

ANALYSING LIFE SATISFACTION OF IMMIGRANTS BENEFITTING FROM THE WELCOME AND INTEGRATION CONTRACT IN LUXEMBOURG

BUCKI Barbara & BAUMANN Michèle

Research Unit INSIDE, Institute Health & Behaviour, University of Luxembourg

BACKGROUND

Immigrants' wellbeing depends on their life satisfaction, but the reciprocity of the relationships between its sociological and psychological determinants is under-documented.

Wellbeing is typically defined as a life that matches an individual's ideal. The most widely used measures of wellbeing are various subjective reports of satisfaction with life: in general, in important domains of life, or happiness.

In 2011, in order to help non-EUs (but also EUs) to a successful integration, a 24-month Welcome and Integration Contract was elaborated by the Luxembourgish Agency for Welcome and Integration.

The Welcome and Integration Contract is available for: Any foreigner over the age of 16, legally residing in Luxembourg and wishing to settle sustainably.

Three services are offered:

- **Language courses** - 3 semesters at a reduced rate in at least one of the official languages: Luxembourgish, French, and/or German;
- **Civic courses** - 6 free hours promoting the history of Luxembourg, its political organization, culture and customs;
- **Orientation day** - familiarizing with the main institutions and different organizations of the country.

The aim of our research was, two and a half years after the implementation of the contract, to analyse the associations between components of feeling integrated, social participation and socio-demographic factors, and life satisfaction among non-EU and EU beneficiaries.

METHODS

Design.

Cross-sectional national study.

Population.

452 ongoing and former contract beneficiaries participated to the survey.

Data collection & instruments.

Self-administered questionnaire sent at home.

* **Life satisfaction (LS)** (1 single item) was assessed on a visual scale [1;10] point from "not satisfied at all" to "completely satisfied"

* **Impacts of Welcome and Integration Contract (WIC)** on feeling integrated (11 items) and on social participation (6 items),

* **Socio-demographic characteristics** (sex, education, years of residence),

* **Number of used services** [0;3]

Statistical analyses.

Linear regressions with each variable, to explain LS
Significant factors entered in a general linear model differentiating non-EUs and EUs.

RESULTS

LS is similar: 233 non-EUs: 7.8/10 (2.4) } No significant difference
219 EUs: 7.6/10 (2.1)
(European indicator in 2013: 7/10)

Socio-demographic characteristics are similar:

- 63.5 % women ; mean age 39.4 9 y., 77% living in couple
- 63.5 % with a university level
- 1/3 working, 1/3 retired, 1/3 unemployed
- Living in Luxembourg since 5.7 (4.5) years
- About 3/5 used all 3 available types of WIC services.

Table 1. Associations between feeling integrated and social participation on life satisfaction

	Correlations with LS			
	Non-EU (n=233)		EU (n=219)	
	Coef [§]	p*	Coef [§]	p*
Impacts of the contract on feeling integrated				
Being in a process allowing to envisage sustainable integration	0.30	0.005**	0.29	0.008**
Ability to show my commitment to integrate	0.27	0.000***	0.30	0.000***
Participate in a process of mutual engagement me ↔ Luxembourg	0.40	0.000***	0.50	0.000***
Integrating without abandoning my own culture	0.50	0.000***	0.60	0.000***
Birth of a sense of belonging to Luxembourg	0.48	0.000***	0.55	0.000***
Find my place in the schools of my children	0.48	0.000***	0.60	0.000***
Find my place in my municipality	0.61	0.000***	0.70	0.000***
Find my place at the professional level	0.62	0.000***	0.64	0.000***
Discover the traditions and customs of Lux	0.21	0.005**	0.40	0.000***
Discover the symbols of Luxembourg	0.22	0.003**	0.30	0.000***
Discover the values of Luxembourg	0.36	0.000***	0.37	0.000***
Impacts of the contract on social participation				
Ability to participate to cultural events	0.49	0.000***	0.38	0.000***
Ability to participate to the political life of Lux	0.58	0.000***	0.53	0.000***
Ability to obtain information in Luxembourgish	0.29	0.023*	0.31	0.004**
Ability to obtain information in German	0.29	0.023*	0.31	0.004**

* Signification p<0.05; ** p<0.01; *** p<0.001

§ Correlations adjusted on years in Lux, education, sex, and occupational status

Determinants of life satisfaction among non-EU and EU citizens are showed in Figure 1 below. (R²adjusted = 0.504)

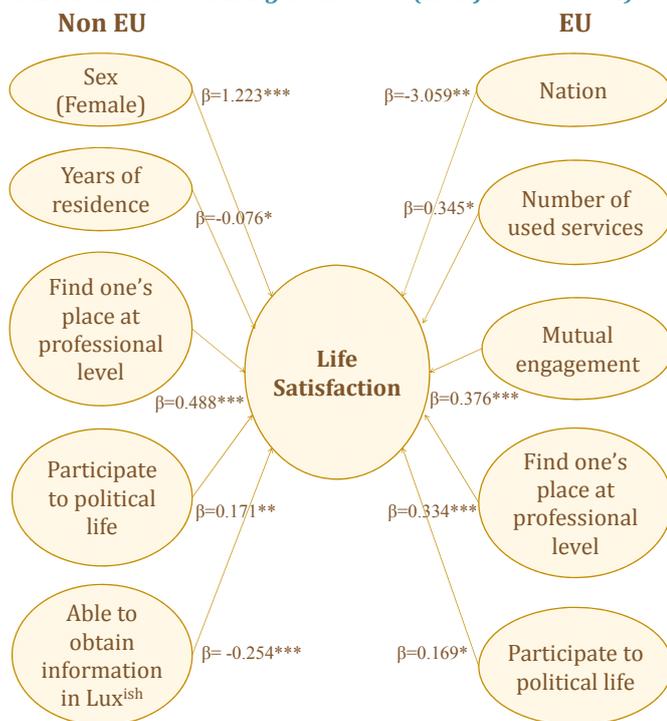


Figure 1. Determinants of LS among non EUs and EUs

DISCUSSION

Among non-EU beneficiaries, higher LS is found in women living in Lux. for the fewest years and the least capable to obtain information in Luxembourgish.

Among EUs, higher LS is found in those who are satisfied with the mutual engagement allowed by the contract, and using the most contract services, in relation with their nation.

For all participants, interventions aimed at improving immigrants' satisfaction with their place at the professional level, and their participation to political life, could enhance their life satisfaction.

Wellbeing varies across individuals, over time, and across cultures. A better understanding of the causes of this variability may help policy makers to take better decisions that increase wellbeing of immigrants, and in consequence give them an opportunity towards successful integration.

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Correspondence: barbara.bucki@gmail.com