

CONTENTS

<i>Preface</i>	ix
1 Introduction	1
<i>The study site</i>	1
<i>Theory</i>	4
<i>Methodology</i>	7
<i>How the book unfolds</i>	10
2 Who are they, and why do they move?	14
<i>Who are they?</i>	15
<i>Why do they move?</i>	16
<i>The relation between work and moving</i>	18
<i>The decision to move</i>	28
<i>Discussion</i>	32
3 What is stressful about moving abroad?	51
<i>Stress around the move itself</i>	55
<i>Hassles as a threat to feelings of adult competence</i>	58
<i>Language</i>	60
<i>The comfortable known-ness of things, and what is taken for granted</i>	63
<i>Not knowing the rules, threats to identity</i>	65
<i>Initial isolation and loneliness: 'Nobody would know if I left for three days'</i>	68
4 Strains on families	71
<i>Two careers or one?</i>	74
<i>Partners not 'adjusting well'</i>	78
<i>'Duty travel' and strains it may cover</i>	81
<i>Different values</i>	90

CONTENTS

5 Coping	96
<i>Event and meaning, comprehensibility and manageability</i>	96
<i>Family sense of coherence</i>	98
<i>Coping with the stresses of moving to a new culture</i>	99
<i>Discussion</i>	112
6 Giving and receiving social support	116
<i>Relationships with extended families</i>	116
<i>Social support over long distances</i>	119
<i>Support coming from the new place</i>	121
<i>Gaining control over social relations</i>	123
<i>Mobilising social support</i>	130
<i>Social support in Geneva and in 'hardship posts'</i>	133
7 Social support from within the family	138
<i>Families operating together</i>	138
<i>High family 'co-ordination', meeting people and family separations</i>	139
<i>Low family 'co-ordination' and family members in difficulty</i>	143
<i>Imbalances of authority, encountering different values</i>	145
<i>Discussion</i>	154
8 Effects on children	156
<i>School-aged children</i>	158
<i>Younger children</i>	162
<i>Adolescents and older children</i>	164
<i>Discussion</i>	168
9 The effect of the move: two case studies	170
<i>The Foster family</i>	170
<i>The Wood family</i>	180
<i>Discussion</i>	186
10 Families two years later	190
<i>Coping with issues around two careers</i>	190
<i>Phases of adaptation</i>	194
<i>Families' reflections on the effects of migration</i>	198
<i>Towards explaining the effects of the move on families</i>	201

CONTENTS

11 Summary and conclusions	209
<i>Summary</i> 209	
<i>The influence of SOC and of family 'co-ordination'</i> 215	
<i>Long-term effects?</i> 220	
<i>Expatriation, stress, coping and families</i> 221	
<i>Stress and families</i> 223	
<i>References</i>	225
<i>Appendix</i>	228
<i>Index</i>	237