



# Emigration intentions in the context of the modified Health Belief Model

Marta Kulanová  
Department of Psychology, PJ Safarik University in Kosice, Slovakia

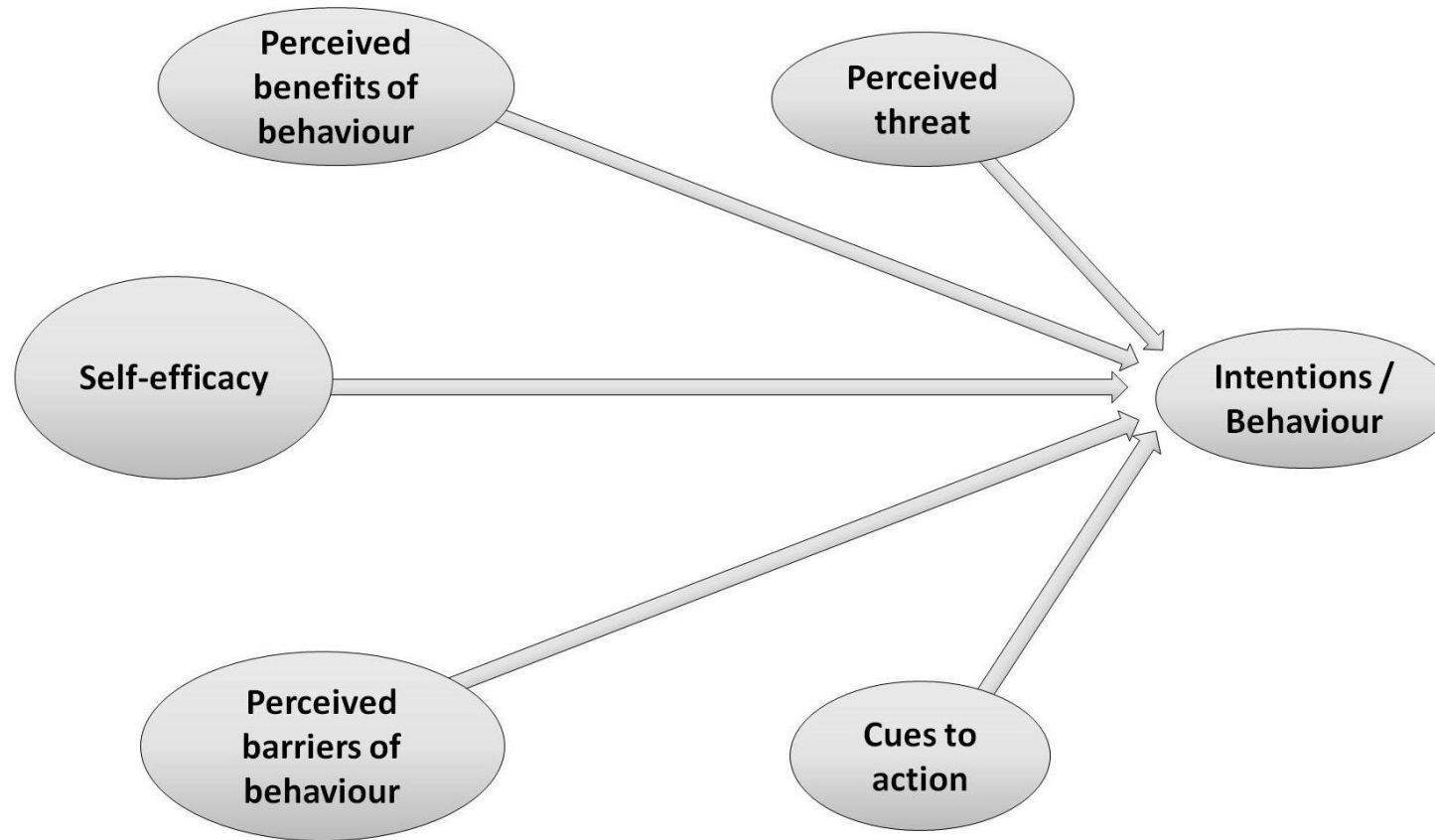
# Emigration intentions among university students from Slovakia in 2016

Emigration plan	Among sample (n=489)	Among women (n=374)	Among men (n=115)
Not planning to leave	110 (22.5%)	90 (24.1%)	20 (17.4%)
Undecided	203 (41.5%)	158 (42.2%)	45 (39.1%)
Planning short-term stay abroad	60 (12.3%)	47 (12.6%)	13 (11.3%)
Planning long-term stay abroad	116 (23.7%)	79 (21.1%)	37 (32.2%)

# Health Belief Model

- assumes that what people believe about a condition or behaviour targeted at changing this condition determines what they will do about it.
- The original HBM tries to predict the probability that an individual implements a certain health behavioural strategy (Groenewold, Bruijn & Bilsborrow, 2006).
- The first two factors of HBM – perceived severity (an individual's beliefs about the likelihood of meeting a health condition) and perceived seriousness (an individual's beliefs about the seriousness of meeting that health condition) represent the perceived threat of a situation.
- The factors of perceived benefits and perceived barriers represent outcome expectations from the behaviour directed at reducing the threat
- cues to action relates to events or experiences that stimulate an individual's direct need to perform this behaviour.
- self-efficacy was directly adapted from Bandura's social cognitive theory

# General HBM



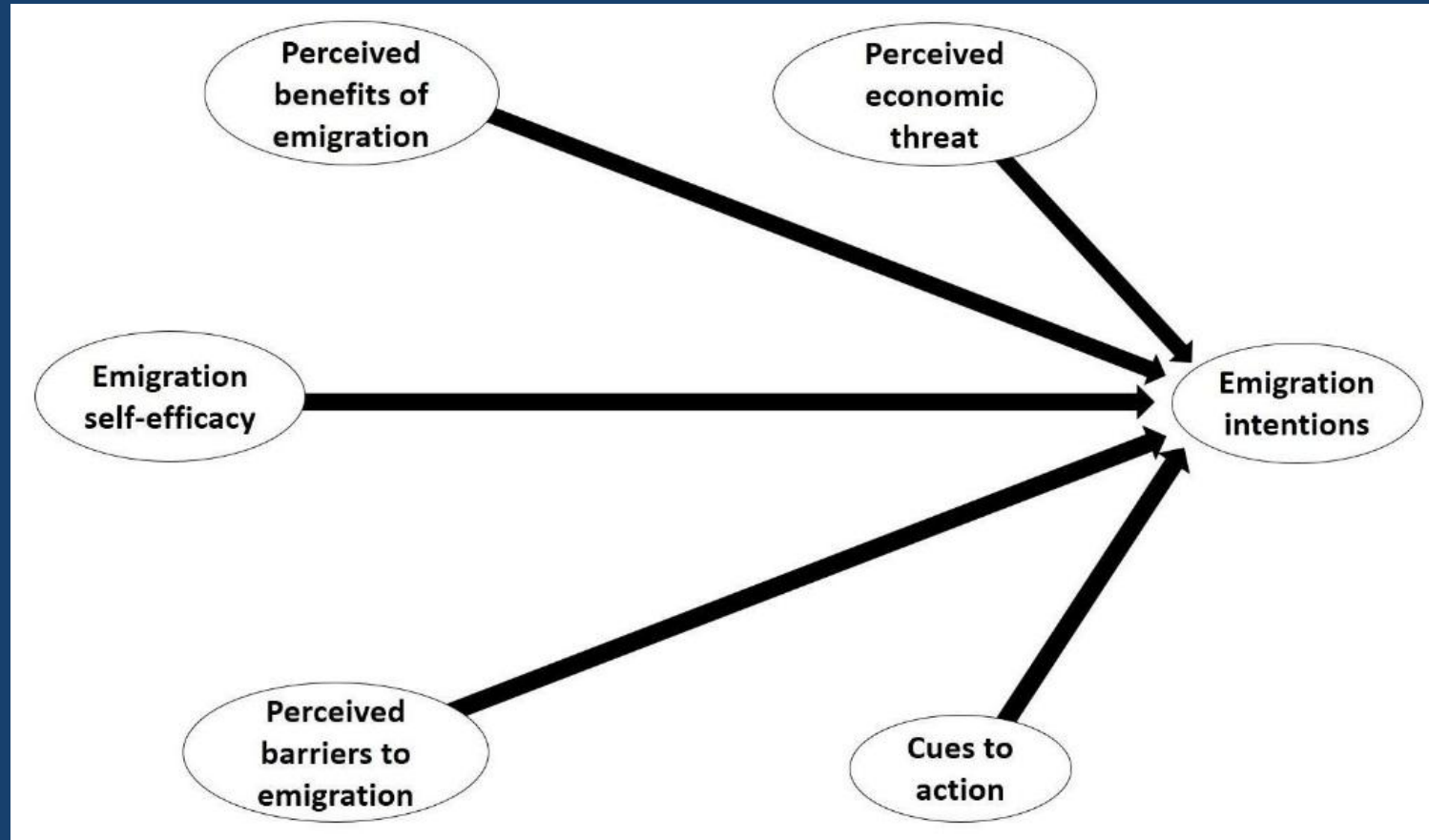
# HBM / MBM comparison

## HBM

## MBM

<ul style="list-style-type: none"><li>• GOAL</li><li>• THREAT</li><li>• BEHAVIOUR</li><li>• + / - of B.</li><li>• Self-efficacy</li><li>• Cues to action</li></ul>	<ul style="list-style-type: none"><li>• Improving health</li><li>• Threat to health</li><li>• Health-related b. (prevention)</li><li>• + / - of health-related b.</li><li>• SE about ability to successfully engage in health-related b.</li><li>• Cues stimulating readiness to engage in health-related behaviour</li></ul>	<ul style="list-style-type: none"><li>• Improving (economic) living conditions</li><li>• Perspective (economic) threat</li><li>• Emigration behaviour</li><li>• + / - of emigration</li><li>• SE about ability to successfully manage emigration</li><li>• Cues stimulating readiness to engage in health-related behaviour</li></ul>
--	---	---

# Modified HBM – Migration Belief Model



# Modifying factors

- One of the biggest benefits of the HBM and its modifications is their ability to provide a broad conceptual framework for the research of intentions and behaviour.
- Modifying factors are commonly demographic characteristics and personality traits (Chen & Goodson, 2007).
- Modifying factors may influence an individual's perceptions and beliefs and this way they may have an indirect and direct impact on behaviour (Tarkang & Zotor, 2015).
- Psychological resilience - an individual's ability to successfully adapt to life changes (Pecillo, 2016). A lower level of experiencing positive emotions among less resilient people may be related to the desire to change the place of living.
- Risk-taking - individuals who are more willing to take risks are more willing to migrate.

# Aims and research sample

- **AIMS:**

- To examine the relationships between factors of the MBM, risk-taking, general resilience and emigration intentions
- Additional – to verify the relevance of the MBM with given indicators of the five factors

- **Procedure & sample:**

- All universities invited (51% responded)
- Formal and informal invitation
- 1091 students reacted, 489 completed the whole questionnaire ( $rr=44.8\%$ )
- 76.5% were women,  $M_{age}=22.8$  (2.97)



# Measures

## MBM factors

- **Emigration intentions** – „Are you planning to leave Slovakia after completing university?“ (not planning, undecided, planning a short-term stay, planning a long-term stay)
- **Perceived threat** – „How do you feel about the development of Slovakia's economy over the next 10 years in the context of your professional career and perspective of starting your own family?“ (very optimistic – very pessimistic)
- **Perceived benefits** – six factors attracting to emigrate (language, education, career,...)
- **Perceived barriers** – six factors repelling of emigration (relationships, language barrier, paid study,...)
- **Emigration self-efficacy** – two items SE scale adjusted for emigration

## Modifying factors

- Risk-taking – 10-items subscale of DOSPERT (Blais & Weber, 2006)
- General resilience – 10-items CS-RISC (Connor & Davidson, 2003)

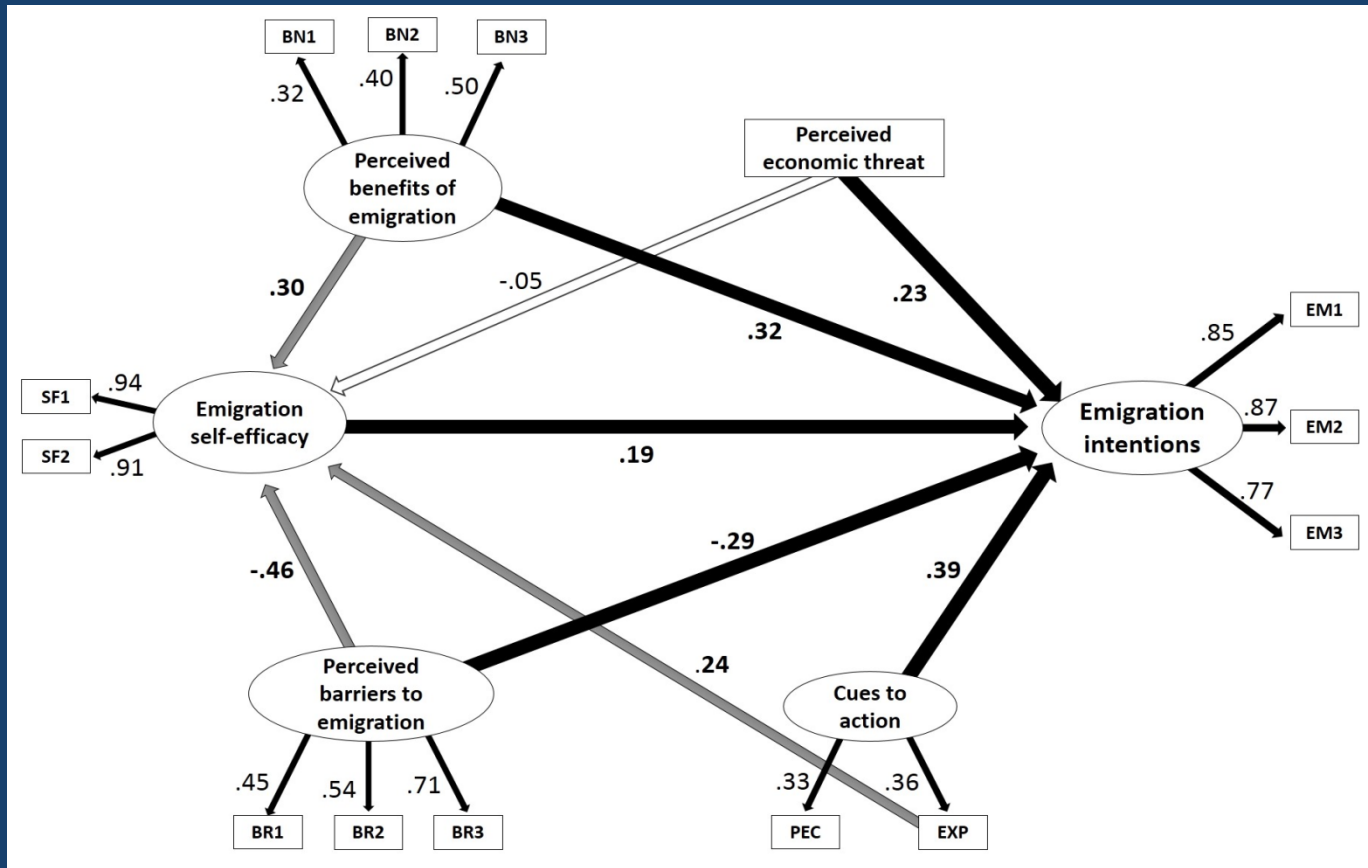
# Results

- MBM factors plus risk-taking and general resilience explained 36.7% of the variance in emigration intentions.
- It showed that those who plan a long-term stay abroad: 1) are more likely to report higher level of perceived threat, perceived benefits, self-efficacy and risk-taking and a lower level of perceived barriers and resilience when compared to those who don't plan to move at all;
- 2) differ in the same way from the undecided, with the exception of perceived benefits in which there is no difference;
- 3) are more likely to report a higher level of perceived threat and lower level of perceived barriers when compared to those who plan a short-term stay.

# Results

- Students intending emigration are more willing to engage in risk activities and less able to adapt to change than those who do not want to emigrate at all
- Less resilient people may be inclined towards emigration as to something promising the improvement of their conditions more than those who are more resilient and manage to handle daily obstacles and difficulties more easily.
- A lower level of resilience is also associated with a lower level of experiencing positive emotions (APA, 2017). This is in line with a lower level of mental health and well-being being the predictors of emigration intention.

# Further verification of the MBM



## Mediational roles of MBM factors

*Sem analysis:*

$\chi^2(69, n=489)=189, p<.001$

GFI=.95

CFI=.95

RMSEA=.06 (90%CI of the RMSEA=.05-.07)

SRMR=.064

# Conclusions

- It was found that the transformation of the HBM into the MBM is appropriate for explaining emigration intentions among university students.
- Moreover, the mediational role of emigration self-efficacy as a personality factor was supported which indicates that psychological and especially personality traits may be factors explaining the relationships between environmental factors and intentions and behaviour.
- The main factors of the MBM are not isolated but significantly related one with another when referring to emigration intentions.

# ACKNOWLEDGEMENTS

- This work was supported by Research and Development support Agency under the contract No. APVV-0253-11, APVV-15-0662 and Scientific Grant Agency VEGA 1/0713/15.

Thanks for your attention