

Perseverance: An Exploratory Study of Immigrant Integration in Quebec

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ABSTRACT : The concept of perseverance is explored in the context of immigration to Quebec. The survey consists of a questionnaire and interviews on education, experience and success is used to collect information from new immigrants living in different cities in Quebec. The analysis of the results has highlights the obstacles, the actions taken to overcome them and the degree of success. In light of these results, a dimensional perseverance model was suggested.

Keywords: integration, immigrants, Quebec, perseverance, willingness.

1. INTRODUCTION

To persevere is to continue to do or be what one has resolved, by an act of will always renewed, despite obstacles and failures. It means moving forward with determination in the face of adversity, being tenacious, not giving up. From a metaphysical point of view, we wanted to ask what role perseverance plays in the totality of the forces of nature. Is it, as the materialists say, only a simple result of the nervous and vital forces acting in the human organism, or should we see in it, as the spiritualists imagine, a focus of energy superior to time and space, which would command, in a way that is incomprehensible to science itself, necessarily attached to the point of view of mechanism, the movements by which our intellectual and moral life, and perhaps even our physical life, manifests itself.

But this problem arises in a more general way even outside and above materialism, between two opposing philosophies that one could call, one philosophy of intelligence, and the other philosophy of will. There is, in fact, an intellectual idealism which subordinates the will to intelligence, or rather which considers the will as a simple consequence of intelligence [1] The principle of things would then be an eternal understanding, where all ideas would be generated and determined according to the evolutionary necessities of an inflexible logic: the will would appear during this evolution only as a product of the ideas themselves.

What is less well known is that these two qualities: perseverance and willpower are reinforced and can be developed with a certain number of virtuous mental attitudes. Will and perseverance are two qualities that are always found in the advice of the authors of motivation and dynamics of success [2].

Life is made up of delays, pitfalls, (momentary) failures. It is not because we are not in a difficult situation that it is definitive. Everything evolves, everything moves in this world. And the force (will) of a human being can allow him to bounce back and get up again.

In the light of the above, we can deduce that perseverance is the essence of will and will is the essence of everything. What is beautiful in the human being? It is to want. It is proper to the human being to want because he is a being of freedom and he affirms his freedom by his will. The literature has devoted a great deal of study and research to perseverance in general, and school perseverance in particular [3,4]. In this context, this work explores the perseverance of immigrants in their integration process.

2. LITERATURE REVIEW

Many references have been reviewed and studied to understand the concept of Perseverance. The Sauvé study [5] categorized the dropout factors of immigrant students into five categories: personal, prerequisites, integration, language proficiency, and learning. Other findings are also observed, to a lesser degree on dropout, such as sociability and learning strategies. As for perseverance, the quality of the institutional framework is a motivating factor.

In Kanoute's research [6], a few immigrant students raised the issue of mastery of the language of instruction and teamwork. Duchesne [7] reports the difficulties associated with educational trainees: lack of knowledge of the structure and functioning of schools; lack of support in adjusting their initial conceptions of teaching and learning to the reality of Canadian educational practices.

In addition, some studies anticipate the difficulties of integration into the labour market following demotivation at the end of studies [8,9 10]. Finally, parents can also have an impact on integration, such as difficulties in reconciling work, family and studies [11], barriers to civic and political participation [12] and general obstacles to adult participation in training [13]. In short, immigrants share the documented challenges, while having a specificity relative to the willingness to make their migration project effective in the short to medium term.

3. APPLIED PERSEVERANCE

Perseverance is the essence of will and will is the essence of everything.

3.1- How to persevere?

To persevere on a path, the first thing to do is to set valid and attainable goals. "The astute man is attentive to his steps. It is therefore wise to re-evaluate our methods from time to time, asking ourselves where they are leading us and if there is a need to modify them. It is essential that we be clear about what we want to accomplish and why. We will be less tempted to give up if we mentally represent our ultimate destination, without ever losing sight of it.

The next step, after defining our goals, is to analyze how we will go about achieving them. In general, successful people understand that if they want something, they have to do everything they can to get it. If we have a clear understanding of all the steps we need to take to achieve our goals, it will be easier for us to focus on our goal, but it will also make it easier for us to pull ourselves together if we encounter setbacks. This analysis has been the cornerstone of many people's success.

Therefore, when we fail, try to see it in a positive light, to learn from it. Analyze the situation, find out where we went wrong, and then correct the mistake or remedy the weakness. Naturally, with every effort, we acquire more competence and know-how, which will ultimately contribute to our success.

Another essential aspect of perseverance is consistency in action. For example: "To the extent that we have made progress, let us continue to walk in an orderly fashion in the same direction. "In the words of one educator, "Moderation and consistency over time will pay off.

It is obvious that our perseverance will only be worthwhile if our goals are also worthwhile. Many people are at risk for things that do not bring happiness and others attribute success to intelligence.

3.2- Perseverance versus intelligence

Between the two qualities of intelligence and perseverance, which is the most important for success in life? Certainly, teasing minds will say that combining the two is the best solution. But apart from this dream situation, when it is necessary to choose between two candidates for example, is it better to select the super-gifted one, endowed with a very high intellectual coefficient but with a demotivating failure, or on the contrary the good one, who, without being an arrow, is tenacious, capable of holding on over time?

Angela Duckworth [14] conducted work on a sample of 1,545 adults of various levels of education, plus a panel of 138 students from prestigious American universities, two groups of 1,200 officer cadets, among others, proved that perseverance was the main success factor, more decisive than intellectual coefficient. The incentives to work to succeed in life, provided by any parent concerned about their children's success, are largely confirmed. According to Duckworth and her colleagues, it is (almost) enough to want to be able to. It is a clear path to follow and a source of hope for everyone.

However, many people attribute success to intelligence. The contribution of perseverance is less perceived than that of intelligence.

3.3- How to develop perseverance?

Here is the strategy to develop your tenacity.

- **Specify your intention.** It is important to know what you want. A well-grounded intention helps to overcome many difficulties.
- **Connect to your desire.** When you pursue the object of desire that is important to you, it is easier to be persistent.
- **Structure your plans.** Structured plans, even if they turn out to be bad and absolutely unfeasible, are an incentive to persevere.
- **Have faith in yourself.** Believing in your own ability to carry out a plan will encourage you to follow it with perseverance.
- **Develop adequate knowledge.** Knowing from experience that your plans are good is an encouragement; impression, unlike knowledge, destroys perseverance.
- **Surround yourself with people who have your success at heart.** Surrounding yourself with understanding people with a spirit of cooperation encourages perseverance. Their support and encouragement act as a factor in the development of perseverance.
- **Rely on the power of your will.** Remaining focused on executing your action plan is essential to achieving your goal and leads to perseverance.
- **Make it a habit.** Perseverance is the direct result of habit. Your mind absorbs the experiences of the day; it feeds off them. Fear can be better managed by focusing on the imposed repetition of acts of courage and trust.

4. METHODS

The methodology involves a survey to collect the data. The protocol consisted in collecting opinions and data from the immigrant community that I know and those around me in the major cities of Quebec.

The data collection tool used includes interviews and a questionnaire, sometimes followed by reminders for a better understanding and validation of the information. Questions focus on education and experience, action and success. To measure the degree of perseverance, the questionnaire scores and ranks responses from very low to high perseverance.

5. RESULTS AND DISCUSSION

The survey results and associated observations converge to say that perseverance is the cornerstone of success and a main asset to get through difficult periods that could compromise our ambitions. A perseverance model is suggested to bring together all the aspects involved in the process of developing perseverance.

5.1- Survey

Consistent with the selection criteria established by Quebec, statistics indicate that most immigrants to that province have a good knowledge of French and a high level of education. Moreover, most of these people have held professional and managerial positions in their countries of origin.

However, these immigrants selected on the basis of qualifications are struggling to find employment upon arrival. How, then, did they persevere to succeed? Analysis of the results allows us to identify the aspect that illustrates the state of perseverance among these emigrants. According to the opinions gathered, the problem is that these immigrants have difficulty having their prior background recognized: education and work experience obtained abroad are poorly recognized by employers, lack Canadian work experience, lack a professional network, and do not meet the requirements of professional orders.

To counter this problem, the recommended solution for many of them is to take English courses, begin the process of recognition of prior background with the professional orders and consider returning to school.

According to the survey, the majority have a strong degree of perseverance. This is explained by tenacious efforts at the origin (preparation in the country of origin) and on the spot (arrival in the host country). These two constitute a bridge and a relentless follow-up. Indeed, at the beginning, people were driven by a fierce will to satisfy the selection process and obtain the selection certificate. Many people give up along the way, but the tenacious ones reach the end of their desire - wanting, which is the dream of immigrating. At the moment of departure, people imagine themselves in a better future. This is what reinforces their perseverance in the face of hardship. At the finish, despite the factors described above, motivation takes over to overcome and get around the obstacles that stand in their way. In addition to this, there is also the distance that is sometimes synonymous with exile for some. Despite all these difficulties, for the majority, perseverance is the key to success. In fact, many people return to school or retrain after a few years. This approach is in line with the best practices reported by Égide Royer [15], who says that "perseverance can inspire boldness and cultivate determination in people who need it.

5.2- Model proposal

According to the literature studied, the observations and research results, the qualities or dimensions associated with perseverance are: Will, Imagination, Action (motivation) and Faith (autosuggestion). The interrelation analysis of these emotions, leads us by hypothesis to the design of a simplified model of perseverance. The latter is expressed in dimensions and illustrated in Fig. 1.



Figure 1: Cyclical Model of Perseverance

To achieve the culture of perseverance, the elements of the suggested model can be interpreted as:

- 1- Will: The ability to freely determine one's actions according to rational motives.
- 2- Imagination: Ability to elaborate images to find solutions to problems.
- 3- Action (motivation): Sensation, emotional force that motivates and incites to accomplish an action.
- 4- Faith (autosuggestion): Operates with autosuggestion which acts by modifying our subconscious.

Dimension 1: Will

The will is the first element whose triggering generates the essence of the continuation of the elements of the link in the chain of perseverance. Moreover, according to Bertrand Vergely [16], perseverance is the essence of will and will is the essence of everything.

The degrees of will

- a- The amorphous will (null), does not exist or is not formed
- b- The weak, transitory will exists and is formed, but does not last over time.
- c- The strong and durable will.

For the first one, people are without will. They are routine people, unable to take initiative, but can follow the lead of others to acquire a mechanical habit. For the second, those are weak wills who accept the suggestions of others, the advice of others and willingly follow the last opinion expressed.

For the third, those are capable of a remarkable continuity of calculated, systematic efforts, of solid constancy and firmness. They are masters of themselves and of others.

To train his will

To train your will, you must first know what you want and learn to want. Imagination will take the form of an obsession and act as a magnet attracting all inner and outer forces. A person's will is measured by the efforts associated or implemented. The degree of a will corresponds to its capacity for effort. To make efforts is to force nature to give all it can. Thus, to train one's willpower, one must seek and/or seize every opportunity for effort to strengthen and reinforce it. To maintain one's willpower in effort, one must create good and strong habits. For the first two degrees, the will to act does not give the impulse to the action, but intervenes in its control. However, in the third degree, the will to act and to control the action in a sustainable way.

Dimension 2- Imagination

Imagination is the faculty that allows humans to be happy or unhappy. Therefore, it is imagination that shows us success or failure.

Imagination generates thoughts of life in general about ourselves and the people around us. Imagining one's life is not dreaming one's life. Imagination is based on the real and the true, not on fictional dreams. Moreover, it will seek in the subconscious mind the answers necessary for the realization of the desire. It feeds on positive and negative thoughts. From this point of view, it is important to maintain positive thoughts and to eliminate the negative ones, because the badly controlled imagination can play bad tricks on us. In other words, unrealistic and misdirected imagination can cause us a lot of trouble. It can lead to positive or negative perseverance. In order to do this, we must be realistic, not exceed our physical and mental strengths, and desire things that are in line with our abilities.

Imagination is an incalculable force that can be of great service to us, if used intelligently. It is by visualizing the good things that we make our imagination work positively. Hence the duality: thinking is imagining, and imagining is thinking.

Dimension 3- Action (Motivation)

Motivation is created by and maintained by internal or external factors that push us to act to satisfy a need.

Internal: hunger motivates us to eat. It is an intrinsic need that comes from inside.

External: Poor results motivate us to do better to improve them. It is an extrinsic need, which comes from outside. Motivation is the force that drives us forward when we want to reach a goal or achieve a change.

Maintaining motivation: Understanding what factors keep us motivated is important to achieve our goal. These factors may differ from one person to another.

Dimension 4- Faith (Autosuggestion)

Faith can move mountains, make the impossible possible. It is having the deep conviction that everything works out so that we are happy. When we are in a mental cul-de-sac, we leave ourselves to the great Universal Force that governs everything. In life, we must believe, even when things are not going well, especially when things are bad. Faith is greatly lacking in humans. Faith provides the mental strength to make the appropriate changes that will make us grow. Faith believes with action and the least doubt implies bad faith. When the order is made (autosuggestion), it is given a reasonable amount of time to do its job. For autosuggestion is to transform the one who believes and not to persuade the Universal force. This dimension implies three conditions that are simultaneously fulfilled: desire - action - motivation.

Autosuggestion

According to metaphysics, the definition of autosuggestion is: The influence of the imagination on the moral and physical being of man. This means hypnotism. These are expressions illustrating the strength and the links between the dimensions of the model. The combination of these dimensions leads to the formulation of the systemic model of perseverance. All these dimensions are part of perseverance or constitute its soul. They are used in an integral way to get the best out of perseverance.

The suggested systemic model of perseverance can also be applied to other areas of life. For example, there are four stages of life: childhood, student life, professional life, and senior life. Overlaying the model with these stages results in the following:

Child life (willpower): this stage has a great will and pushes the child to make a lot of effort to be able to stand up and learn to walk, despite several failures.

Student life (imagination): in this life, the student uses a lot of imagination for his learning and also to vision his future, as well as his social and professional life.

Professional life (action: motivation): at this stage, the professional is motivated and uses action plans to achieve his or her ambitions and balance professional, social, community, personal and family activities.

Elder life (Faith: autosuggestion): In old age, the faculties begin to weaken and the person tends to become more faithful over time. In fact, we often hear this category say, *I do what I have to do and I trust him*. It is a way of testing the wisdom that appears in some people and becomes stronger in others.

6. CONCLUSION

This work brings the essential elements involved in the development of the perseverance process, notably will and imagination action and faith and highlights how immigrants apply it to integration. The survey shows very satisfactory results with a degree of perseverance ranging from strong to very strong in the majority of cases. The interpretation of the observations has contributed to the suggestion of a model based on the different dimensions that govern perseverance.

Finally, perseverance is a quality unanimously praised and the main factor of success, more determining than intelligence. Some limitations can be identified in this study. These are the statistical analysis of the results. To overcome these limitations, a full study would be recommended in the future.

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