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Acculturation Strategies of Ukrainian Students Studying in Poland and Their Well-Being

ABSTRACT

For immigrants, the quality of their lives during migration is not the most important criterion for assessing their situation. It is important from the point of view of migration policy. The level of quality of life seems to depend on the use of options offered by the receiving country. The use of these options is probably a derivative of the migrant's decision – an acculturation strategy. To examine this relationship among Ukrainian students studying in Poland, a study was conducted involving 132 respondents (K = 61%). For this, standardized questionnaires were used: the World Health Organization Quality of Life-BREF and the Acculturation Strategy Questionnaire. The results obtained by regression analysis indicate that there was an association between all acculturation strategies and the general index of sense of quality of life. Only the strategy of integration correlates positively with quality of life assessment, all other strategies show a negative relationship.

KEYWORDS: *acculturation strategy; quality of life; students' immigration.*

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THEORETICAL BACKGROUND

Leaving the country is usually the result of a deliberate decision to improve the quality of a person's own or their family's life (Tabor et al., 2015). This decision is accompanied by plans and ideas about the way of life during the migration. Of course, there are exceptional situations, as shown by the example of Kabul in August 2021, when people attempted to flee the country spontaneously, without any preparation, often wearing the clothes they had on, as a form of escape from a threat. Rapid changes in the situation and the accompanying strong emotions may encourage taking reckless risks. Typically, however, it takes a long time to prepare for migration. Information on different locations is collected, different scenarios of stay are considered and possible outcomes are assessed (Tabor & Milfont, 2011). Potential migrants evoke various arguments for and against, create action plans, which lead to departure, but also considered the place of stay, undertaking work and the way of life in the country of destination, and most importantly, coping with the cultural otherness and the challenges of the host country. I say that there is a migration strategy for individual migrants, an important element of which is a positive assessment of their life situation abroad.

In the past, social studies on migration emphasized the fact that future migrants analyze their situation through the prism of factors pushing them out of the country of origin and attracting them to the destination country (push–pull factors) (Lee, 1966). This approach is based on the belief that these factors have an objective value and act similarly on all the people leaving the country. However, currently, this approach is considered too simplified, and more complex models that take into account the differences in the strength of the impact of various factors in individual migrants are being sought (Van Hear et al., 2018). It can be said that the picture of the migration situation is created individually and may undergo constant modifications, both while preparing for

the journey and while residing in a foreign country (De Haas, 2011). Preparing for migration is therefore a dynamic cognitive structure that includes cognitive assessments of the situation as well as ideas for actions aimed at improving the situation. We claim that the strategies migrants' adopt here are crucial for their life quality in the receiving country.

QUALITY OF LIFE

One of the key aspects of assessing one's own situation is assessing quality of life (QoL). The best known definition, which is the most frequently quoted by various authors, was proposed by the WHO Quality of Life Group. In their view, the quality of life is "an individual's perception of their position in life, in the context of culture and value systems accepted by society in which they live, and in relation to their life goals, expectations and interests" (WHO, 1998, p. 11). The phenomenon can be viewed from an objective or a subjective perspective. The objective nature of quality of life assessment in respondents refers to the degree to which the needs are satisfied. The objective approach assumes that there is a certain group of needs whose satisfaction is equally important for every human being. The objective indicators of the quality of life most often include: material level and financial base, social support and relationships with others, living and housing conditions, personal development, recreation and leisure (Trzebiatowski, 2011). The subjective approach assumes that no one but the examined person will be a more reliable source of feelings about their own life and its perceived quality (Dziurowicz-Kozłowska, 2002). Both perspectives are related to each other. The subjective dimension of the quality of life influences the assessment of objective conditions and vice versa. Psychologists who study the quality of life write very often about the so-called "satisfaction paradox". Such a paradox occurs when the subjectively perceived

high quality of life in a person does not result in objectively good conditions, and often these conditions are even unacceptable to an external observer (Wnuk & Marcinkowski, 2012).

The concept that captures the subjective nature of quality of life is the concept developed by the pioneer of QoL research, Angus Campbell (Campbell, 1976). His idea included many QoL indicators, such as: marriage, family life, health, neighborhood, friends and acquaintances, work and housework, country of residence, place of residence, standard of living, leisure time, education and its usefulness, housing and financial security. According to him, a person is satisfied with their life to a greater extent if they see their own achievements in agreement with their aspirations. In the concept proposed by Michalos (Michalos, 1985), it is considered that the discrepancy between what the individual aims to achieve and what has actually been achieved so far can be a good indicator of perceived quality of life (QoL). This condition can be assessed using several criteria, which include: aspirations, comparisons with others, the past, expectations, held values and what we believe we deserve (Kowalik, 2000). Cummins (1997), Felce and Perry (1995) and Schalock (2000) undertook a reduction of the number of QoL indicators. Schalock lists seven areas of life that he accounts for in his concept: material well-being, health, work or other activity, close relationships with others, safety, social and emotional well-being. It views quality of life as the degree of match between the needs of an individual and the requirements of society. It is a proposal of a hierarchical approach. At the top of the hierarchy is emotional well-being, followed by personal development, self-determination, interpersonal relationships, social inclusion, rights, material well-being, and finally, physical well-being. The findings of the three above-mentioned authors are largely consistent, including the WHO's understanding of well-being.

A systems approach to quality of life is based on systems theory. According to this model, micro- and macro-determinants are

important in defining quality of life. The starting point is therefore the broadly understood environment and the social policy of the state. It is these factors that influence the personal choices of individuals, which in turn translate into the feeling of happiness (well-being) (Oleś, 2010). Another proposal is the model suggested by researchers from the Center for Health Promotion of Toronto. According to them, the quality of a person's life results from the life opportunities they perceive. The following dimensions were taken into account: physical, mental, and spiritual. These dimensions make up the area of life called *being/subsistence* and concern human existence. Another area is *belonging*, which is related to the environment. The dimensions that make up this area are: physical, social and ecological. The third and last dimension distinguished in the Toronto Health Promotion Center model is *becoming*. Within this area, the following are distinguished: productivity/action, leisure, and personal development. Thus, not only the global quality of life index is important, but also the analysis of its individual components.

MIGRATION AND WELL-BEING

As shown in the study of Mocanu et al. (2020), migration may be associated with an increase in the assessment of migrants' quality of life. Their research revealed that the improvement in the rating is reflected, *inter alia*, by improved material situation and job satisfaction, as well as access to high-quality medical and educational services. However, this assessment largely depends on the value system of their home country, which influences the personal and professional aspirations of migrants. The *World Happiness Report* (Hendriks et al., 2018) concludes from surveys of around 36,000 migrants from more than 150 countries that immigrants worldwide are generally somewhat happier than resembling nationals of the sending country who choose not to leave. Migrants report

greater life satisfaction, more positive emotions, and less negative emotions. Similarly, Bartram (2015) indicates that migration is generally an attempt to improve the quality of one's life – going to a country with a higher standard of living. However, it is not obvious to him that migration has a generally positive effect on the happiness of migrants. Sometimes, despite moving to a richer country, they are unable to take advantage of this prosperity and experience a deterioration in their relative economic status and negative consequences for health and life satisfaction. In this spirit, the results were obtained by Rożnowski (2012), who examined the quality of life of women migrating for work but not permanently. The results of the conducted research indicated that the assessment of their quality of life during their stay in exile was lowered. What is interesting is the fact that similarly to the studies by Muszalik and Kędziora-Kornatowska (2006), people from rural areas revealed a lower quality of life in emigration than respondents from cities. So the quality of life during migration depends on how the migrant is managing in the host country.

LIFE STRATEGIES OF MIGRANTS

In the context of obtaining a good assessment of the quality of life in emigration, the key issue for a migrant is how to cope in the host country. In order to answer this question, migrants create and implement their own idea for an optimal migration stay, which can be called a migrant's strategy (Alho & Helander, 2016). Strategies must cover a wide range of issues, both securing livelihoods and protecting one's identity and personal development. Literature includes such terms as life strategies (Oleinikova, 2020), survival strategies (Mannan, 2003), strategies of Seeking Medical Care (Demintseva & Kashnitsky, 2016) or acculturation and adaptation strategies (Berry, 2005) with a long research tradition. The research by Arends-Tóth and van de Vijver (2004) confirms

that depending on the chosen strategy, people behave differently in terms of both private and public life. The latter is especially important because it serves to solve the most global problem of migrants, which is dealing with culture shock (Zubin, 2007). At every step, a migrant encounters otherness, which often undermines their current views on the world and their own self-esteem, which is associated with a deterioration in the perceived quality of life.

The role that culture plays in shaping the human psyché is indisputable. The interpenetration of many cultures has now become global (Wallas, 2010). On the one hand, migrations stimulate development in various areas of life, on the other hand, they can arouse fear both in the migrants themselves and in the group of people coming from the host country. Most migrants, when coming to a new country, think mainly about the economic aspect, not being aware of the psychological changes brought about by migration (Tuszyńska-Bogucka, 2015). Researchers-psychologists focus on internal experiences and personality changes as well as psychological mechanisms that result from the phenomenon of migration that is common today (Wallas, 2010). Every change has consequences. Changing a place of residence, whether forced or not, usually means enormous stress and anxiety. Acculturation anxiety, seen as a relatively permanent disposition, is already shaped in childhood and reinforced when encountering a foreign culture. If it is perceived by the individual as threatening, acculturative stress occurs in addition to anxiety. Acculturation stress is an emotional reaction triggered by a change of place of living. It is possible to distinguish the phases of migrants' emotional reactions to arriving in a new country and facing an alien culture. If the trip was planned, exciting and anticipated because the person assumed that the new place would be better for them to live, there is usually a honeymoon phase lasting from the moment of arrival (Boski, 2009). Any cultural differences are noticeable during this period, but they inspire curiosity rather than fear. This phase continues until the person realizes that the cultural

differences are hindering their daily functioning. This may be due to unfamiliarity with the topography of the city, social customs or a language barrier. The person starts blaming themselves for their own incompetence. This leads to the acculturation stress phase – shock. This phase is the result of permanent mental and physical fatigue connected with changes in numerous areas of life. Often the person may experience depressive states, crying spells, anxiety and constant thinking about the family and the family home. In severe cases, suicide attempts may occur. The combination of these phenomena is sometimes referred to as the "emigrant syndrome" (Kawczyńska-Butrym, 2009). In the penultimate phase, the psychological condition starts to improve, and the person gradually learns to organize their life anew, adjusting their behavior to the models adopted in the culture of the host country. If we combine this with acceptance from the host community, then the last phase – biculturalism – ensues (Kownacka, 2006).

It is worth mentioning the *ABC model of acculturation* proposed by Colleen Ward (Boski, 2009). The letter "A" corresponds to the first letter of the word "affect" and is related to the concepts of culture shock and acculturation stress. All psychological theories of stress apply in this case. Four phases are distinguished: euphoria (honeymoon), culture shock, acculturation and stable adaptation.   The letter "B" in the above model refers to the cultural learning theory. The primary focus is on the migrant's communication skills to communicate with people living in the host country. Learning a language that migrants could use to communicate effectively with their new community is important in this regard. The letter "C" concerns theories that explain (or seek to explain) the question of the identity of people who, for a longer period, live away from their country of origin. Among these theories, the best-known model belongs to John Berry (Berry, 2003). According to it, socio-cultural characteristics and thus population variables act as causes of the acculturation process. Analyses of both migrants and the host community are taken into

consideration. Whereas the role of the effects of the acculturation process is assigned to the individual variables. As factors positively influencing this process, Berry identifies the young age of migrants, their experience related to a different culture, and a small cultural distance (Boski, 2009).

JOHN BERRY'S ACCULTURATION STRATEGIES

Migrants may present different adaptation strategies depending on whether they perceive the adoption of the culture of the country to which they have arrived as something valuable and desirable, or they are rather sceptical (Janeta, 2011). Berry (2003), while developing the research on acculturation in his proposed theoretical model, distinguished four acculturation strategies. It was important for him to answer the question of whether migration is related to "choosing the lesser of two evils" or to an optimistic outlook on the future, the search for a better life and the belief that the new country will guarantee a better life. Most migrants are able to develop some positive acculturation strategies in the long term. While some migrants adapt to the new situation by experiencing only a few problems, this process may be negative for some (Joy & Gopal, 2017). In Berry's view, migrants can adopt one of the following acculturation strategies: integration, assimilation, separation or marginalization (Berry, 2003).

Separation

Separation is a state in which a person withdraws completely from life in the society to which they have migrated. The person feels indifference or negativity towards the culture of the new country. Integrating into the new community is out of the question. Such a person seeks to preserve their former ethnic identity. Migrants maintain their own culture and there is no adoption

of the rules of the new culture in which they live (Janeta, 2011). In most cases they close themselves in their own migration network, delegating someone to contact with the "outside world". Sam's research (2000) indicates that this strategy is associated with a more positive assessment of life satisfaction because the primary comparative group are other migrants staying in a closed group. Therefore, I hypothesize that a similar mechanism will occur in the group of Ukrainian students studying in Poland (H1).

Integration

Integration does not mean losing the culture of the country of origin, but is characterized by an attempt to build good relations with the host community while maintaining one's own cultural distinctiveness. With this strategy, migrants ensure their engagement in society by learning languages and gaining knowledge about social courtesy. In this case, migrants strive to maintain their culture as well as obtaining new cultural customs, which will aid their adaptation (Janeta, 2011). Research often indicates that integration is associated with a more negative assessment of one's own mental health (Berry, 2003). However, some research contradicts this fact (Sam, 2000). According to recent research, there is a positive correlation between social integration and the evaluation of the quality of life (Xia & Ma, 2020). In view of this ambiguity, I put forth a hypothesis that students from Ukraine, having a high social status, will show a positive relationship between the preferences of the integration strategy and the assessment of the quality of life (H2).

Assimilation

Assimilation as a one-way process leads to the inclusion of an ethnic minority in the host society, with the complete adoption of the culture of the receiving country. In this case, the previous

cultural identity of the migrant may vanish (Janeta, 2011). Characteristic for the phenomenon of assimilation in Berry's theory (2003) is that the migrant does not even try to maintain the cultural identity of the country from which they came from and is ashamed. The aim is to be accepted and be as close to the new community as possible. With the feeling of alienation the quality of life will decrease (H3).

Marginalization

Marginalization is the exclusion of the individual in social life participation and the abandonment of both cultures. In some cases, it may mean putting oneself outside of all cultures. By far, it is a strategy chosen the least frequently and often perceived as a defective course of the acculturation process. Also, it tends to be called deculturation (Boski, 2009). Those who accept it end up on the fringes of society. Thus, I hypothesize that it will be most strongly associated with the deterioration of QoL assessment of all strategies.

METHOD

Research tools
There are many tools that support the questionnaire method regarding quality of life measurement. Most of them are available in English. Those adapted for the Polish context mostly refer to the assessment of this quality in diseases. There are also methods that allow a broader measurement of physical and mental health. The Short-Form Health Survey (SF-36) in the Polish adaptation by Tylka and Piotrowicz (2009). However, the World Health Organization Quality of Life-BREF questionnaire is the most relevant for these studies (WHO, 1995). WHOQOL enables the assessment of quality of life in both healthy and sick people.

As it stands, it sufficiently relates to the situation of migrants. This questionnaire concerns four areas of functioning, which include: the physical field (daily living activities, sleep and rest, the ability to work, etc.), the psychological field (positive and negative feelings, spirituality, concentration, memory, learning, external appearance, etc.), the field of social relations (sexual activity, social support, personal relationships), the environment of functioning (home environment, access to information, transport, etc.). The respondent refers to individual statements on a five-point scale for each question.

The shortened version, consisting of 26 items, allows the quick assessment of the respondents' quality of life in each of the four areas or an overall assessment. The method reliability index, measured with the Cronbach's alpha coefficient for individual areas, ranges from 0.63 for the social domain to 0.80 for the physical domain (Kowalska et al., 2012). Due to the availability of the questionnaire, its short form and satisfactory psychometric properties, the shortened form of the WHOQOL-BREF questionnaire was used to study the quality of life of students – migrants.

A proprietary research tool was developed to study acculturation strategies since there is no such tool in Poland. The tools used in other countries had low reliability measures (Sam, 2000). The first step in constructing the research method was to generate forty test items on the basis of John Berry's (2003) theory, which were used for the initial test structure. The collected data were processed linguistically, with the elimination of grammatically complex forms. The developed set was subject to empirical verification. 100 students from Ukraine responded to individual statements. This material was analysed by exploratory factor analysis (EFA). The scree plot revealed four contributing factors. The Varimax rotation method with Kaiser normalization at 2 was utilised.

Finally, four scales were distinguished: Integration, Assimilation, Separation and Marginalization, according to Berry's acculturation strategies. Each of these scales consisted of four test

items. Cronbach's alpha was estimated to be 0.72 for the Integration scale, 0.69 for the Assimilation scale, 0.64 for the Separation scale, and 0.68 for the Marginalization scale, which is a satisfactory result (the content of the tool can be found in the appendix).

Participants

A group of foreign students studying in Poland were selected for the research. This is a privileged group among the identifiable subtypes of migrants who differ in the psychological costs associated with making a decision or being forced to migrate. Apart from students, tourists, residents of countries, repatriates and re-emigrants are included among the privileged groups (Tychmanowicz & Goździewicz, 2015). However, it should be remembered that despite their privileged status, migrants may face many difficulties, such as the inability to use the new language and communication barriers resulting from cultural differences or the discomfort due to longing for family and friends. A group of students from Ukraine was selected for the research due to their availability. It is the largest group of foreigners studying in Poland. The research included people from many regions of Ukraine, studying in various academic centres in Poland (Lublin, Pomerania, Warmia, Greater Poland), and at various types of higher education facilities (public and private; universities and other academic institutions) in order to randomize the impact of variables specific to individual environments.

The research group consisted of 132 students of Ukrainian origin currently residing and living in Poland in various cities and regions. It was a sample of a population counting 39 thousand people (Główny Urząd Statystyczny, 2020). The group was dominated by women, who constituted 60.68% of the total number of the surveyed Ukrainians, which is due to the distribution of the students population. As regards the duration of their stay in Poland, the most numerous groups were the ones which included people staying 2–2.5 years (49.57%) and 3–3.5 years (21.37%).

14.53% of Ukrainians stayed in Poland from 1 to 1.5 years, and 7.69% of the respondents stayed from 4 to 4.5 years. The smallest group of respondents were those staying in Poland from 6 to 7 years – 3.42% of the Ukrainians.

Procedure

The research was conducted from March to August 2019. For this purpose, a set of paper research questionnaires was used, which also included a short demographics section. The places where the research was conducted were universities and student dormitories. The research was carried out by trained interviewers who asked individual migrants to hand over the questionnaires to their friends of Ukrainian origin, and then the questionnaires were collected in a designated place.

ANALYSIS OF THE RESULTS

In order to conduct a statistical hypotheses testing, the collected results were statistically analysed with the use of the IBM SPSS 27 statistical package. The obtained results are presented below.

Table 1. Descriptive characteristics of measured variables.

Variable	M	SD	Min.	Max.
Physical domain	3.74	0.46	2.71	4.86
Psychological domain	3.65	0.61	2.00	4.67
Social domain	3.72	0.72	2.00	5.00
Environment of functioning	3.71	0.42	2.50	4.50
General well-being	14.81	1.69	11.18	18.31
Integration	15.69	2.96	8.00	20.00
Separation	10.31	3.08	4.00	19.00
Assimilation	9.09	3.08	4.00	17.00
Marginalization	8.31	2.80	4.00	16.00

As the data presented in Table 1 shows, students' quality of life assessment indicates results that are above the medium values on the scale. The assessment of individual domains of life provides very balanced results. Noticeable are large differences in the acculturation strategies. The integration strategy is the most preferred ($M = 15.69$, $SD = 2.96$), followed by the separation strategy ($M = 10.31$, $SD = 3.08$). The lowest score is assigned to the strategy of assimilation ($M = 9.09$, $SD = 3.08$) and marginalization ($M = 8.31$, $SD = 2.8$). The low score of assimilation is a bit surprising. Clearly, students do not want to give up the culture of their country of origin, preferring to stay in a closed circle of similar people rather than abandon their roots.

The obtained data were subjected to correlation analysis (see Table 2). The correlations between the individual strategies are average, which indicates the usefulness of the measurement method. The main relationship between the strategy and the assessment of the quality of life allows us to conclude that only Integration ($r = .321$, $p < .01$) has a positive association with quality of life. The others correlate negatively: Marginalization ($r = -.298$, $p < .01$) and Separation ($r = -.260$, $p < .01$), and the correlation between them turned out to be insignificant (Assimilation ($r = -.121$))

Table 2. Correlation matrix of acculturation strategies and general well-being.

	Integration	Separation	Assimilation	Marginalization
Separation	−0.229*			
Assimilation	−0.336**	0.082		
Marginalization	−0.458**	0.457**	0.247**	
General well-being	0.321**	−0.260**	−0.121	−0.298**

* $p < .05$, **$p < .01$.

For a more detailed analysis of the relationships between acculturation strategies and quality of life, linear regression analyses were performed, where the dependent variable was the overall quality of life assessment and the same assessment broken down into four measured domains, and the independent variable was the estimation of the level of individual migration strategies in individual migrants. The semi partial correlation coefficients ($r_{a(b, c)}$) were also calculated to estimate the relationships of the variables by removing the distortions resulting from the correlation between the independent variables.

The explanation of the variance of the *general quality of life* variable by acculturation strategies, described in Table 3, is statistically significant ($F = 4.94$, $df = 4/112$, $p < 0.001$), so it fits the data and explains the 12% variability of this construct in research. This is a satisfactory result considering the wide range of other possible influences (e.g. material situation, social relations, etc.). Only one of the strategies is statistically significant. Following the Integration strategy leads to a higher level of overall quality of life ($\beta = 0.23$, $p = 0.03$, $r_{a(b, c)} = 0.20$).

Table 3. Regression coefficients explaining general quality of life by acculturation strategies.

General quality of life		Non-standardized coeff.		Stanardized oeff.			
		B	SE	β	t	p	$r_{a(b,c)}$
Acculturation strategies	Integration	0.132	0.058	0.230	2.264	0.03	0.20
	Separation	−0.083	0.054	−0.150	−1.532	0.13	−0.13
	Assimilation	−0.001	0.051	−0.001	−0.011	0.99	−0.01
	Marginalization	−0.075	0.065	−0.124	−1.147	0.25	−0.10

However, it is worth taking a closer look at how the acculturation strategy choice affects individual domains of quality of life. For this purpose, four linear regression analyses were performed in which the acculturation strategies played a role of independent variables. The results are included in Tables 4–7.

In the case of the somatic domain, the explained variance index is 10%. The equation is statistically significant ($F = 4.14$, $df = 4/112$, $p = 0.004$) and the strategy that shows the strongest relationship with the independent variable is Marginalisation. It is a negative relationship ($\beta = -0.22$, $p = 0.05$, $r_{a(b, c)} = -0.17$). It is indicated by the fact that people who apply the marginalization strategy experience a lower quality of their life in the somatic domain. For the remaining strategies, no statistically significant relationships were found.

Table 4. Regression coefficients explaining physical domain
of well-being by acculturation strategies.

	Physical domain	Non-standardized coeff.		Stanardized oeff.			
		B	SE	β	t	p	$r_{a(b,c)}$
Acculturation strategies	Integration	0.024	0.016	0.15	1.478	0.142	0.13
	Separation	−0.016	0.015	−0.11	−1.093	0.277	−0.10
	Assimilation	0.022	0.014	0.15	1.579	0.117	0.14
	Marginalization	−0.035	0.018	−0.22	−1.972	0.051	−0.17

Table 5. Regression coefficients explaining psychological domain
of well-being by acculturation strategies.

Psychological domain		Non-standard-coeff.		Stanard-ized oeff.			
		B	SE	β	t	p	$r_{a(b,c)}$
Accul-turation strategies	Integration	0.061	0.021	0.29	2.910	0.004	0.26
	Separation	−0.024	0.019	−0.12	−1.251	0.214	−0.11
	Assimilation	−0.003	0.018	−0.02	−0.159	0.874	−0.01
	Marginalization	−0.006	0.024	−0.03	−0.272	0.786	−0.02

Table 6. Regression coefficients explaining social domain
of well-being by acculturation strategies.

Social domain		Non-standard-ized coeff.		Stanard-ized oeff.			
		B	SE	β	t	p	$r_{a(b,c)}$
Accul-turation strategies	Integration	0.004	0.026	0.02	0.165	0.87	0.02
	Separation	−0.016	0.024	−0.07	−0.676	0.50	−0.06
	Assimilation	−0.030	0.023	−0.13	−1.345	0.18	−0.12
	Marginalization	−0.047	0.029	−0.18	−1.633	0.10	−0.15

Table 7. Regression coefficients explaining the environment of functioning of well-being by acculturation strategies.

Environment of functioning		Non-standard-ized coeff.		Stanard-ized oeff.			
		B	SE	β	t	p	$r_{a(b,c)}$
Acculturation strategies	Integration	0.043	0.015	0.30	2.937	0.01	0.26
	Separation	–0.026	0.014	–0.19	–1.917	0.05	–0.17
	Assimilation	0.011	0.013	0.08	0.823	0.41	0.07
	Marginalization	0.014	0.016	0.09	0.867	0.38	0.08

The analysis of the dependence of the psychological domain shows that the model is statistically significant ($F = 4.35$, $df = 4/112$, $p = 0.002$), and the coefficient of explained variance is 10%. With regard to this aspect of quality of life, the Integration strategy is significant. Students who apply this strategy more often also have better results regarding the assessment of the quality of their life in terms of mental well-being ($β = –0.29$, $p = 0.004$, $r_{a(b, c)} = –0.26$). In the case of the social domain, the coefficients of the regression equation are the weakest, although still significant ($F = 2.61$, $df = 4/112$, $p = 0.04$) and the level of explained variance is only 5%. This indicates a weak relationship between acculturation strategies and assessments within this domain. As a matter of fact, none of the strategies shows a significant relationship with an independent variable. The last quality of life domain discussed is the environmental domain. In this case, the coefficient of the regression equation is slightly better ($F = 3.58$, $df = 4/112$, $p = 0.01$), but the level of explained variation in the results is still low and is 8%. Despite these slightly weaker coefficients, the study revealed two significant links between strategies and this quality of life domain. These are the following strategies: Integration ($β = 0.30$, $p = 0.01$, $r_{a(b,c)} = 0.26$) and Separation ($β = –0.19$,

$p = 0.05$, $r_{a(b,c)} = -0.17$). Integration is conducive to higher scores in this domain, and Separation is associated with lower scores. There are no significant links for other strategies.

DISCUSSION

Our hypotheses concerned the relationship between acculturation strategies pursued and quality of life ratings. Although some researchers believe that acculturation strategies have little predictive power because it is difficult to categorise a person into one particular strategy (Schwartz et al., 2010). Therefore, we assumed in this study that each migrant exhibits specific, varying intensities of behaviours using different strategies, and we analysed the impact of the frequency of each strategy on QoL ratings. Despite focusing only on strategies and omitting situational variables from the analyses, a sufficient level of explanation of the variation in the dependent variable was obtained to draw interesting conclusions.

At the overall level of analysis using correlation coefficients, it can be seen that only the Integration strategy is associated with higher scores on quality of life during migration (Choy et al., 2021; Sam, 2000; Xia & Ma, 2020). The remaining strategies correlate negatively, while the coefficients for Separation and Marginalisation are statistically significant. It may explain the ambiguity of the results described in the literature. Some migrants – adopting Integration will perceive their quality of life as better, while others – oriented towards Separation and Marginalization – will perceive their life as worse. The literature identifies marginalisation as a poor strategy leading to negative outcomes (Choy et al., 2021). Sam (2000) stated that in his study, separation showed a positive relationship with life satisfaction and therefore quality of life ratings. However, the prevailing observation is that separation negatively affects quality of life ratings (Choy et al., 2021). And these studies have proved it to be the case.

Closer analyses using regression equations revealed different relationships between migrant strategies and the perceived quality of life for individual domains of QoL ratings. The most positive influence is associated with the use of Integration. It also promotes better ratings in the psychological and environmental domains. In the aspect of health well-being, there is a significant negative impact of the Marginalization strategy. For the social domain, there were no statistically significant dependencies. Environmental domains show a negative relationship with the use of Separation. This indicates the complexity of the relationship mechanisms between the acculturation strategies adopted by migrants and their well-being. It is therefore worth conducting further research on this phenomenon. Further research would help to improve the quality of life of migrants by supporting optimal acculturation strategies.

There are several important limitations to the generalisation of results in this research. Firstly, only one nationality group of migrants was examined (Ukrainian university students). The sample was not large, but in most studies of migrants their reluctance to participate in research can be encountered. Increasing the size and diversity of the group would increase the value of this research. The research tool used here to measure the strategy is also an issue. Unfortunately, all tools to date have low psychometric values (Sam, 2000) and a good tool is still lacking. The attempt made in this research provides interesting premises that can be used to improve the tool.

The research points to the need for a more thorough analysis of the effectiveness of the strategies chosen by migrants. It is worth analysing the relationship of different strategies, not only acculturation strategies, with migrants' quality of life ratings. Therefore, further research in this area is needed. It is also worth seeing how strategies relate to the exercise of migrants' rights and to what extent they correlate with vulnerability to involvement in the criminal world (drug trafficking, theft etc.). A superficial

observation of reality suggests that some strategies will foster marginalisation and criminality among migrants. Separation is strongly associated with reluctance to contact the police or other services, even when the migrant is suffering harm. Marginalisation can lead to inability to inform anyone about one's fate, as happened in the case of a Russian migrant in Legnica (*Rosjanin przez 23 lata…*, 2020). This phenomenon is worth investigating in order to counteract it and to support the well-being of migrants based on compliance with the law of the host country.

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