

## RESEARCH ARTICLES

### **Identity Status, Frequency of Substance Use and Psychological Symptoms of Adults: Comparison of In Native Germans and Germans of Turkish Origin**

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**Abstract.** The first aim of the study is to compare whether there is a difference in the identity status of Germans of Turkish origin compared to native Germans. The second aim of the study was to examine the relationship between identity status and psychological symptoms and frequency of substance use. 159 Germans of Turkish origin and 150 native Germans participated in the study. SCL-90R scale, Expanded Objective Ego Identity Statuses Scale and Substance Use Frequency Scale were used in the study. Pearson chi-square and Fisher's exact test were used to compare discrete variables. Compliance of continuous variables with normal distribution was evaluated by Kolmogorov Smirnov test. Intergroup comparisons of continuous variables were made with Mann Whitney U test. The linear relationship between the variables was evaluated by Spearman correlation test. In the study, the "achievement" identity status score was statistically significantly higher in the native German group, and the "foreclosure" and "diffusion" identity status scores were statistically significantly higher in the German group of Turkish origin. It was concluded that individuals in the achievement identity status in the native German group used substances at least once in their lives. On the other hand, one of the most striking results of this study is that although the foreclosure and diffusion identity status scores of Germans of Turkish origin were higher than the other group, no significant relationship was found with substance use. When the scores of the Germans of Turkish origin and native German groups on the SCL-90 scale were compared, all psychological symptoms except the "Somatisation" symptom were higher in the German group of Turkish origin than in the native German group.

## INTRODUCTION

The history of the community of Turkish origin living in Germany has been realised in three stages since 1961. The first generation consists of immigrants who came with the first waves of immigration in 1961 and later, and the second generation consists of Turkish families who came to Germany with the family reunification law that came into force in 1974. Children of Turkish origin born and raised in Germany constitute the third generation (Yurdakul & Çaha, 2018). Since the first generation Turkish immigrants migrated only for economic reasons, they did not have any problems such as communication with the German society, integration, identity or cultural adaptation (Başkurt, 2009). Unlike the first generation, the second generation and beyond compare themselves with the same age group of the country they were born and raised in and perceive the opportunities and possibilities they are deprived of (Çelik, 2008). This change, which started in the second generation, has had various effects on the identity perception of the third generation born and raised in Germany (Kaya & Kentel, 2005). Studies have shown that the rate of adoption of both Turkish identity and German identity has decreased among Germans of Turkish descent in the third and fourth generations (Demirağ & Kakişım, 2018). In addition, different ethnic groups, ethnic minorities and bicultural individuals may experience problems such as low self-esteem, anxiety and depression (Mossakowski 2001; Hovey et al, 2006; Lahti et al, 2003). As a result of many studies conducted in the UK on Caribbean, Polish, Irish, Indian and Pakistani immigrants, it has been revealed that these immigrants have a high rate of schizophrenia diagnosis. Since the low rates of schizophrenia diagnosis in the countries of origin of these immigrants cannot be explained by "immigrants are genetically close to these disorders", it has been determined that this situation is related to the problems experienced during migration, after migration or belonging to a different origin (Acartürk, 2016). Psychological problems and identity crisis are risk factors for individuals of different origins who experience a dilemma between the traditional family structure and the culture in which they live (Derin, 2020).

Individuals who migrate settle in an unfamiliar sociocultural environment from the cultural and social environment they belong to and can continue their generation here (Kaplan & Chacko, 2015). For this reason, individuals who both migrate and are born as belonging to a different origin experience processes of sociocultural continuity, feeling of not belonging and alienation, acclimatisation and

adaptation problems (Tekeli, 2010; Schouler-Ocak, 2015). Phenomena such as migration and belonging to a different origin cause these individuals to feel hopeless, insecure and lonely. Therefore, this situation may cause risky behaviours to occur and may negatively affect individuals' substance use and criminal tendencies (Cömertler & Kar, 2001; Kılıç et al., 2017). The identity confusion that emerges during adolescence in the children of second-generation immigrants, called the "intermediate generation", may have more pathological consequences. It was determined that the use of psychoactive substances increased as a method of getting used to a new culture and escaping from the problems brought by the adaptation process. The most common substances used are alcohol and cannabis (Brooke et al., 1988; Güler & Demircan, 2022). Cases such as migration, ethnic minorities, belonging to different origins can negatively affect mental health and this is stated as a factor that increases the risk of substance use (Jirapramukpitak et al., 2008, Derin, 2020). Individuals of Turkish origin who experience problems such as intergenerational conflict, social marginalisation and adaptation problems in Germany have problems with both their families and the environment they live in. Due to these problems and generational conflict, there are research results showing that Turkish immigrants and their families start to use substances (Richard Friman, 2004; Haasen et al., 2004).

Individuals who migrate interact with the new culture. In the face of this cultural diversity, the individual tries to find his/her place in society (Akdoğan Öztürk & Taş, 2018). In this context, concepts such as dual/multiculturalism, dual/multilingualism, dual/multi-identity are encountered (Candemir Özkan, 2022). It is thought that this study on individuals of different origins, who are evaluated within disadvantaged groups, will contribute to individual and social mental health studies, psychology and psychological counselling.

Social integration, identity status, feeling of belonging, psychological adaptation, substance abuse, etc. of Turks, who constitute the largest immigrant group and foreign Germans in Germany, have recently been among the important political and sociological issues. The aim of the research is to examine whether there is a difference in the identity statuses of Germans of Turkish origin compared to native Germans and the relationship of these identity statuses with psychological symptoms and frequency of substance use. In this direction, the problem statement of the research is defined as follows:

Is there a significant relationship between Identity Status, Substance Use Frequency and Psychological Symptoms of Germans of Turkish Origin and Native Germans Living in Germany?

1. Is there a significant difference between the Identity Statuses of Germans of Turkish origin and native Germans living in Germany?
2. Is there a significant difference between the psychological symptoms of Germans of Turkish origin and native Germans living in Germany?
3. Is there a significant difference between the frequency of substance use of Germans of Turkish origin and native Germans living in Germany?

## **METHODOLOGY**

### **Participants**

In this study, which was conducted among Germans of Turkish origin and native Germans living in Germany, the German sample of Turkish origin consisted of 159 people and the native German sample consisted of 150 people. The mean age of the German sample of Turkish origin was  $25,7 \pm 4,1$  years, while the mean age of the native German sample was  $25,4 \pm 4,6$  years. There was no statistically significant difference between the mean ages of the groups ( $p=0.512$ ). Although the share of women was higher in the German sample of Turkish origin and the share of men was higher in the other group, the difference was not statistically significant ( $p=0,058$ ). When analysed according to marital status, the share of married people is higher in the German sample of Turkish origin, whereas the share of single people is higher in the other group and the difference is statistically significant ( $p<0,001$ ). When analysed according to educational status, the share of university graduates in the Turkish sample and high school graduates in the other group was high and the difference was statistically significant ( $p=0,005$ ). Details are given in Table-1.

**Table-1** Comparison of Groups According to Some Sociodemographic Characteristics

	Germans of Turkish orig (n=159) n (%)	Native Germans (n=150) n (%)	chi-square ( $\chi^2$ )	p*
Gender				
Female	85 (53,5)	64 (42,7)		
Male	74 (46,5)	86 (57,3)	3,601	0,058
Marital status				
Single	114 (71,7)	136 (90,7)		
Married	42 (26,4)	12 (8,0)	18,556	<0,001
Divorced	3 (1,9)	2 (1,3)		
Educational Status				
Primary school	0 (0,0)	3 (2,0)		
Middle school	16 (10,1)	9 (6,0)		
High school	43 (27,0)	66 (44,0)	16,704	0,005
University	83 (52,2)	54 (36,0)		
Master Degree	17 (10,7)	17 (11,3)		
Doctorate	0 (0,0)	1 (0,7)		

\* Pearson chi-square test

\* Pearson chi-square test

## Measurements

### *Sociodemographic Form*

The form prepared to collect sociodemographic data of the participants included questions on gender, marital status, age and education level.

### *SCL-90R Scale*

The SCL-90R scale, which was developed and finalised by Derogotis et al. (1976), was applied to reveal the psychological symptoms that occur or may occur in the individual and the level of these symptoms. The 5-point Likert-type scale consists of a total of 90 questions, including 9 subtests and 1 additional scale. The scale is scored as Extremely 4, Extremely 3, Moderately 2, Very little 1, Never 0. The general symptom index is obtained by dividing the score obtained from all items by the total number of items. If the score obtained from the subtests of the scale is 1 and below 1, it is accepted that the symptoms are normal, and if it is above 1, it is accepted that the person is prone to the pathology of that subtest and has the characteristics of the psychological symptoms of that subtest. The subtests are Somatisation (Som), Obsessive-Compulsive (Ob-Com), Interpersonal Sensitivity (I-S), Depression (Dep), Anxiety (Anx), Anger and Hostility (Anger-Fall), Phobic Anxiety (PhobAnx), Paranoid Ideation (Pard), Psychoticism (Psych) and additional items (eating and sleep disorders).

### *Expanded Objective Ego Identity Statuses Scale*

The identity statuses scale, which was first created by Adams, Shea and Fitch (1979) to measure the four identity statuses put forward by Marcia in individuals aged 18-30, was later revised by Grotevant and Adams (1984). The scale was expanded and finalised by Bennion and Adams (1986). It is a 64-item, six-point Likert-type scale. Answers range from 1 (completely agree) to 6 (completely disagree). The scale consists of two domains: ideological identity (32 items) and interpersonal identity (32 items). Each item analyses the crises and commitments experienced by individuals. There are 16 items in the scale belonging to four identity statuses defined by Marcia as "moratorium, achievement, diffusion, foreclosure". Of these 16 items, 8 items are in the interpersonal domain and 8 items are in the ideological domain.

The person can score between 16 and 96 points for each identity state. High scores indicate a high level of the characteristics valid for the associated identity state. There is no total score in the scale and there are no reverse scored items. As a result of the validity and reliability study conducted by Oşay (1998), Cronbach's alpha internal consistency coefficients were found to be .75, .84, .57 and .73 for achievement, foreclosure, diffusion and moratorium identity statuses, respectively. Test-retest reliability coefficients were .72, .81, .79, .77 for achievement, foreclosure, diffusion, moratorium identity statuses, respectively.

### ***Substance Use Frequency Scale***

The scale includes questions on use in the last 30 days, last 12 months and lifetime use to measure the frequency of alcohol, smoking, cannabis and drugs.

### ***Procedure***

Participants were selected on a voluntary basis and were determined by random sampling. The research was announced to Turkish and German individuals through various social media (instagram, facebook, twitter, whatsapp, school club pages, online community-based sites...). Participants who wanted to participate in the study contacted the researchers. The first 172 Germans of Turkish origin and the first 161 native Germans were included in the study. The data of 24 participants who did not complete the scales were not evaluated. In order to answer the questions in the study impartially, the name, surname and address information of the participants were not asked, and the participants were informed with the Informed Consent Form that the answers would be kept confidential. Turkish and German forms of the scales were delivered to the participants via Google form.

## Analysis of Data

Statistical analyses were performed with IBM SPSS version 21.0 (IBM Corp. Released 2012. Armonk, NY, USA) package programme. Descriptive statistics were given as mean, standard deviation, frequency and percentage. Pearson chi-square and Fisher's exact test were used to compare discrete variables. Compliance of continuous variables with normal distribution was evaluated by Kolmogorov Smirnov test. Intergroup comparisons of continuous variables were made by Mann Whitney U test. The linear relationship between variables was evaluated by Spearman correlation test.

## RESULT

When the sub-dimension scores of the groups belonging to the "Identity Statuses Scale" were compared, a statistically significant difference was found between the groups except for the "Moratorium" sub-dimension score ( $p < 0.05$ ). The "achievement" identity status score was statistically significantly higher in the native German group, while the "diffusion" and "foreclosure" identity status scores were statistically significantly higher in the German group of Turkish origin ( $p < 0.05$ ). Details are given in Table-2.

**Table-2 Comparison of Identity Status Scale Sub-Dimension Scores of Groups**

Identity Status	Germans of Turkish	Native Germans		
	origin	(n=150)		
Score	(n=159)	Mean±SD	z	p*
	Mean±SD			
Achievement	56,3±17,8	65,0±15,0	-4,465	<0,001
Foreclosure	42,7±20,3	32,7±13,1	-4,459	<0,001
Diffusion	47,9±14,1	43,3±13,6	-3,123	0,002
Moratorium	45,9±16,7	45,1±14,0	-0,092	0,926

SD= Standard Deviation \* Mann Whitney U test

**Table-2 Comparison of Identity Status Scale Sub-Dimension Scores of Groups**

SD= Standard Deviation \* Mann Whitney U test

When the sub-dimension scores of the identity status scale were compared according to smoking, alcohol, cannabis and drug use in German individuals of Turkish origin, no statistically significant difference was found between the groups ( $p > 0.05$ ). Details are given in Table-3.

**Table-3** Comparison of Identity Status Scores According to Substance Use in the German Group of Turkish Origin

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Identity Status Score	Never uses Mean±SD	At least 1 per day Mean±SD	z	p*
Smoking	(n=100)	(n=59)		
Achievement	57,6±14,4	54,0±22,4	-0,282	0,778
Foreclosure	44,2±19,3	40,2±21,8	-1,821	0,069
Diffusion	48,2±12,1	47,5±17,1	-0,557	0,578
Moratorium	47,0±15,7	44,0±18,2	-1,309	0,191
Alcohol	(n=58)	(n=101)		
Achievement	56,8±16,5	55,9±18,5	-0,070	0,944
Foreclosure	45,2±18,7	41,3±21,0	-1,739	0,082
Diffusion	48,3±14,0	47,7±14,3	-0,430	0,667
Moratorium	44,9±17,1	46,4±16,5	-0,324	0,746
Cannabis	(n=128)	(n=31)		
Achievement	56,2±17,5	56,3±19,1	-0,030	0,976
Foreclosure	42,5±19,5	43,3±23,5	-0,280	0,779
Diffusion	48,1±14,4	47,2±12,9	-0,048	0,962
Moratorium	45,7±16,4	46,7±18,4	-0,048	0,962
Drugs	(n=151)	(n=8)		
Achievement	56,0±17,8	60,8±18,6	-0,820	0,412
Foreclosure	42,0±19,6	54,8±29,2	-1,146	0,252
Diffusion	47,8±14,1	50,4±14,5	-0,737	0,461
Moratorium	45,4±16,3	55,3±23,0	-1,119	0,263

SD= Standard Deviation \* Mann Whitney U test

When the sub-dimension scores of the identity status scale were compared according to the smoking status of the native German individuals, a statistically significant difference was found only in the "moratorium" identity sub-dimension score. The score of never smokers was statistically significantly higher ( $p=0,021$ ). No statistically significant difference was found in comparisons between other groups ( $p>0.05$ ).



When the sub-dimension scores of the identity status scale were compared according to alcohol consumption status in the native German group, a statistically significant difference was found between the groups in the "achievement" and "foreclosure" identity sub-dimension scores. Both identity scores were higher in those who had used alcohol at least once in their lifetime ( $p < 0.05$ ). No statistically significant difference was found in comparisons between other groups ( $p > 0.05$ ).

When the sub-dimension scores of the identity status scale were compared according to cannabis use in the native German group, a statistically significant difference was found between the groups only in the "achievement" identity sub-dimension score. The mean score was higher in those who had used cannabis at least once in their lifetime ( $p < 0.05$ ). No statistically significant difference was found in comparisons between other groups ( $p > 0.05$ ).

When the sub-dimension scores of the identity status scale were compared according to the status of drug use in the native German individuals, a statistically significant difference was found between the groups only in the "achievement" identity sub-dimension score. The mean score was higher in those who had used drugs at least once in their lifetime ( $p = 0.005$ ). No statistically significant difference was found between the other groups ( $p > 0.05$ ). Details are presented in Table-4.

**Table-4** Comparison of Identity Status Scores According to Substance Use in the Native German Group

**Table-4 Comparison of Identity Status Scores According to Substance Use in the Native German Group**

Identity Status Score	Never uses Mean±SD	At least 1 per day Mean±SD	z	p*
Smoking	(n=110)	(n=40)		
Achievement	64,4±14,6	66,7±16,1	-1,152	0,249
Foreclosure	33,4±13,3	30,6±12,5	-1,197	0,231
Diffusion	43,6±14,1	42,9±12,4	-0,147	0,883
Moratorium	46,7±14,4	40,8±12,2	-2,300	0,021
Alcohol	(n=23)	(n=127)		
Achievement	52,0±20,2	67,3±12,6	-3,428	0,001
Foreclosure	33,1±12,4	32,6±13,3	-0,564	0,573
Diffusion	37,7±11,1	44,4±13,8	-2,179	0,029
Moratorium	40,3±14,8	46,0±13,8	-1,711	0,087
Cannabis	(n=86)	(n=64)		
Achievement	60,7±15,9	70,8±11,6	-4,062	<0,001
Foreclosure	33,3±12,3	31,8±14,2	-1,196	0,232
Diffusion	43,4±13,3	43,4±14,2	-0,310	0,757
Moratorium	45,1±14,0	45,1±14,2	-0,232	0,817
Drugs	(n=125)	(n=25)		
Achievement	63,4±15,2	72,7±11,2	-2,820	0,005
Foreclosure	32,3±12,1	34,4±17,5	-0,101	0,920
Diffusion	43,1±12,9	45,1±17,2	-0,119	0,906
Moratorium	44,6±13,2	47,6±17,7	-0,219	0,826

SD= Standard Deviation \* Mann Whitney U test

When the averages of the 10 sub-dimensions of the scale and the general symptom score obtained from all questions were compared over the scores obtained from the SCL-90 scale by German individuals of Turkish origin and native German individuals, statistically significant differences were found between the groups in all

comparisons except for the mean "Som" symptom score. Details are given in Table-5.

**Table-5** Comparison of SCL-90 Scale Sub-Dimension and General Symptom Score Means of the Groups

SCL Score	Germans of Turkish	Native Germans		
	origin	(n=150)	z	p*
	(n=159)	Mean±SD		
	Mean±SD			
Som	0,84±0,77	0,68±0,64	-1,739	0,082
Ob-Com	1,04±0,73	0,76±0,68	-3,486	<0,001
I-S	0,94±0,77	0,68±0,68	-3,235	0,001
Dep	1,02±0,85	0,69±0,67	-3,558	<0,001
Anx	0,75±0,70	0,52±0,55	-2,844	0,004
Anger-Fall	0,83±0,79	0,51±0,55	-3,462	0,001
PhobAnx	0,56±0,69	0,36±0,55	-2,802	0,005
Pard	0,91±0,82	0,56±0,64	-4,026	<0,001
Psych	0,63±0,65	0,34±0,43	-4,422	<0,001
Additional items	1,01±0,79	0,67±0,61	-3,763	<0,001
General symptom	0,86±0,67	0,59±0,52	-3,721	<0,001

SD= Standard Deviation \* Mann Whitney U test

When the correlations between the "Identity Status" sub-dimension scores and SCL-90 sub-dimension scores of German participants of Turkish origin were analysed, no statistically significant correlation was found between the "achievement identity" sub-dimension score and any SCL-90 sub-dimension score ( $p>0.05$ ). The "foreclosure personality" sub-dimension score was only positively, weakly and statistically significantly correlated with the "Psyc" score ( $p<0.05$ ). "Diffusion personality" sub-dimension score was positively, weakly and statistically

significantly correlated with "Som", "Dep", "Psy" and "Additional Items" sub-dimension scores. On the other hand, the "Moratorium Personality" subscale score was positively, weakly and statistically significantly correlated with all SCL-90 subscale scores ( $p<0.05$ ). Details are presented in Table-6.

When the correlations between the "Identity Status" sub-dimension scores and SCL-90 sub-dimension scores of the local German participants were examined, a statistically significant correlation was found between the "achievement identity" sub-dimension score and the "I-S" and "Dep" sub-dimension scores ( $p<0.05$ ). The "foreclosure personality" subscale score was not statistically significantly correlated with any SCL-90 subscale score ( $p>0.05$ ). "Diffusion personality" subscale score was positively, weakly and statistically significantly correlated with "Som", "Anx" and "Phob-Anx" subscale scores ( $p<0.05$ ). On the other hand, the "moratorium personality" subscale score is positively, weakly or weak-moderately, statistically significantly correlated with all subscale scores of SCL-90 ( $p<0.05$ ). Details are presented in Table-6.

**Table-6** Correlation Results of Groups' Identity Status and SCL-90 Sub-Dimension

**Scores**

**Table-6 Correlation Results of Groups' Identity Status and SCL-90 Sub-Dimension Scores**

	Germans of Turkish origin				Native Germans			
	Achieve ment $r_s$	Foreclos ure $r_s$	Diffusi on $r_s$	Moratori um $r_s$	Achieve ment $r_s$	Foreclos ure $r_s$	Diffusi on $r_s$	Moratori um $r_s$
Som	-0,092	0,129	<b>0,172*</b>	<b>0,209*</b>	0,008	0,004	<b>0,183*</b>	<b>0,222*</b>
Ob- Com	0,066	0,055	0,144	<b>0,195*</b>	0,130	- 0,049	0,091	<b>0,250*</b>
I-S	-0,012	0,042	0,101	<b>0,185*</b>	<b>0,204</b>	-0,078	0,054	<b>0,267*</b>
Dep	0,007	0,073	<b>0,163*</b>	<b>0,250*</b>	<b>0,185</b>	-0,080	0,142	<b>0,334*</b>
Anx	-0,125	0,093	0,081	<b>0,161*</b>	0,024	0,043	<b>0,183</b>	<b>0,270*</b>
Anger- Fall	-0,020	0,119	0,148	<b>0,235*</b>	0,111	0,077	0,140	<b>0,290*</b>
Phob- Anx	-0,073	0,094	0,107	<b>0,196*</b>	0,059	0,061	<b>0,228</b>	<b>0,248*</b>
Pard	0,007	0,037	0,091	<b>0,167*</b>	0,142	0,001	0,061	<b>0,275*</b>
Psyc	-0,035	<b>0,165*</b>	<b>0,203*</b>	<b>0,250*</b>	0,077	0,037	0,070	<b>0,269*</b>
Additio nal items	0,008	0,092	<b>0,167*</b>	<b>0,193*</b>	0,158	-0,123	0,141	<b>0,257*</b>

$r_s$  = Spearman correlation coefficient

## DISCUSSION AND CONCLUSION

In the study, the "achievement" identity status score was statistically significantly higher in the native German group, while the "diffusion" and "foreclosure" identity status scores were statistically significantly higher in the German group of Turkish origin. Ayten (2012) conducted a study on Turkish immigrants aged 12-24 living in the UK and concluded that the "diffusion", "foreclosure" and "moratorium" identity status scores of adolescent Turkish immigrants were higher. These results suggest that immigrants or individuals of a different origin experience identity crisis more than individuals in the dominant

society, and that they cannot make complete decisions about profession, belief and political ideology and develop a definite commitment. Individuals with foreclosure identity status adopt the behaviour patterns and values of their family in the process of acquiring a certain identity and define themselves as the person their family wants them to be (Marcia, 1966). Unlike the individualistic and liberal child rearing style in the German family structure, in the traditional Turkish family structure, Turkish families attach more importance to raising individuals who are loyal to the family, cultural values and religious beliefs. Due to this difference between German and Turkish families, it is thought that it may be effective in the higher score of "foreclosure" identity status in the German group of Turkish origin in this study.

Individuals with diffusion identity status cannot determine their own identity and experience uncertainty and confusion about their work and beliefs (Marcia, 1966). These individuals do not communicate much with others, behave distantly and often experience social isolation (Kroger, 2004; Schwartz, 2001). Individuals living in two different cultures may experience problems of belonging and identity (Solgun & Durat, 2017). There is a high risk that individuals of Turkish origin, who are caught between the expectations of their Turkish families and the expectations of the German society, will be trapped between two cultures and therefore cannot establish a healthy communication with the members of both societies. It is thought that this dilemma experienced by Germans of Turkish origin may be effective in the higher score of "diffusion" identity status in the German group of Turkish origin in this study.

Turks, who are called the third generation in European countries, still continue to experience many social, cultural and political problems. These individuals, who try to create their own identity between the culture of their family and the culture they live in, may experience various mental health problems and identity crisis (Demirbaş, 2014). In parallel with this, substance abuse tendency and problem is becoming one of the important problems among Turkish youth living abroad (Johntson et al., 2000). However, in this study, no significant relationship was found between identity status according to smoking, alcohol, cannabis and drug use in German citizens of Turkish origin. On the other hand, when the sub-dimension scores of the identity status scale were compared according to alcohol, cannabis and drug use in the German sample, a significant relationship was found in the achievement identity status. It is not possible to compare the results since there is no study on the substance use of the new generation of Germans of Turkish origin.

However, when the relevant literature is examined, there are studies that emphasise the multicultural identities of the young generation living in Europe, emphasising that this generation is more integrated into the social, political, economic and cultural life of the country they live in and that they form a bridge between Turkey and the European Union and that they have become multicultural subjects who can show the ability to live comfortably anywhere in the world (Kaya, 2015; Yağmur, 2006). From this point of view, it is thought that individuals of Turkish origin who were born and raised in Germany may be more conscious and controlled in situations such as substance use and harmful behaviours than first and second generation immigrants.

It was concluded that individuals in the achievement identity status in the native German group used substances at least once in their lives. On the other hand, one of the most striking results of this study is that although the diffusion and foreclosure identity status scores of Germans of Turkish origin were higher than the other group, no significant relationship was found with substance use. When the literature is examined, it is stated in many studies that the risk of substance use may increase in different ethnic groups, immigrant groups or individuals living in a different culture (Güler & Demircan, 2022). Tamar (1996) stated that reasons such as fear of deportation, dismissal or discrimination due to substance use by the country where they live reduce the risk of substance use. Hertner et al. (2023) analysed substance use in different ethnic groups living in Germany and concluded that the link between migration, refugees and different ethnic groups and substance use is not as directly related as assumed. In this study, Germans of Turkish origin, regardless of their identity status, had a lower rate of substance use than the other groups. It can be thought that both the expectations and opportunities of the country of residence and the structure of the Turkish family relationship reduce the risk of problematic substance use in Germans of Turkish origin.

When the scores obtained from the SCL-90 scale by the German of Turkish origin and native German groups were compared, the German of Turkish origin group had higher psychological symptoms than the native German group, except for the "Som" symptom. Living as an immigrant, refugee, minority or belonging to a different origin leads to significant changes in the psychological health and emotions of the individual, and these individuals often have symptoms such as anxiety and depression (Cicourel, 1982; Warfa et al., 2005; Hovey & Magana, 2002; Bustamante et al., 2018; Yiğittürk Ekiyor, 202; Tuzcu & Bademli, 2014; Kliewer, 1991). Odergaard (1932), in his study examining the phenomenon of migration and psychological

symptoms, concluded that migration triggers psychosis and schizophrenia disorders in genetically predisposed individuals (Virupaksha et al., 2014). In a study examining the psychological symptoms of Turkish women living in Germany, it was found that Turkish women living in Germany for more than 10 years had depressive affective problems (Babaoğlu & Akdeniz, 2013). Tuzcu and Bademli (2014) conducted a study on 125 migrant workers and found that the participants experienced stress, anxiety and depression problems. The result of this study supports the related literature. Germans of Turkish origin still experience mental health problems at a higher rate than the native population. This situation reveals the necessity of conducting more research on different ethnic groups considered as disadvantaged groups, planning preventive mental health studies and various political and social regulations.

In the German group of Turkish origin, no correlation was found between the "achievement" identity status and any SCL-90 sub-dimension score, while a positive correlation was found between the "foreclosure" identity status and the "Psc" score, between the "foreclosure" identity status and the "Som", "Dep", "Psych" scores, and between the "Moratorium" identity status and all SCL-90 sub-scores. In the native German group, a positive correlation was found between "achievement" identity status and "I-S" and "Dep", between "foreclosure" identity status and "Som", "Anx", "Phob-Anx" scores and between "Moratorium" identity status and all sub-scores of SCL-90.

Individuals living in two different cultures may experience many psychological problems such as post-traumatic stress disorder and dissociative disorder (Lindert et al., 2009: 251; Hansson et al., 2012, Öztürk, 2020). Germans of Turkish origin, who are called the third generation, are in a completely different cultural structure in Germany, but their Turkish families try to keep them within their own cultural values. This situation causes Germans of Turkish origin to experience identity problems (Haksever, 2014). Tuzcu and Bademli (2014) concluded in their study that individuals who have difficulty in adapting to the country they migrated to and who experience identity conflict experience serious stress, depression and anxiety disorders. These results suggest that there is an interaction between identity status and psychological status and mental health. In particular, the correlation of "Moratorium" identity status with all sub-scores of SCL-90 in both groups strengthens this idea. Yurdakul and Çaha (2018) examined the identity perception of third-generation Germans of Turkish origin living in Germany and concluded that they could not fully adopt neither Turkish identity nor German identity. In this study,



it was concluded that the unhealthy identity structure negatively affects the mental health of both the German of Turkish origin and the Native German group, regardless of ethnic origin. There is a need to carry out mental health studies on the determination of the obstacles to a healthy identity structure and solutions, to expand the work of various psychotherapy branches in the field of identity, and to develop culturally sensitive psychological studies.

This study has several limitations. The first limitation is that the results of this study were interpreted by focusing only on ethnic differences. In future studies, there is a need to examine the relationship between ethnic groups and sociodemographic information such as gender, region of residence, and educational status. Secondly, another limitation is that some individuals of Turkish origin had difficulties in both German and Turkish language and had difficulty in solving the scales. Therefore, the correct understanding of the scale items while answering the scales posed a risk. In order to minimise this risk, the contact addresses of the researchers were given so that the individuals could reach the researchers in case they did not understand while answering the scales. Individuals who asked about the items they did not understand in the scales were explained by the researchers in a way that would not affect their answers.

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