅ ቤት ውስጥ መቀመጥን ይመርጣሉ		
10	ከሌሎች ሰዎች የማስታወስ ችግር ይልቅ የእርሶ የማስታወስ ችግር የበረታ እንደሆነ ይሰማዎታል		
11	በህይወት መኖር መቻል በራሱ ትልቅ ነገር ብላው ብላው ያስባሉ		
12	አሁን ባሉበት ሁኔታ ጋቢ እንደሆኑ ይሰማዎታል		
13	አሁን ባሉበት ሁኔታ የብርቱ እና የጠንካራነት ስሜት ይሰማዎታል		

14	አሁን ያለባቸው ሁኔታ የተስፋ የሌለው አይነት ግለሰብ ስሜት ይሰማዎታል		
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Jammacada Addis Ababa

Kuliyada cilmiga akhlaaqda

Iskuulka Cilmi Nafsiga

Waa Su'aalo looga baahanyahay in ay buuxiyaan qoxootiga:

Daraasaadkani waxa la rabaa in laga midho dhaliyo qoxootiga wadamada Eritreiya iyo Soomaliya ka socda ee magaalada Addis Ababa ku nool in la waydiiyo su'aalo kala duwan oo ku saabsan noloshooda bulsheed iyo dhibaatooyinka kala duwan ee bulsheed ee iyaga horseedi kara iyo sida loo xalin karo ka dibna wixii xog ah la soo riboort gareeyo

Daraasaadkani waxa laga rabaa in macluumaadka iyo xogta aad na siisaan in ay sax ahaato maadaama oo laaga baahanayahay in daraasaad laga rabo anigaana idiin xaqiijinaya in wax dhib ah aynu kala kulmayn midhaha diraasaadka oo sir ay tahay xogta aad ina siisaan oo magaciina xitaa lagu qorayn warqada xogta, sidaas ayaan idiin cadaynayaa.

Fiiro Gaar ah!

Fadlan jawaabtaada six or ah u qor

Su'aalaha leh mid dooro, fadlan goobee jawaabta aad rabto, su'aalaha u baahan inaad jawaab ku qorto fadlan meesha banana jawaabtaada ku qor.

Maadaama oo aad wakhtigiina ina siiseen oo aad nagu caawiseen xogtan aad baad u mahadsantihiin.

Meklit Samuel

Qaybta koobaad: macluumaad guud

1. Jinsiga B) lab T) dhiddig
2. Da'da tiro ahaan _____ 18-29; 30-39; 40-49;50-64
- 3.Heerka tacliinta B) wax ma baran T)dugsi hoose (1-4) J)dugsi dhexe (5-8) X) dugsi sare (9-12)
KH) dhiblooma D)Dhigrii R) dhigriiga u horeeya iyo wixii ka sareeya
3. Xaaladda guur B)ma guursan T) Xaasle/Xaasley J) waa la furay X) qof da' ah
4. Itoobiya qoxooti ahaan imisa sanno ayaad joogtaa?/ku caddie tirsiga taariikhda
Itoobiya?_____
5. Xaaladda shaqo_____

Qaybta Labaad: fadlan qaybtan soo socota si fiican su'aalaha iskaga akhri, kadibna calaamadee khaanadaha ka soo hor jeeda su'aalaha.

Lambarka su'aasha	Weedhaha su'aasha	Jawaabahan oo mid ah dooro			
		Marnaba (0)	Mar mar (1)	Inta badan (2)	Mar kasta (3)
1	Waxaan dareemayaa dhib iyo cidhiidhi				

2	Fikirka ma joojin karo				
3	Waxyaabo badan ayaan ka fikiraa				
4	Waxa dhib igu ah inaan farxad dareemo				
5	Maadaama oo aan fasax lahayn nasashadu waa igu adagtahay				
6	Wax kasta waa iga xanaajiyaa				
7	Waxaan ka cabsadaa mustaqbalka				

Qaybta saddexaad

Fiuro gaar ah: halkan waxa laguugu diyaariyay su'aalo ku saabsan wixii dhib ah ama cidhiidhi iyo dareenada la midka ah ee aad dareentay bishan. Dareen kastana in intee le'eg ayaad ku jirtay fadlan jawaabaha oo mid ah dooro.

Lambarka su'aasha	Weedhaha su'aasha	Jawaabahan oo mid ah dooro				In badan (4)
		Marnaba (0)	Mar mar (1)	Inta badan (2)	Mar kasta (3)	
1	In intee le'eg ayaad fikirtay ama ku murugootay wax kadis ah oo kuugu dhacay?					
2	Maalin kasta ma jiraa dareen aadan xakumi Karin oo aad dereento?					
3	Cidhiidhi ama fikir saa'id ah in intee le'eg ayaad dareentay?					
4	Dhib ah markuu kuugu dhaco in intee le'eg ayaad naftaada ku kalsoontahay si aad dhibkaa u xaliso?					
5	Noloshu sida aan rabo ayay iigu socotaa intaad tidhi in intee le'eg ayaad dareenkaas ku jirtay?					
6	Nolol maalmeedkaaga marna ma is tidhi waxan ma qabsan karo? In intee le'eg ayaad se ku jirtay?					
7	In intee le'eg ayaad isku dayday inaad cadhada xakamayso ama is dajiso?					
8	In intee le'eg ayaad dareentay in arrin kasta ay gacantaada ku jirto?					
9	In intee le'eg ayaad xanaaqday markaad ogaatay in arrin ay gacantaada ku jirin?					
10	Markay dhibaatooyin badan ku soo wajaheen in intee le'eg ayaad ogaatay in aad waxba ka qaban karayn dhibtan?					

Qaybta afaraad:**Fiiro Gaar ah: Fadlan su'aalahan hoos ku qoran si fiican uga jawaab.**

Lambarka su'aasha	Weedhaha su'aasha	Jawaabahan oo mid ah dooro			
		Marnaba (0)	Mar mar (1)	Inta badan (2)	Mar kasta (3)
1	Waxaan dareemayaa dadka hareerahayga jooga oo dhan in ay dad fiican yihiin				
2	Wax asxaab ah ma lihi				
3	Manta meel aan tagayaa ma jirto				
4	Cidlo ma dareemayo				
5	Waxaan dareemayaa in asxaabtayda aan xubin kooxeed ka ahay				
6	Dadka hareerahayga jooga waxaan dareemayaa in aan isku eg nahay				
7	Anigu cidna iskuma fiicnin				
8	Aniga fikir kaygu iyo waxyaabaha aan rabo iyo dadka hareerahayga jooga isma laha				
9	Waxaan ka fikiraa noloshaydu mid isku dheeli tiran ma aha				
10	Dadka aan isku fiicanahay waxaan dareemayaa in ay ii dhawyihiin				
11	Waxaan dareemayaa in dhibkii aan ka baxay				
12	Waxaan cilaqaad la leeyahay waa dalka dibadiisa				
13	Inta caadiga ah in ka yar ayaan dadka la hadlaa				
14	Waxaan dareemayaa cidlo				
15	Dadku sida asxaabta oo kale iima dhawa				
16	Noloshayda waan ku faraxsanahay				
17	Inta badan waan ooyi jiray				
18	Waan murugooday				
19	Waxaan dareemayaa dadku inay I necebyihiin				
20	Waan awoodi waayay inaan hore u socdo				

Qaybta Shanaad: Fiiro Gaar ah: fadlan caddee weedhahan in intee le'eg ayaad ku sugnayd xaaladahan.

Lambarka	Weedhaha su'aasha	Jawaabahan oo mid ah dooro	
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su'aasha		Marnaba (0)	Mar mar (1)	Inta badan (2)	Mar kasta (3)	In badan (4)
1	Dadka hareerahayga jooga waxaan dareemayaa in ay dad fiican yihiin					
2	Way igu adagtahay in aan asxaab samaysto					
3	Ma jiro qof sida aan rabo ii noqonaya					
4	Cidlo ma dareemayo					
5	Waxaan dareemayaa asxaabtayda xubin ka mid ah inaan ahay					
6	Wax yaabo badan ayaan iskaga eg nahay dadka hareerahayga jooga					
7	Qofna iskuma fiicinin/ dhawin					
8	Fikirkayga iyo rabitaankayga dadka ii dhaw ma aqbalaan					
9	Dadka waan dhex gala					
10	Way jiraan dad aan ka fikiro oo waliba aan u dhawaado					
11	Waxaan dareemayaa dhibaataadii inaan ka baxay					
12	Dadka kale waxaan ula dhaqmaa dhaqan fiican					
13	Qofna aniga si wanaagsan iima yaqaano					
14	Waxaan dareemayaa dadka kale inaan ka gaar ahay					
15	Asxaabtay xiliga aan rabo ayaan is aragnaa habeena ha noqotee					
16	Way jiraan dad waxaan dareemayo fahma					
17	Maadaama aan dareemayo inaan gaar ka ahay dadka ma faraxsani					
18	Way jiraan dad aan isku dhawnahay laakiins ilama joogaan					
19	Waxaan dareemayaa in ay jiraan dad aan hadal la wadaagi karo					
20	Way jiraan dad sida aan rabo ula dhaqmi karo					

አብ አዲስ አበባ ዩኒቨርሲቲ
ናይ ስነ ትምህርትን ባህሪ ፅንፍት ኮሌጅ
ሳይኮሎጂ ቤት ትምህርት

ብስደተኛታት ዝሙላዕ መሕትት

ናይዚ መሕተት ዓላማ ንማስተርስ መመረቕ ጽሑፍ ዝኸውን አብ አዲስ አበባ ዝርከቡ ናይ ኤርትራን ናይ ሶማሊያ ሰደተኛታት ናይ ስነ ልቦናን ማህበራዊ ጸገማት እንታይ ከምዝኾኑን እቲ ጸገሚም እውን ንምቕቋም እንታ ዓይነት ዘዴታት ከምዝጥቀማ ንምፅናዕን ናይ መፍትሒ ሓሳብ ንምጥቋም እዩ።

ናዩቲ ጽንፍት ዓላማ ናብ ሸቶ ንምብፃሕ እስኩም ብትክክልን ብቕንዕና ዝመለስኩም መልሲ ወሳኒ እዩ። ብዝተብኩም መልሲ ምንም ነገር ዘይበጽሕኩም ምኒኑ ዝረጋግጸልኩም እንትኮን እቲ ሚስጢራዊነቱ ንምህላዊ ክባሃል ሽም ምጽሃፍ አያደልይን።

መምሪሒ

በጃኩም መልስኩም ንምጻሓፍ ነፃነት ክስመዕኩም ያድልይ እዩ።

አማራጺ ንዝቀረበሎም ናይ ሓቶ ዓይነታት መልስኹም ብምክባብ ያቀምጡ። ምንም ዓይነት አማራጺ ንዘይቀረበሎም ናይ ሕቶ ዓይነታት ብዝተዋሓበ ክፍቲ ቦታ ምላሽኩም ያቀምጡ።

ጊዜኹም መስዋእት ጌርኩም እቲ መሕተት ብምሙላእ ስለዝተሓበበርኩሙና ነመስግን።

መክሊት ሳሙኤል

7	ዝተፈለገ ዝሕፍር ነገር ይፍጠር ይከውን ኢላ ይፈርኹ እዩ				
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ክፍለ ሰለስተ

መምሪሒ:- ካንኪ ንታሕቲ ዘለዉ ሕቶታት ኣብ ዛሓለፈ ወርሒ ውሽጢ በዝዓባ ዝተሰመዕኩም ስሚዒትን ሓሳባትን ንምፍላጥ ዝተዘጋጀው መሕትታት እዮም። ኣብ ሕድሕድ ኩነታት እንታይ ዝኣክል ጊዜ ከምዝተሰማዕኩም ወይ ድማ ከምዝሓሰቡዎ ብምሕሳብ ኣብ ዝገልጸኩም ኣማራጺ ምልክት ይግበሩ።

ተ.ቁ	ሕቶታት	ናይ መልስ ኣማራጺታት				
		ብጭራሽ(0)	ብጣዕሚ ኣሊፍ-ኣሊፍ (1)	ኣሊፍ-ኣሊፍ (2)	ብተሕ ጊዜ (3)	ብጣዕሚ ብተሕ ጊዜ
1	ከይተሓሰበ ሓንደበት ብዝተከሰተ ነገር ሰንኪ ንክንደይ ጊዜ ተረቢሾም ወይም ሓዚኖም የፈልጡ ነይሮም?					
2	ንይ ብቢ ማዕልቲ ናይ ሕይወት እንቅስቃሴኩም ንምቕፅፅር ዘይክእሉ ዓይነት ስሚዒት ክንደይ ዝኣክል ጊዜ ተሰማዕኩም ነይሩ?					
3	ናይ ኣዕምሮ ጭንቀት ወይ ድማ ውጥረት ክንደይ ዝኣክል ጊዜ ያጥቕዕኩም ነይሩ?					
4	ፀገም ኣብዘጋጠመኩም እዋን ፀገማት ናይ መፍትሔ ወይ ድማ ናይ ምውፃዕ ክእለትኩም ብዝምልከት ክንደይ ዝኣክል ጊዜ ብዓርስኩም ናይ ምትዕምማን ስሚዒት ይስማዕኩም ነይሩ?					
5	ኩሉ ነገራት ንስኹም ከምትደልዩዎ እንዳክደ ወይ ድማ እንዳተኸናወነ ከምዝኮነ ዓይነት ስሚዒት ንክንደይ እዋን ይስማዕኩም ነይሩ?					
6	ኣብ ዕለት ተዕለት እንቅስቃሴኩም ምክንያትን ዘለኩም ነገር ኮይኑ ግን ምክንያትን ዘይምክእል ስሚዒት ክንደይ ዘዓኸል ተሰማዕኩም ይፈልጥ እዩ።					
7	ናይ ምብስጫው ወይም ናይ ምግንፋል ስምዒት ኣብ ዝስማዕኩም ኣዋን ንክንደይ ዝኣክል ጊዜ ስሚዒትኩም ንምቁጽጻር ፈተኖም ይፈልጡ እዮም?					
8	ዝጓጎሉኩም ጸገም ኩሉ ብዓርሰም ትሕቲ ቁጽጽር ከምዝኮነ ዓይነት ስሚዒትን ክንደይ እዋን ይስማዕኩም ነይሩ?					
9	ካብ ጅጽጽር ወፃኢ ብዝኮነ ነገራት ሰንኪ ክንንደይ ዝዓክል ጊዜ ተበሳጪዮም ይፈልጡ ነይሮም?					
10	ዝተፈላለዩ ነገራት ኣብ ዘጋጥም እዋን፡ እቶም ጸገማት ካብ ኣቕሚ ንላዕሊ ከምዝኮኑን ንስኹም ምውፃእ ዘይክእሉ ከምዝኮኑ ንክደይ እዋን ይስማዕኩም ነይሩ?					

ክፍል አራት

መምሪሒ፡ በጃኩም ከምዝተሰማዕኩም ብዝተሞላዮሽ ኩነታት አብ ዝገልጽ መልሲ ምልክት ይግበሩ።

ተ.ቁ	ዓርፍተ ነገራት	ናይ መልስ አማራጺታት			
		ብጭራሽ(0)	ሓደ ሓደ ጊዜ (1)	ብዙሕ ጊዜ (2)	ኹል ጊዜ (3)
1	ምስ አብ ቀረባ ዘለዎ ሰባት ዝተስተኻከለ ስምዒት ይስማዓኒ እዩ				
2	ዓርኪታት የብለይን				
3	አነ ሎሚ ዘከደሉ አለኒ				
4	ብቸኻነት አይስማዓንን				
5	ናይ ዓርኽታተይ ናይ ጉጅለ አካል ከምዝኮንኩ ይስማዓኒ አሎ				
6	ምስ አብ ቀረባ ዘለዎ ሰባት ብዙሕ ዘመሳሰሉኑ ነገራት አሎ።				
7	አነ ንማንም ቀረባ አይኮንኩን				
8	ነተይ ድሌትን ሓሳብን አብ ቀረባ ነዘለዉ ሰባት አይተናገርኩን				
9.	ሕይወተይ ዝተሳኸዐ አይኮንን ኢላ ይሓስብ እዩ				
10	ቐረባ ዝኮንኩም ሰባት ከምዘለዉ ይስማዕኒ እዩ።				
11	ከምዝተገለልኹ ኮይኑ ይስማዓኒ እዩ				
12	ማሕበራዊ ርኽባተይ ደጋዊ እዮም				
13	ካብ ስሩዕ ብዝተሓተ ምስ ሰባት ይዘራረብ እዩ				
14	ብቸኻነት ይስማዕኒ እዩ				
15	ሰባት ከም ዓርኪ ቀረባ አይኮንኩን				
16	ብሕይወተይ ሕጉስ እዩ				
17	ብዙሕ እዋን ይበክይ ነይረ				
18	ሓዚኒ እዩ				
19	ሰባት ከምዝጸልዑኒ ይስማዕኒ እዩ				
20	ናብ ቅድሚት ምኽያድ አይካልኩን				

ክፍሊ ሐሙሽተ

መምሪሒ፡ ካብዚ ንታሕቲ ዘለዉ ሕድሕድ መግለጺታት ንዓኩም ክንድ ዝአክል ግልፂ ከምዝኮን ይግለጹ።

ተ.ቁ	ዓርፍተ ነገራት	ናይ መልስ አማራጺታት			
		ብጭራሽ (1)	ሊፉሓሊፉ (2)	ሓደሓደ ጊዜ (3)	ብዙሕ ጊዜ (4)
1	ምስ አብ ቀረባ ዘለዎ ሰባት ፅብቕ ስምዒት ይስማዓኒ እዩ።				
2	ምስ ሰባት ዕርኽነት ምምስራት ይኸብደኒ እዩ።				
3	ከምዝደለኩ ኽኮነሉ ዝኽእሉሉ ሰብ የለን				
4	ናይ ብቸኻነት ስምዒት አይስማዓኒን				
5	ናይ ብዙሕ የዕርኹቲ ስብስብ ሓደ አካል ዝኾንኩ ኮይኑ ይስማዓኒ እዩ።				

6.	ምስ ኣብ ቀረባ ዘለዎ ሰባት ብተሕ ዘመሳሰሉኑ ነገራት ኣሉ።				
7.	ምስ ማንም ዝቐረቦ ርኽብ የብለይን				
8.	ነተይ ድሌትን ሓሳብን ኣብ ቀረባ ዘለዉ ሰባት ተቀባሊነት የብሉን				
9.	ምስ ካልኣት ሰባት ይተኣታተው እዩ				
10.	ከም ባዕለይ ዝተሰበም ዝቀርቦም ሰባት ኣለውኒ				
11.	ከም ዝተገለልኹ ከይኑ ይስማዓኒ እዩ				
12.	ምስ ካልኣት ሰባት ፅቡቕ ዝባሓል ማሕበራዊ ርኽብ ኣለኒ				
13.	ሰባት ብፅቡቕ ኩነታት ብዛዓባይ ኣይፈልጡን				
14.	ምስ ካልኣት ሰባት ዝተገለልኹ ከይኑ ይስማዓኒ እዩ				
15.	ኣብ ዝደለኩዎ እዋን ኣጋር ዕርካታት ምርካብ ኣብ ዝደልየሉ እዋን ምርካብ ኮነ ብሓባር ምኪን ይክእል እዩ				
16.	ናይ ውሽጢይ ብትክክል ምርዳእ ዝኽእሉ ሰባት ኣለውኒ				
17.	ናይ ምግላል ስሚዒት ስለዝስመዓኒ ሕጉስ ኣይኮንኩን				
18.	ብኣቕራቢያይ ሰባት ኣለው ግን ሕጉስ ኣይኮንኩን				
19.	ብተሪያይ ከዛርቦም ዝክዕሎም ሰባት ከምዘለዉ ይስማዕኒ እዩ				
20.	ከም ዝደለኹ ኽኮነሎም ዝክዕል ሰባት ኣለውኒ				

DECLARATION

I the undersigned declare that this thesis is my original work, has not been presented for a Degree in any other university and that all sources of materials used for the thesis have been duly acknowledged.

Name Meklil Samuel Teklehaimanot

Signature _____

Date _____

This thesis has been submitted for examination with my approval as university advisor.

Advisor Name _____

Signature _____

Date _____