PSYCHOLOGICAL ASPECTS OF THE MIGRANT CRISIS IN BOSNIA AND HERZEGOVINA

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Abstract: The migrant crisis is a reality that inevitably permeates the society of Bosnia and Herzegovina, and which requires an adequate systemic response. A large number of financial resources that are globally allocated for the protection of migrants provide the possibility to alleviate the consequences that the movement of the population is caused by the fear of one’s own life. Migration can have different implications—social, psychological, economic and cultural, as well as two-fold impact: the impact on migrants and the impact of migrants on the society they come in. As a social process, migrations change not only the geographical image of a particular community, but also significantly affect the personality of migrants who, due to the crisis, can be further desecrated and deprived. The migrant crisis that has escalated in the region in 2015, in Bosnia and Herzegovina is currently a status quo. Numerous experts warn that the sluggishness and the resolution of the current problems that the migrant crisis brings with them can have far-reaching consequences. The issue of security is one of the key issues and challenges in accordance with which the strategic direction of each country’s development is directed, as well as the issue of its internal and external policies.

Bearing in mind the fact that the society of Bosnia and Herzegovina faces a full-scale migration crisis, it is necessary to define the approach, mechanisms and directions of action that unify the needs of migrants, but also the needs and interests of the country. The subject of this Paper covers a migrant crisis that is taking place in region and Bosnia and Herzegovina, and the aim is to point out the psychological aspects that it has or can have on migrants, but also on the domicile population. Although migration policy is a broad concept, this Pa-

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per will point to the essential implication, that is, the personality of migrants - children, youth and elderly people who, in addition to stress, marginalization, home distance and the variety of cultures - face daily with the uncertainty of their own existence.

**Key words:** migration, Bosnia and Herzegovina, crises, psychological aspects.

“It is time to take a more comprehensive look at the various dimensions of the migration issue, which now involves hundreds of millions of people, and affects countries of origin, transit and destination. We need to understand better the causes of international flows of people and their complex interrelationship with development.”

*Kofi Annan*

1. **INTRODUCTION**

The security area at the beginning of the 21st century has been affected by continual and dynamic changes all over the world, especially in the Middle East. This applies to all dimensions of security from the nature of the threat to the bearer and the reference security objects. These changes require constant reflection and analysis of security processes, challenges and threats from one, and security organization and action on the other. This crisis has threatened Europe for several years and in 2015 it has reached its peak. It still does not affect equally all European countries, and those who are exposed to the refugee crisis are reacting differently to it3. In the conditions of the crisis that are the reality of the modern world, this phenomenon can be observed in twofold aspects of the phenomenon and consequences/ impact on society, as well as from the aspect of migrants who can be found or are already in a situation of uncertainty, depression and abandonment in a short period and lack of social support.

2. **A MIGRANT CRISIS ON THE EUROPEAN GROUND**

The legal basis for dealing with migrants is a series of written sources of law, which can be found in international law, national law and political and/ or strategic documents of national and supranational character. International migration law is composed of rules established in various sub-systems of international

public law, such as international law, human rights, international humanitarian law and international criminal law, relating to migrants. The only international convention that specifically applies to migrants is the International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families, 1990\(^4\), adopted under the auspices of the UN. The United Nations Convention constitutes a comprehensive international treaty regarding the protection of migrant workers’ rights. It emphasizes the connection between migration and human rights, which is increasingly becoming a crucial policy topic worldwide. The Convention aims at protecting migrant workers and members of their families; its existence sets a moral standard, and serves as a guide and stimulus for the promotion of migrant rights in each country\(^5\).

Other conventions refer to migrants in certain parts or individual areas of life. However, it should be kept in mind that all human rights conventions establish rules for all persons in the territory of a state, including migrants. Therefore, these sources of law are relevant both in respect of the guaranteed rights that countries have to respect, and, equally important, with regard to the mechanisms of protection available to migrants if the country does not respect the standards arising from these instruments\(^6\).

Each country affected by the migrant crisis should dispose of its own strategic mechanisms, the action plan and the protection of migrants within its borders. The question arises to what extent countries are ready and organized, and can they respond in a timely manner to this form of crisis? Also, one of the key issues is the question of the responsibility of individuals, different systems and the international community.

In the Republic of Serbia and other countries that faced massive inflow / transit of refugees and migrants, the key challenge in 2015 was to provide and meet basic emergency needs. The issue of status and related rights and obligations, viewed from the perspective of accepted international and regional rights instruments, as well as national immigration regulations, came to political agendas only in early 2016. Until then, by various actors, the need for the use of adequate terms and differentiation between different groups of migrants has been pointed out, based on generally accepted standards regarding prima facie refugees, irregular migrants and asylum seekers, uniformity among poli-

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\(^4\) The International Convention on the Protection of the Rights of All Migrant Workers and Members of Their Families, signed on 18 December 1990, entered into force on 1 July 2003 after the threshold of 20 ratifying States was reached in March 2003. The Committee on Migrant Workers (CMW) monitors implementation of the convention, and is one of the seven UN-linked human rights treaty bodies.


ticians, international organizations and the European Union. It is precisely the absence of a unified understanding of the migration flow, that is, of the persons who moved, also influenced a different understanding of the rights that they need to make available, as well as the mechanisms of protection. Most of the rules that were applied were the result of multilateral, bilateral and one-sided decisions made at the political level, which in many cases at the same time meant the absence of a stronghold in generally accepted standards, leading to the adoption of ad hoc measures to which the rules were operationalized and the situation of legal uncertainty for people who were part of the stream. Such decisions were rarely followed and with corresponding changes in the legal systems, and hence the practice of the acting authorities of the states on the route of movement significantly differed: from the strict adherence to the applicable regulations to action exclusively in accordance with measures that were reactive in response to the migratory flow. In that sense, the situation in the Republic of Serbia did not differ significantly from the situation in other countries. At the same time, the Republic of Serbia has demonstrated a clear responsibility and willingness to provide food, water, accommodation, emergency medical care and safe passage to the desired destination countries for all persons who have found themselves in its territory. At the beginning of 2016, the situation changed drastically in terms of the number of registered people, as well as the “political climate” towards refugees and migrants. In recent months, there are several thousand people residing in the territory of the Republic of Serbia - in asylum centers, reception centers, at the border of the Republic of Serbia and Hungary, institutions for unaccompanied minors and other places that are recognized as “traditional” a gathering place for a large number of migrants and refugees. The key change is that people, despite their uncovered intention to continue their journey to EU countries, remain on the territory of the Republic of Serbia for a long time and that a priori no longer provides the possibility of a safe passage. These circumstances have been crucial for discussing the modalities for the protection of these persons, but also the interest of the Republic of Serbia, in the areas of prevention of irregular movements and smuggling, reduction of the risk of trafficking in human beings, status issues and protection of especially vulnerable groups among them, and women.

Bosnia and Herzegovina is currently facing a migrant boom that is at full intensity. Certain areas in the Federation of Bosnia and Herzegovina face the daily inflow of this population, and also with the absence of solutions for the newly emerging situation. National governments as well as representatives of international organizations in the country are trying to find adequate solutions. The arrival of the winter and cold, a large number of underage faces and vul-
nerable categories additionally indicates the urgency of resolving this situation. Also, there are inevitable revolts by the domicile population that show a certain kind of resistance caused by fear and lack of information.

The last major wave of migration that “splashed” Europe during 2015 at first glance was not economic in nature, but rather related to forced migrations from the war-torn areas of the Middle East, primarily Syria and Iraq. However, the fact that a significant number of migrants from other countries of Asia and Africa have not been affected by the war, as well as the fact that most refugees from the war-affected areas did not go directly from Syria and Iraq, from refugee camps in Turkey and other countries where they spend some time, testifies that these migrations, apart from humanitarian, have a dominant economic component. Finally, this is evidenced by the fact that migrants had very clear endpoints of their own paths that did not include transit Balkan countries. 7

3. (IM)POSSIBILITY OF MIGRANTS INTEGRATION

Based on the research of Vuletic and Pesic, it is possible to make several conclusions about the perception of migrants in Serbia and the possibilities for their integration in case a part of this population remains (permanent or temporary) in Serbia:

1. The attitude towards migrants in the north is largely defined between the humanitarian and security perspectives. The basic characteristic is a relatively cold and rational attitude towards the issue of migrants.

2. When it comes to the possibility of integration into the local environment, there is resistance and there is no clear perspective for migrants to contribute to the development of local communities. The only thing that can be seen as a potential, though short-term benefit, is the assistance that would come from international donations.

3. The economic and social aspects, or the consequences of the migration of migrants, is what is perceived as problematic.

4. It is expected that in Serbia, if this happens, only those who have low human capital will remain. In this regard, the prevailing attitude is that there is already an overvalued unskilled labor force in Serbia, so that the new influx of migrants will only exacerbate the already bad economic situation.8

7 Spasoje Vulević, „Security Aspects of „Migration Crisis” with a special emphasis on Serbia”, *Annual Book of Faculty of Political Sciences Belgrade, year XII, nmb 19*, (2018), 167-182.
The crisis on the European ground related to the mass migrant’s arrival has been going on for several years now. In this regard, there are no consistent responses and policies. Certain Member States of the Union, which in various ways marked this migration crisis, are certainly Germany, Sweden, Italy, Greece and Hungary. Due to the “open door” approach, Germany “urged” migrants to accept her hospitality and protection. During this crisis, Sweden received the highest number of migrants in relation to the number of inhabitants in their own country. Italy has for years been almost completely alone with large daily inflows of migrants onto its shores. Only in 2016, more than 350,000 migrants arrived in Italy. Regarding Greece, although it is a member of the European Union and the Schengen area, it seems that it has done little on controlling the migration flow and preventing illegal migration across its territory. It is necessary to point out that the German judicial authorities have assessed that Greece, in the implementation of its asylum policy, violates the agreed norms and that it is not so called safe country. Hungary, in comparison with all other member states of the Union, largely securitized the issue of mass migration by placing a wire on its southern neighbors, but only after months of attempts to resolve this issue at the European level. Each country, each in its own way, marked a migrant crisis with its policies towards migrants, and served as a kind of positive or negative example to other countries in approaching this challenge. Countries in the Balkan Route regardless of their membership or aspirant for EU membership, in the absence of guidelines and clear policies at the European Union level, the challenge was approached in a different manner in terms of implementation facilitating the migration of migrants to Western Europe. The development of the events has shown that there are no common mechanisms for responding to the massive influx of migrants, nor the developed capacities for their acceptance.9

The theory of network effects points out that the cost of migration decreases with the stock of migrants already living in the receiving country. The reason for this is the so-called network effect. A network of people in the same home country is based on common culture and origin, a common language, or on their historical background. Only the first migrant has to pay the full migration costs. Each following migrant benefits from the experiences of those who are already living there. This includes benefits for information, finding a job, and having a social environment. Thus, material and psychological costs of migration are reduced. This in turn leads to increased migration. A good approximate

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9 Robert Mikac, Filip Dragovic, „Mass migration: challenges, implications and the way forward“, Scientific Yearbook Faculty of Political Sciences, (University of Zagreb, Center for International and Security Studies, God. 1, no. 1, 2017), 132-150.
4. TO MEET A BETTER LIFE

Migration motives were most often of an existential nature, and among them dominated the search for a better quality of life (employment, higher standard of living); searching for a safer and nonviolent environment (leaving the conflict and war areas and escaping from repressive regimes and systematically endangering human rights and freedoms) searching for a healthy environment and more favorable climatic conditions. The problem of migration is one of the biggest challenges facing today’s European policy. Contemporary migration, as a global phenomenon with organizational and massive features, is often associated with transnational and organized crime and terrorism, which certainly has numerous security implications for contemporary society, the state and the international community. The Republic of Serbia, as one of the key points on the “Balkan refugee route”, is also exposed to these security threats and potentially jeopardized, which is why special attention needs to be paid to this problem. The problem of the Republic of Serbia is that it is burdened with the mass migrations of refugees with the war and conflicts of the affected areas of Syria, Iraq and Afghanistan, where a developed network of international terrorism operates. Although they are only in transit through the territory of the Republic of Serbia, the movement of refugees is linked to numerous risks to their personal safety, but also to the safety of citizens of Serbia and other countries through which migrant routes pass. The arrival of refugees and other migrants to Serbia raises many questions, among which is the fact - how many of the migrants are able to absorb Serbia and what consequences it can cause on the economic side, and what on the broader social agenda?11

The refugee or migration wave that engulfed Europe in the second half of 2015 has assumed such proportions that it can be fully cited about the crisis situation. The refugee crisis has caught the European countries completely unprepared, that is, unprepared to the scale of the crisis, and has caused political, public and media confusion. The crisis is fueled by the deterioration of political relations between the countries in the Middle East and the escalation of these problems into the state of war in some areas. Hundreds of thousands of refugees are confronted with the most dangerous journey of life and the difficulties

11 Spasoje Vulević, „Security Aspects of „Migration Crisis” with a special emphasis on Serbia”, Annual Book of Faculty of Political Sciences Belgrade, year XII, nmb 19, (2017), 167-182.
of various asylum policies of European countries. Integration can be defined as a complex, two-way process of involving asylum seekers in a society. In order for integration to be successful, they must be identified with the new social environment and actively participate in all social structures. Also, the other side of integration means that hosts must provide all necessary rights and resources to make this process as successful as possible. It is necessary to involve people in every segment of community life at a cultural, economic or social level. Asylum seekers in turn must respect the values and standards of the host, but this does not mean that they are forced to give up their own values and identities. Their position in society is weaker than the domestic population, and often the process of integration is more demanding when it comes to extremely poor and uneducated people. Highly educated asylum seekers are mostly independently and more successfully integrated, while those less educated face more often with some form of discrimination. A major problem is the language barrier itself; because almost none of the migrants and refugees speak Croatian, and much of the English language is neither, nor the learning process is long and hard. Apart from the language barrier, it also presents difficult finding of employment, accommodation and lack of documents, especially those on the level of education or previous work experience.12

Due to the migration control system in the Western Balkan countries, ie the internal migration controls in the Schengen area and the rules of the Dublin system, a significant proportion of these individuals fail to pass or settle in other EU countries. A large number of other countries (the elderly and especially the newer members of the Union) often remain only the transit area and are thus largely untouched by contemporary refugee and migration movements. The drama of this refugee crisis for individual countries of the Union, the European Union as a whole and the refugees themselves lies primarily in the unresolved problems of European asylum and migration policies, that is, the inability of the Union to find a solution for uneven distribution of responsibilities in the conditions of the common market and (until recently) abolished internal borders.13

The European Union is now in the middle of a crossroads, because it is urgent to coordinate several different multidimensional platforms on migration, such as a coherent migration policy acceptable to all member states; the absorption capacity of migrants and the sustainability of social cohesion within European countries; development and health aspects of migration; the concept of multiculturalism; respect and protection of fundamental human rights; com-

12 Mia Batinić, Migrant Policy of the European Union and Croatia on the Test of the Refugee Crisis 2015 (Faculty of Philosophy, University of Rijeka, 2017), 4-37.
mon mechanisms that have been exhausted for decades by the members of the Union; the problem of illegal migration and the incidence of criminal activities related to illegal migration; threats from terrorism and radicalization. Particular attention will need to be devoted to regulating and controlling migratory pressures and protecting the human rights of vulnerable migrants without compromising the internal security of both the Union and individual Member States and the institutes built by the Member States of the Union. What is more than obvious is that the inflow of illegal migrants becomes one of the important issues of national interest and internal security. It is necessary to say that not all EU Member States are burdened with illegal migration in the same way. Most pressing countries are the most developed countries, but in the last decade and the Mediterranean countries of the Union, there has been a huge increase in illegal migration. It must be noted that migrants do not constitute a direct security threat, but one part of them can be radicalized and prone to the commission of various criminal offenses due to their own frustrations or the influence of the environment.14

5. PSYCHOLOGICAL IMPLICATIONS OF CRISIS SITUATIONS

Among the changes in the psychological plane characteristic of stress, the most prominent changes are in the sphere of emotional processes. Emotional reactions characteristic of stress are most commonly anxiety, anger and sorrow, and they may also experience shame, guilt, overload. After traumatic or other intense stress, emotional bruising can occur. Changes in psychological functioning during stress can be so intense that they take on the dimensions of the psychological crisis. Crises are turbulent and dramatic psychological conditions that call into question the entire functioning of a person, its choices, beliefs, and so on. The crisis always indicates a change, which is not partial, but comprehensive and essential. One of the most important stressors to the intensity of threats is traumas that predispose very dangerous, threatening events, which emerge from the domain of common human experiences. These include events such as wars, natural and technological disasters, traffic accidents, etc., with a direct threat to the life of a person or her neighbors and / or seeing various horrors. In relation to the category of stress, there are traumatic stress, stress related to life events, stress associated with chronic social workload and daily microsters are distinguished.

Emotional reactions during the crisis include grief, abandonment, anger, resentment, vindictiveness, fear, stinging, experiencing confusion, hopelessness and frustration. Interventions in crisis are a set of procedures after a crisis that helps people to overcome what they have experienced and integrate that experience into their everyday life experiences. These interventions include:

- introducing non-professionals, extending the scope of activities, covering a much larger population;
- specific triage of non-professionals;
- specific training;
- active provision and offering short “support” therapy to all age categories;
- functioning;
- direct and fast action;
- 24-hour availability;
- flexibility of professional services - “everyone for everything”.

The sudden rise in the inflow of migrants into the EU via the Aegean Sea and Greece brought unexpected prominence to the Western Balkan region. According to the Eurostat office, the EU’s 28 member states received a combined total of 1,255,000 first-time asylum applications over the course of 2015. The UNHCR registered 856,000 arrivals by sea to Greece during this period, a four-fold increase over the 2014 numbers that had stood at 219,000. The sudden popularity of the Balkan route underlined the region’s often casually ignored location in the heart of the EU, as hundreds of thousands of refugees paradoxically crossed an EU and Schengen country – Greece – to escape through two non EU countries- Macedonia and Serbia- to eventually reach another Schengen country further north.

There is no perfect crisis management system. Whether faced with natural disaster or mass migration, governments must make difficult choices in terms of mobilising and allocating resources, and clearly delineteing and assigning responsibilities- all in a high pressure environment. The irregular and unexpected flow of thousands of migrants and refugees into Europe in 2015 and 2016 presented the European Union with a transnational (and existential) crisis in a

15 Aleksandra Bubera, Intervencije i razine psihološke pomoći u krizi, II. prerađena verzija (SDPTS, 2016).
17 Based on UNICEF reports, between January and September 2017, close to 145,000 refugees and migrants arrived on European shores. Two-thirds of them came through the Central Mediterranean Route, yet the summer months were marked by a sharp decrease of arrivals to Italy (mainly due to the Italy-Libya deal and new regulations over search and rescue operations) and a spike of sea crossings through the Eastern Mediterranean.
policy area that had not been constructed to manage fast-paced change\textsuperscript{18}. Deep political dissent and complex divisions of power between EU institutions, as well as between member states, further hampered the European Union’s ability to respond\textsuperscript{19}.

Macro vulnerabilities and protracted political instability in various parts of the world, including the Middle East and certain regions of Africa and Asia have given way to a growing migrant crisis that is increasingly reverberating through the politics, economies and societies globally, particularly in Europe. As the number of refugees globally continues to rise, even though an immediate resolution seems unlikely in the near future, it is crucial for governments, multilateral organisations, public and private sectors to contribute towards finding solutions\textsuperscript{20}.

6. CONCLUSION

The migration crisis is here to stay for the upcoming decades. Growing demographic pressures in Africa and the lack of stability in the region is likely to result in an influx of immigrants, increasing year by year. Sub-Saharan Africa, in particular is a continent growing in population and in 25 years its population will double in comparison to the population of the European continent,\textsuperscript{45} that remains a destination for numerous people seeking protection. Europe can expect a more intense influx of the immigrants in the near future. Overall 6.6 million people are waiting to cross the borders of the European Union around the Mediterranean. Up to 2.5 million people from North Africa are waiting to get to Europe and 3.3 million migrants are prevented from crossing in Turkey.\textsuperscript{21}

The experiences of the countries that faced the migration crisis in the previous years are of great importance and can point to possible omissions and the

\textsuperscript{18} In just three months (July-September), Greece saw over 10,500 arrivals (of whom 4,239 children), compared to 9,272 during the entire first half of the year. This is coupled with potentially new migration routes appearing through the Western Mediterranean, where 8,558 refugees and migrants (including around 8 per cent of children) arrived between June and August 2017, and from Turkey to Romania through the Black Sea, where nearly 500 refugees and migrants (including many children), arrived in just a few weeks at the end of the summer of 2017. The overall proportion of children among arrivals remains stable (slightly over one in six), yet they make up almost one in three of all asylum seekers across Europe so far this year (116,790 child asylum seekers), as well as stranded population in Greece and the rest of the Balkans (20,850).

\textsuperscript{19} Elizabeth Collet, Camille Le Coz (2018). \textit{After the storm-Learning from the EU response to the migration crisis}, (Migration policy Institute Europe, 2018), 22-54.


\textsuperscript{21} Lívia Benková, „Europe’s Response to the Migration Crisis”, \textit{FOKUS}, 3, (2017), 1-4.
results of the actions taken so far. Through the joint work of all actors involved in the complexity of the migration crisis, significant progress can be made in creating and maintaining a society with the capacity to respond to the needs of migrants and to society’s needs. Bosnia and Herzegovina faces with an urgent need to resolve the issue of migrants to the benefit of everyone, especially migrants.

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ПСИХОЛОШКИ АСПЕКТИ МИГРАНТСКЕ КРИЗЕ У БОСНИ И ХЕРЦЕГОВИНИ

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Антркт: Мигрантска криза је реалност која неизбјежно прожима друштво у Босни и Херцеговини и захтијева одговарајући системски одговор. Велики број финансијских средстава који се у свијetu издваја за заштиту миграната пружа могућност ублажавања последица кретања становништва прузрокованог страхом за живот. Миграција може имати другачије импликације – социјалне, психолошке, економске и културне, те двојак утицај: утицај на мигранте и утицај миграната на друштво у које дођу. Као социјални процес, миграције мијењају не само географску слику одређеног друштва, већ значајно утичу и на особност миграната која због кризе може додатно бити оскрнављена и ускраћена. Мигрантска криза, која је у региону ескалирала 2015. године, у Босни и Херцеговини тренутно има статус quо. Бројни стручњаци упозоравају да спорост и рјешавање постојећих проблема које мигрантска криза доноси са собом, може имати далекосежне последице. Питање сигурности је једно од кључних питања и изазова у складу са којима се креће стратешки правац развоја сваке земље, као и питање њене унутрашње и вањске политике.

Имајући у виду чињеницу да се друштво у Босни и Херцеговини суочава са мигрантском кризом у свој својој величини, неопходно је дефинисати приступ, механизме и смјернице дјеловања које уједињују потребе миграната, као и потребе и интересе државе. Предмет овог рада је мигрантска криза у региону и Босни и Херцеговини, а има за циљ истаћи психолошке аспекте које она има или може имати на мигранте, као и на домаће становништво. Иако је мигрантска политика широк концепт, овај рад истиче основном аспект – односно карактер миграната – дјеце, омладине и старих особа који се, поред стреса, маргинализације, удаљености од дома и различитости културе – свакодневно суочавају са неизвјесношћу властите егзистенције.

Кључне ријечи: миграција, Босна и Херцеговина, криза, психолошки аспекти.

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