



Research Article

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Resilience, Migratory Grief, and the Influence of Sociodemographic Factors on Venezuelan Immigrants, Case of Peru

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Abstract

The current study aimed to determine the relationship between resilience and migratory grief among Venezuelan immigrants in Peru. This was a basic, quantitative, correlational, cross-sectional study. The sample consisted of 267 Venezuelan immigrants aged between 18 and 50 years from the human mobility and human trafficking board of a diocese in Peru. To measure the variables, the RS-14 Resilience Scale by Wagnild and Young and the Migratory Grief Questionnaire created by De la Revilla et al. were used. For the data analysis, SPSS v25 software was used, and Spearman's correlation coefficient was calculated to determine the relationship between resilience and migratory grief. Additionally, to understand the influence of sociodemographic factors, analysis of variance (ANOVA) and the Scheffé post hoc test were utilized. The results showed that there was a statistically significant relationship between the level of resilience and migratory grief. Similarly, employment status is an influential factor for both resilience and migratory grief.

Keywords: Resilience, migratory bereavement, demographic factors

1. Introduction

Migration has been an activity that has been present since ancient times and is associated with the perception that humans are in constant transit. This activity responds to various motives but seeks the same purpose: to improve the quality of life and opportunities for those who experience it. Currently, there are an estimated 281 million migrants worldwide, accounting for 3.6% of the world's population. India and Mexico are among the leading countries of origin for international migrants, with conflicts and work being the main drivers of migration. In contrast, the United States and Germany are among the top destination countries (International Organization for Migration [IOM], 2022).

Furthermore, forced migrations (one of the main factors) by the end of 2022 saw approximately 108 million people leaving their countries due to various conflicts threatening their lives or dignity (United Nations High Commissioner for Refugees [UNHCR], 2022).

In the same context of migration, it has been observed that in recent years, Venezuela began to experience economic, social, and political crises, leading to massive migration both within Latin America and to other continents. Worldwide, 7.71 million Venezuelan refugees and migrants have been registered, with approximately 6.1 million reported in the Latin American context as of August 2023 (Inter-Agency Coordination Platform for Refugees and Migrants from Venezuela [R4V], 2023).

In Peru, the recorded figure of Venezuelan refugees and immigrants stood at 1.054 million permanently as of August, according to R4V (2023), and 113,150 migrants in transit (International Organization for Migration [IOM], 2022), making our country the second-largest host of the Venezuelan population. This underscores the significant importance of the Venezuelan migratory process to Peru.

From 2017 to 2020, due to public policy strategies, emphasis was placed on refugee care and establishing facilities for permanence without foreseeing the significant influx of Venezuelan immigrants into the country (Heredia & Battistesa, 2018).

Migration has various consequences, as migrants are exposed to risky circumstances involving transgress and violation of their rights and human dignity, such as labor exploitation, violence, human trafficking, and illicit trafficking (IOM, 2022). Since 2018, the figure for illicit trafficking has increased in the city of Tumbes, where Venezuelan people are the main victims (IOM, 2022).

The migratory process is a drastic change (González, 2005) that, due to the high demand for adaptation to new living conditions, results in immigrants experiencing high levels of stress due to all the events underlying this process (Achotegui, 2008; Nina, 2018); during the travel period, factors such as unfavorable climatic conditions, human trafficking, crime, and illegal border crossings, among others, appear (United Nations High Commissioner for Refugees [UNHCR], 2022; Zimmerman & Kiss, 2011). In this sense, this complex situation due to harrowing transit and limits, as losses and gains are processed, tends to affect individuals' psychological and physical well-being (Nina, 2018).

Venezuelan migrants live under precarious conditions. According to a study conducted on ten Venezuelans, eight of them reported having experienced feelings of sadness, stress, worry, fear, and chronic anxiety (51%) (Blouin, 2019). Another evident factor with a high prevalence in our country is the culture of widespread discrimination and xenophobia (Center for Psychosocial Care [CAPS], 2022); among other factors are the failure to meet basic needs, living on the streets, having been exploited or unemployed, separating from family members, theft of documents or possessions, and engaging in gender violence (CAPS, 2022).

Furthermore, migration involves a series of losses, and when this happens, we feel pain and, therefore, undergo a grieving process; this product of such losses within the migration process is called migratory grief (Donoso, 2014), where an adaptive process to the new way of life is concurrently developed. Such a process and all the events that occur generate significant stress (Nina, 2018), the impact of which can be reduced by having adequate support networks and support, physical and psychological health, and resilience capacity (Jávita, 2020; Martín, 2018; Nina, 2018).

Resilience is understood as the individual and/or collective capacity to face adversities and can include individual, collective, economic, and labor (García-Cid et al., 2017). Therefore, resilience in the context of refuge is related to the subsequent adaptive situation, also called the trauma caused by migration (Villacieros, 2016). In this sense, because the migration process involves changes and the experience of negative experiences in immigrants, resilience is considered a protective factor because it acts dynamically and evolutionarily in the face of obstacles and has the capacity to face difficult events and adapt to new realities (Jávita, 2020).

The migration process is considered traumatic because it involves numerous circumstances of vulnerability that affect the mental health of those who experience it. Resilience is not a new topic within research; however, understanding migratory grief and its negative repercussions on immigrants, in addition to how resilience presents itself as a capacity that allows individuals to cope with it, is considered an understudied area. Thus, due to the scarcity of studies on the variables treated, there is a scientific knowledge gap, which, in the future, will allow intervention in the affected population and improve their adaptation.

This population is characterized by overcrowding and vulnerability, a lack of stable work, no benefits, and exploitation by working more than 10 hours a day, in addition to suffering from discrimination, among others (Plan International, 2021); likewise, those Venezuelans who move from a state of seasonal migration, from one region to another in search of work and resources, to a settled condition increase the risk to their physical and psychological health. (Doctors Without Borders, 2022)

2. Literature Review

2.1 *Relationship between resilience and migrant bereavement in immigrants*

Resilience in response to adversity involves and predicts a positive behavioral response (Luthar, 2003; Ortunio & Guevara, 2016). Therefore, resilient individuals are characterized as capable of confronting traumatic events (Ruiz & López, 2012). Similarly, resilience is considered a dynamic process because, despite experiencing traumatic experiences, individuals adapt positively (Luthar & Cicchetti, 2000). Olsson et al. (2003) describe resilience flexibly as comprising characteristics related to satisfactory adaptation, the presence of a resilient character, and the interaction between protection and risk processes that act to modify resilience.

On the other hand, they explain two dimensions: personal competency, which refers to the quality that individuals have to face adversity, and self and life acceptance, which is related to recognizing life and giving it a meaning and value of peace, even in the face of negative circumstances that may arise.

Migratory grief is defined as a multifactorial process; diverse, as each person experiences it differently; and complex, since it involves a set of losses, leading to a reorganization in the individual's lifestyle (Achotegui, 2009; González, 2005). The migratory process entails the severance of personal, familial, and community ties, leading to posttraumatic stress and uprooting (De La Paz Elez & García, 2018). Immigrants may undergo premigration trauma in their countries of origin and trauma during their migratory journey, as well as unique and ongoing stressors after migration (Goodman et al., 2017; Sangalang et al., 2019). Economic stress factors, such as the loss of former support networks and the need to rebuild social support systems in the host country, can also contribute to migratory grief (Goodkind et al., 2021; Novara et al., 2023).

The various situations that immigrants face daily test their capacity for adaptation and resistance. However, there are several times when overwhelmingly distressing events, such as those experienced before, during, or after the migration process, exceed the tolerance threshold and increase vulnerability, increasing risk factors (Quishpe, 2019). However, when discussing the capacity for resistance in the face of adversity, we refer to resilience, which, as an internal or personal factor, along with other capacities such as creativity and communication, among others, promotes an

optimistic and resilient outlook. This fosters adaptation and, consequently, the experience of positive emotions, even in negative scenarios, enhancing the search for solutions to the problems faced (Santana, 2016).

Olcese et al. (2024) analyzed factors that could promote community resilience in immigrant communities, such as economic aspects, community competence, information, social capital, and beliefs and attitudes. The psychological and mental health consequences of migration in immigrants and refugees are detailed, highlighting the triple trauma stemming from migratory events, flight, and marginalization in the host country (Berte, 2023a). Moreover, Ciaramella et al. (2022) noted the lack of specific resilience interventions targeted at immigrants and the need for more detailed descriptions of procedures that take into account the life experiences of immigrants.

On the other hand, Ramos (2021) mentions that there is a relationship between migratory grief and resilience since all the events experienced during migration involve the experience of negative emotions and resources that will lead to an adequate process of adaptation to the new culture and elaboration of grief. Resilience has been found to correlate with life satisfaction and mental health among immigrants, with tenacity, social support, and personal control serving as significant predictors of both life satisfaction and mental health (García-Cid et al., 2017). Resilience was the only significant variable associated with posttraumatic stress above traumatic events and demographic variables in young refugees (Laufer et al., 2022). Furthermore, resilience was observed to mediate the association between postmigration life adversities and mental health among asylum seekers and refugees (Feyissa et al., 2022).

García-Cid et al. (2017) showed that perseverance, social support from family and compatriots, and personal control could predict whether a person is satisfied with his or her life. Furthermore, the resilience of immigrants is related to life satisfaction and mental health. Játiva (2020) refers to migratory grief as a risk factor that contemplates various aspects related to the development of migration and of psychological and social losses affecting mood. According to Suanes (2019), personal characteristics, faith, family, and cultural context are fundamental factors influencing resilience in the migratory framework. Martín (2018) asserts that adequate emotional regulation significantly reduces levels of migratory grief. Ramos (2021) conducted research and found that resilience is a protective factor and facilitator of migratory grief. Castro & Córdova (2022) mentioned that migrant women have a greater capacity for resilience than men.

Previous research has suggested that psychological traits such as faith in God, optimism, exposure to adversity, and the ability to mature prematurely are associated with increased resilience in unaccompanied young refugees (Majumder, 2016). Achotegui (2019), in addressing the study of specific characteristics of migratory grief, indicated that migrants, despite living in extreme situations, may not suffer from mental disorders but can experience extreme migratory grief. Berte (2023) emphasized the importance of considering the culture and values of individuals when determining the most effective methods of therapy and intervention for those affected by trauma.

2.2 *Influence of sociodemographic factors on Venezuelan immigrants*

There is differentiated treatment of immigrant groups; for example, some destinations privilege certain immigrant groups over others, leading to specific effects of migratory contexts based on the group (Model, 2023a). This can influence their integration differently, and it is important to consider this phenomenon when comparing the integration of different immigrant groups within the same destination (Model, 2023b). The decision of immigrants to naturalize is influenced by social networks and the promise of equal status through citizenship (Poole & Soehl, 2023). Moreover, immigrants from less developed provinces may face greater difficulties in integrating into local communities, and educational and labor factors significantly influence levels of social integration. Additionally, native prejudices against immigrants and misunderstandings between them can further affect social integration (Shen & Zhang, 2024).

Prejudice and discrimination toward immigrants are determinants of their economic,

sociocultural, and civic-political future in host societies (Esses, 2021a). The racialization of immigrants, especially non-European immigrants, has historical and sociological implications that must be incorporated into immigration research (Sáenz & Manges Douglas, 2015). Understanding the determinants and nature of prejudice and discrimination is crucial for addressing the challenges faced by immigrants (Esses, 2021b). Therefore, sociodemographic factors such as race, social networks, and citizenship status play a significant role in immigrants' experiences and their integration into host societies.

Regarding the influence of sociodemographic factors on Venezuelan immigrants, three different profiles of emigrants were identified, differing in age, educational level, and marital status, with a group formed by single young professionals who feel uncertain about their future in Venezuela (Mazuera-Arias et al., 2020). Additionally, the decision to emigrate is influenced by political, economic, and social factors in Venezuela, with Colombia being the primary destination for labor establishment (Agudelo-Suárez et al., 2022). Venezuelan immigrants in Colombia face limited access to the labor market, often working in informal economies with low wages, long hours, and reduced social benefits, leading to occupational risks and health problems (Agudelo-Suárez et al., 2022). Finally, Venezuelan immigrants face indirect discrimination mediated by social status, economic resources, and stereotypes, which affects their interaction with host communities and the state (Burgos et al., 2021).

Therefore, this study, with a quantitative, correlational, cross-sectional design, formulated the following research question: What is the relationship between resilience and migratory grief in Venezuelan immigrants, the case of Peru? In this sense, the objectives were set to determine the relationship between resilience and migratory grief in Venezuelan immigrants.

3. Methodology

3.1 Participants

A total of 267 male and female Venezuelan immigrants who had been in the country for at least 3 months participated. Table 1 shows the sociodemographic characteristics of the participants.

Table 1. Sociodemographic characteristics of the study sample

Sociodemographic characteristics	n	%
Gender		
Male	100	37.5%
Female	167	63.5%
Marital Status		
Married - With partner	135	50.6%
Single	117	43.8%
Widowed	4	1.5%
Divorced	11	4.1%
Education level		
Uneducated	4	1.5%
Primary	33	12.4%
Secondary	138	51.7%
High school	92	34.5%
Employment status		
Self-employed	107	40.1%
Employed	96	36%
Unemployed	64	24%
Retired	0	0%

Note. n = participants; % = percentage.

3.2 Instruments

The 14-item Resilience Scale (RS-14), developed by Wagnild in 2009, represents a reduction from the original version; this scale contains 25 items in English and encompasses two factors. It was adapted into Spanish by Sánchez-Teruel and Robles-Bello (2015) and is composed of 14 items covering two elements, personal competence and self and life acceptance, with a Likert-type response scale ranging from 1 to 7. Regarding the evidence of validity through expert judgment (V Aiken), a value of 0.92 and 0.96 was obtained; on the other hand, according to the confirmatory factor analysis, adequate adjustments were found in all items (RMSEA: .06, SRMR: .03, CFI: .97 and TLI: .96). On the other hand, it presents high reliability indices ($\alpha = .94$ and $\omega = .94$).

The Migratory Grief Questionnaire, created by De la Revilla et al. in 2011, consists of 17 items developed in Spain and assesses migratory grief across four dimensions (Fear, Nostalgia, Worry, and fear of losing one's identity). Among its main psychometric properties, an exploratory factor analysis was conducted on the 17 items. In relation to the validity evidence carried out through CFA, it obtained an adequate fit (CFI: .92, TLI: .90 and RMSEA: .84), likewise, in reliability there were adequate values ($\alpha = .919$ and $\omega = .922$). In addition, it presents scales to identify resilience categories.

3.3 Procedure

Coordination was established with the human mobility and human trafficking area of a Diocese in Peru. Subsequently, each leader was responsible for gathering the participants and administering the instruments both in print and online via the Google Forms platform; the first consisted of two parts: the first provided information about the study's objective and electronic informed consent. The second part presented the sociodemographic items and scales that were used to evaluate each of the study's variables. The instruments were applied during April 2023 in Peru. This study adhered to the ethical guidelines of the American Psychological Association (APA, 2017) and the principles of the 1964 Helsinki Declaration, considering free and voluntary participation and the protection of participants' information. Informed consent was obtained from participants who answered multiple scales. Informed consent was obtained by responding to the following question contained within the multiscale: "I am informed about the purpose of this study and agree to participate in it: Yes___."

3.4 Data analysis

SPSS statistical software (version 25) was used for data processing. Confirmatory factor analysis was performed for the scales, correlational analysis of the variables and analysis of variance of the sociodemographic factors (sex, marital status, educational level and employment status).

4. Results

Table 2. Relationship between resilience and migratory grief in Venezuelan immigrants, case of Peru.

		Migratory Mourning (N= 267)
	Spearman's Rho	-0,418
Resilience	Sig. (bilateral)	0,016
	d	Media

Table 4 shows that there was a statistically significant relationship between resilience and migratory grief ($p < 0.05$). In this sense, the statistical evidence allows us to accept H_1 . This means that there is an inverse statistical association between the study variables. These findings suggest that resilience acts as a personal factor that influences the participants' experience of migratory grief.

Table 3. Relationship between the Personal Competence dimension of the resilience variable and the dimensions of migratory grief in Venezuelan immigrants, case of Peru.

		Personal Competence (N= 267)
Fear	Spearman's Rho	-0,085
	Sig. (bilateral)	0,172
Nostalgia	Spearman's Rho	-0,303
	Sig. (bilateral)	0,031
Concern	Spearman's Rho	-0,336
	Sig. (bilateral)	0,046
Fear of loss of identity	Spearman's Rho	-0,350
	Sig. (bilateral)	0,043

Table 3 shows that there is no relationship between the fear dimension and personal competence ($p > 0.05$). In this sense, fear is shown as a natural reaction, and after a considerable time in which immigrants manage to create their opportunities and face adversity, its impact diminishes.

On the other hand, there was a statistically significant relationship between the dimensions of nostalgia, worry and fear of loss of identity and the personal competence dimension ($p < 0.05$). The results suggest that Venezuelan immigrants' individual characteristics include self-confidence, perseverance and the ability to resolve diverse challenges that may arise in relation to the migratory process and all that it entails.

Table 4. Relationship between the adaptation of self dimension of resilience and the dimensions of migratory grief in Venezuelan immigrants, case of Peru.

		Acceptance of oneself and life (N= 267)
Fear	Spearman's Rho	-0,035
	Sig. (bilateral)	0,216
Nostalgia	Spearman's Rho	0,096
	Sig. (bilateral)	0,116
Worry	Spearman's Rho	-0,323
	Sig. (bilateral)	0,046
Fear of loss	Spearman's Rho	-0,343
	Sig. (bilateral)	0,023

Table 4 shows that there was no statistically significant relationship between the fear and homesickness dimensions or between the self-acceptance and life dimensions ($p > 0.05$). However, there was a statistically significant relationship between the dimensions of worry and fear of loss of identity and between self-awareness and life ($p < 0.05$). In this sense, it can be inferred that Venezuelan immigrants are able to adapt more easily and develop a sense of permanence in the new context where they achieve a balance and integrate their culture with that of the host country.

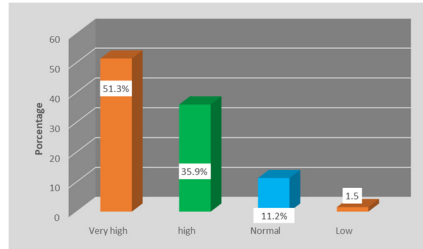


Figure 1. Levels of resilience in Venezuelan immigrants, Peru 2023 case

Figure 1, in relation to the levels of resilience, shows a prevalence of very high (51.31%) and high (35.96%) levels; on the other hand, there was a lower incidence of normal (11.24%) and low (1.50%) levels. This means that there is a high capacity for resilience in Venezuelan immigrants and that they have not been significantly affected by the process of migratory grief.

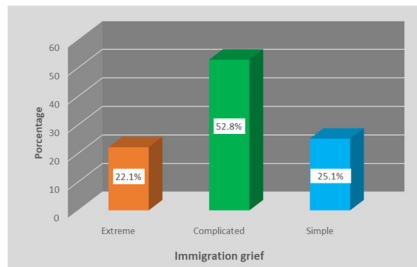


Figure 2. Level of migratory grief in Venezuelan immigrants

As shown in Figure 2, regarding the level of migratory grief, a high tendency toward "complicated" grief (52.8%) was observed, followed by "simple" grief (25.1%) and finally a lower incidence of "extreme" grief (22.1%). This means that the study population presents problems in the elaboration of migratory grief.

Table 5. ANOVA test results

ANOVA							
Origin of Variation	<i>d.f.</i>	<i>SS</i>	<i>MS</i>	<i>F</i>	<i>p value</i>	<i>F crit</i>	<i>Omega Square</i>
Between Groups	2	1.257.7961	628.8981	3.6563	0.0271	3.0300	0.0195
Within Groups	264	45.408.9529	172.0036				
Total	266	46.666.7491					

Table 6. Differences according to the employment status factor of the resilience variable for Venezuelan immigrants in the case of Peru

Descriptive Statistics							
Groups	<i>Sample size</i>	<i>Sum</i>	<i>Variance</i>	<i>Std. dev.</i>	<i>Media</i>	<i>95% Confidence interval</i>	
Self-employed	107	8.826.0000	133.1012	11.5370	82.4860	80.2748	84.6972
Employed	96	7.483.0000	171.8815	13.1104	77.9479	75.2915	80.6043
Unemployed	64	5.007.0000	237.6426	15.4157	78.2344	74.3837	82.0851
Total	267		175.4389	13.2453	79.8352		

Table 7: Comparisons between groups (Employment Status Factor)

Scheffé					
Group vs. Group (Contrast)	Difference	95% confidence interval		Test statistic	p value
Self-employed vs. Employed	4.5381	-0.0006	9.0767	2.4614	0.0500
Self-employed vs. Unemployed	4.2516	-0.8502	9.3534	2.0515	0.1240
Employed vs. Unemployed	-0.2865	-5.4965	4.9235	0.1354	0.9909

The results of one-way analysis of variance (ANOVA) conducted to compare resilience levels among three groups—self-employed, employed, and unemployed—indicate that there are statistically significant differences between at least two of the groups ($F(2,264) = 3.6563$; $p = 0.027$). The Scheffé post hoc test revealed that these differences were specific to the self-employed group and the employed group (mean difference = 4.5381; 95% CI (-0.0006 to 9.0767); $p = 0.05$). The self-employed group had a greater average level of resilience ($M = 82.486$) than did the employed group ($M = 77.9479$). On the other hand, no statistically significant differences were found between the self-employed and unemployed groups ($p = 0.124$) or between the employed and unemployed groups ($p = 0.991$). This finding suggested that the average levels of resilience are similar between these pairs of groups according to the analysis performed. The findings from the ANOVA indicate that the level of resilience reported by self-employed individuals is significantly greater than that reported by employed individuals. Moreover, unemployed individuals do not significantly differ from unemployed individuals in terms of this construct.

Table 8:

ANOVA							
Origin of Variation	d.f.	SS	MS	F	p value	F crit	Omega Square
Between Groups	2	275.8587	137.9293	4.1512	0.0168	3.0300	0.0231
Within Groups	264	8.771.7668	33.2264				
Total	266	9.047.6255					

Table 9. Differences according to the labor situation factor of the variable migratory grief in Venezuelan immigrants, case of Peru

Estadística Descriptiva							
Groups	Sample size	Sum	Variance	Desv.Est.	Media	95% Confidence interval	
Self-employed	107	4.085.0000	38.2606	6.1855	38.1776	36.9920	
Employed	96	3.711.0000	33.1964	5.7616	38.6563	37.4888	
Unemployed	64	2.607.0000	24.8013	4.9801	40.7344	39.4904	
Total	267		34.0136	5.8321	38.9625		

Table 10: Comparisons between groups (Employment Status Factor)

Scheffé					
Group vs. Group (Contrast)	Difference	95% Confidence interval		Test statistic	p value
Self-employed vs. Employed	-0.4787	-2.4735	1.5161	0.5907	0.8400
Self-employed vs. Unemployed	-2.5568	-4.7991	-0.3145	2.8070	0.0206
Employed vs. Unemployed	-2.0781	-4.3680	0.2117	2.2341	0.0844

The results of the analysis of variance (ANOVA) conducted to compare migratory grief levels among the independent, employed, and unemployed groups indicated the presence of statistically significant differences between at least two of the compared groups ($F(2,264) = 4.1512$; $p = 0.0168$). Specifically, the Scheffé post hoc test revealed these differences between the self-employed and unemployed

groups, where the self-employed group had a significantly greater average level of migratory grief ($M = 38.1776$) than the unemployed group ($M = 40.7344$), with a mean difference of 2.5568 points (95% CI: 0.3145 to 4.7991; $p = 0.0206$). Conversely, no statistically significant differences were found between self-employed and employed individuals ($p = 0.84$) or between employed and unemployed individuals ($p = 0.0844$). These findings indicate similar levels of migratory grief between these pairs of occupational groups. The self-employed group exhibited a greater degree of migratory grief than the unemployed individuals did, while the unemployed individuals did not significantly differ from the rest.

5. Discussion

The present study aimed to determine the relationship between resilience and migratory grief among Venezuelan immigrants in Peru. Two questionnaires with adequate metric scores were applied, and the correlational analysis revealed a statistically significant relationship ($p < 0.05$) between resilience and migratory grief. In line with this, a review of studies revealed various findings aligning with this result, such as those of Suanes (2019) in Spain, Játiva (2020) in Ecuador, Ramos (2021), and Castro and Córdova (2022) in Peru, involving Venezuelan migrant participants. The trend of the results prevails in a significant medium-moderate correlation, demonstrating a high resilience capacity in the study population against the process and grief of migration, identifying resilience as a protective factor that varies according to sex, context, and individual, social, and situational characteristics.

The migratory grief process is complex from its inception (Achotegui, 2009), as it begins when migrants decide to leave their country in search of better living conditions, leaving behind family, work, and friends. Thus, they face risks or adversities in different geographical settings, requiring them to adapt to new circumstances for well-being in a short time.

Resilience emerges as an internal protective factor that allows resistance to adversity, reducing potential negative consequences and enhancing an optimistic outlook on the adaptation process. This phenomenon is tested during the migratory experience, when an immigrant is exposed to overwhelming events not previously experienced, potentially surpassing their tolerance threshold and making them vulnerable (Wagnild & Young, 1993; Santana, 2016; Quishpe, 2019).

However, few studies have explored the relationship between resilience and migratory grief, especially among the Venezuelan population. While the phenomenon of mass migration has been developing for several years, understanding the process, causes, and consequences for those deciding to leave their home country in search of better opportunities is intriguing. However, exploring the personal and collective reasons behind resilient individuals could provide a broader explanation of their characteristics. As mental health professionals, such research could guide the development of programs to mitigate the psychological repercussions for Venezuelan immigrants.

According to the descriptive analysis of resilience, very high (51.31%) and high (35.96%) prevalence levels were found, indicating high resilience among Venezuelan immigrants. This population largely possesses the ability to face adversities and create opportunities. These findings are consistent with those of Sánchez (2019) in Ecuador, Quishpe (2019), and Castro Prieto & Córdova Fernández (2022), who determined high levels of resilience in the Venezuelan population, highlighting the use of skills, strengths, and their capacity to reinvent themselves, projecting resilience as a protective factor against possible psychopathologies. However, it is notable that most studies show a trend according to sex, where women score higher, correlating with this study's greater female participation. Additionally, according to positive psychology, having an optimistic perception of life generates a balance around the negativity caused by various problems (Seligman & Csikszentmihalyi, 2000).

Research on resilience in Venezuelans has been limited, yet it is valid to recognize that this population tends toward optimistic thinking, supported greatly by their families, enhancing coping and adjustment in the new context.

According to the descriptive analysis related to the second specific objective, a high incidence of

complications (52.8%) was identified, indicating that the studied population shows problems with adequate elaboration of migratory grief. This can be explained by the fact that the population was exposed to highly stressful and traumatic events during the migration process, findings related to Achotegui (2008), who mentions that migrating becomes a process involving high levels of stress, thus becoming a risk factor intensely affecting immigrants and their self-regulation capacity, enabling the development of psychopathologies. However, these results do not fully relate to the findings of García-Cid et al. (2017) in Spain and Ramos (2021), who consider the time factor as a point of contrast for the existence of migratory grief; although these authors recognize the high incidence and impact of migratory grief, they postulate that the longer the stay in the host country is, the less its effect, as bonds of cooperation and help are established with the people of that country. This suggests that over time, grief is processed, and consequently, its effect diminishes.

No specific studies determining the prevalence of migratory grief were found, suggesting that this topic is novel within the scientific community. However, identifying its process, impact, and repercussions on the populations experiencing it could allow for a better understanding of the migratory experience and how state agencies or nongovernmental organizations can provide support.

According to the third objective, fear is shown as a natural reaction that diminishes or disappears over time as opportunities are sought and established. Furthermore, Venezuelan immigrants highlight individual characteristics such as self-confidence, perseverance, and the ability to solve various challenges related to the migratory process. These findings are similar to those of García-Cid et al. (2017) and Baeza-Rivera et al. (2022) in Chile, who reported that in addition to individual characteristics and resources migrants possess, various support sources, such as family and friends, positively influence a positive life outlook. Additionally, the Venezuelan population is considered to be a group with greater ease in establishing interpersonal relationships. Moreover, various studies have demonstrated the positive impact of a reduction in the professional deficit on sustainable economic growth in our country, as most of these studies involve individuals with higher and more technical education (United Nations [UN], 2022).

In the fourth specific objective, it was determined that Venezuelan immigrants adapt more easily and develop a sense of permanence in the new context, integrating their culture with that of the host country. These findings align with those mentioned by Orozco (2013) in the USA, Ramos (2021), and Vera (2023) in Peru, who first refer to the Latin American population as having various strategies and motives to face adversity, seeking to leave their home country as a means of improving their own quality of life and that of their families. Furthermore, despite facing various situations of rejection and discrimination by some people in the host country, some people show empathy and even support this population in adjusting to the new culture, adding to their resilient capacity and making the grieving process for culture less difficult; additionally, they manage to develop feelings of permanence in the new context.

No differences or influences were found regarding sex, marital status, or educational level. However, according to ANOVA and the Scheffé post hoc test, the level of resilience and migratory grief reported by self-employed individuals was significantly greater than that reported by employed and unemployed individuals, indicating that those with independent employment situations are more predisposed to resilience and experience migratory grief.

6. Conclusions

Resilience is a personal factor that enhances immigrants' ability to cope with and address multiple circumstances that they are exposed to during migratory transit. The prevalent level of resilience among Venezuelan immigrants is high, indicating their ability to confront difficulties without interfering with their adaptation process. The prevailing level of migratory grief among Venezuelan immigrants is "complicated," indicating that traumatic experiences during migratory transit affect the population experiencing it. Participants possess adequate individual characteristics for developing adaptation processes and establishing interpersonal relationships. Participants easily develop a sense

of permanence in the new culture where they settle, linking it with their own cultural expressions, which facilitates the acceptance of the new reality. The demographic factor influencing resilience and migratory grief is independent of employment status, although no relationship was found with sex, marital status, or level of education.

7. Limitations

Overall, this research has various limitations, such as a lack of studies on resilience and migratory grief or, in its absence, on migratory grief as a new theme. Similarly, the participation of the population was affected by the limited availability of participants to convene on a specific day and time, which took several days to develop. Finally, it is important to consider that the context in which the research was conducted was limited to a single city and time.

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