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### **MIGRATION CHALLENGES OF THE 21ST CENTURY: ORIGINS, DYNAMICS, AND IMPACT ON SENDING AND RECEIVING NATIONS**

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# Migration Challenges of the 21st Century: Origins, Dynamics, and Impact on Sending and Receiving Nations

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## Abstract

In today of technological development and globalisation, the issue of migration is relevant and timely, as opportunities to change the country of residence and work have increased. As a result, migration has increased in recent years, which has sometimes led to a crisis. The study aimed to identify the causes and consequences of international migration for the recipient state, donor, and migrant, as well as to develop recommendations for shifting the balance towards the benefits of international migration and offsetting the negative consequences. To achieve the goal, we used information from open sources United Nations 2019 and World Migration Report 2024, which was processed using Excel, using the methods of quantitative trend and graphical analysis, synthesis, forecasting, grouping, scientific deduction and generalisation. We identified an upward trend in migration with a probability of further growth to 350 million people. We assessed the advantages and disadvantages of international migration in terms of countries of origin and destination and the protection of migrants' rights. We created a list of recommendations based on maintaining a balance in favour

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of benefits and offsetting negative consequences, including combating illegal migration, stimulating temporary labour migration and controlling the number of migrants. We identified the growth trend in the number of refugees and provided recommendations for their involvement in the recipient country's economy. We studied the structure of the leaders of donor and recipient countries as of 2019 based on United Nations statistics 2019. We assessed the country's decisive features for this level and the migration mechanism.

*Keywords:* migration law; international law; international migration; labour migration; refugees; migrants' rights.

## **Introduction**

Despite the rapid development of technology and human achievements, crisis situations arise that require significant efforts to resolve from time to time. One of these situations is the growing level of migration, which threatens social justice, economic prosperity and human rights. The challenges donor and recipient countries face in the face of large waves of migration are fundamentally different. However, to regulate population mobility, it is necessary to ensure effective dialogue between countries and optimise the activities of international institutions to protect citizens from the consequences of displacement. Although a third of UN member states have agreed to comply with international agreements on protecting migrants' rights following lengthy discussions, less than 30% have implemented these initiatives in practice (Chamie, 2020). This is primarily due to the complexity and cost of projects, different social and political attitudes, and the diverse impact of migration flows on established state structures. That is why identifying the causes, analysing the course, and forecasting the possible consequences of migration will allow for the creation of unified approaches to address the problems of population mobility in the interests of the country and the population.

## **Literature review**

Since 2014, Europe's migration level has reached the highest levels since the Second World War. The authors describe this period as Europe's migration crisis, as it was accompanied by humanitarian, governance, and social problems caused by many refugees, which required efforts to resolve them. According to the UN, the flow of refugees has increased dramatically over the past decade, and since the beginning of 2014, approximately 800,000 people have been at the borders of European countries, seeking to escape conflict and social injustice through irregular routes (Metcalf-Hough, 2022). In response to restrictions at the EU borders, people have resorted to dangerous routes, which led to the deaths of more

than 3,000 migrants in 2015. The largest share of irregular migrants is made up of men, but the share of women and children has increased in recent years. The most sensitive issue is the migration of unaccompanied children, which may carry the risk of human trafficking (Dottridge, 2021). Thus, migration is an essential issue for Europe and requires finding practical solutions to reduce the flow of refugees and ensure conditions that, on the one hand, do not violate human rights and, on the other hand, do not impose an additional economic burden on the country's population.

However, international migration is not only a European issue, with policy and governance challenges in North, South America and Southeast Asia requiring research into the causes and consequences to address (Geddes, 2021). Chamie (2020) highlights the international community's role in addressing migration issues, including engaging countries of origin, transit and destination in a joint dialogue. In order to avoid human rights violations among migrants, who are the most vulnerable segments of the population, international global treaties on safe migration (Global Compact for Safe, Orderly and Regular Migration) and refugee security (Global Compact on Refugees) have been created (Appleby, 2020). Over 20 million refugees are under the UN High Commissioner for Refugees (UNHCR) mandate. However, the functioning of the above organisations covers only a part of the needs of refugees and essentially does not eliminate the risks of migrant abuse (Aradau & Canzutti, 2022).

The level of migration in the twenty-first century continues to grow, as migration is an integral part of globalisation, represented mainly by the movement of workers at various levels. Labour migration is observed among the country's population (internal migration) and foreign workers. Therefore, the migration process cannot be viewed only negatively, as the COVID-19 pandemic has shown the consequences of closed borders, which have led to significant economic losses. However, they have not stopped the spread of the virus on the planet (Bier, 2020). However, in the context of individual countries, migration can cause a crisis due to the large number of migrants, refugees or labour outflows. The pandemic, in turn, has become an indicator of migration problems, as the unknown number of irregular migrants and workers has made it difficult to assess the actual situation objectively. It was the pandemic and the conditions of quarantine restrictions that revealed the actual level of vulnerability of immigrants, their poor living and working conditions, and the lack of access to medical care (Cai & Lai, 2020).

At the same time, the population of the destination countries suffers from a shortage of jobs and wage dumping. In 2020, the United States restricted entry as part of the quarantine. However, it was the first to justify this need not as a preventive measure against the spread of the virus, but to preserve jobs among its citizens (Chishti & Pierce, 2020). This policy of the US government has become the most stringent in the country's history to establish economic justice for Americans and reduce the population's unemployment risk (Somin, 2020).

Thus, migration differs in its causes and requires different approaches to protect migrants and residents and regulate the level of migration to avoid a crisis. Indeed, the trend of population movement is growing on the planet and is projected to continue to grow, as surveys indicate that more than 750 million people wish to change their country of residence (Esipova et al., 2018). However, the governance systems of both donor and recipient countries are not ready for large waves of migration and face related processes, such as social rejection, racism, rising poverty and social inequality (Beech et al., 2021). For example, the United States, despite its overall economic prosperity, is characterised by high poverty rates, including due to the increase in the flow of migrants. Boen et al. (2020) highlighted the interconnectedness of poverty and health, which underscores the importance of addressing the issue of healthcare coverage for employees, refugees, and undocumented migrants to protect the entire population.

Scientists define the demographic situation in the country, living conditions, employment opportunities, access to and quality of education, and social and economic well-being as motivating factors for migration (Levytska et al., 2020). Much research is devoted to climate change and environmental conditions that encourage people to look for new places to live and work. Moreover, scientists identify a non-linear dependence of migration on climate change. For example, natural disasters and floods cause a lower migration level than droughts and farms' gradual depletion (Kaczan & Orgill-Meyer, 2020). Environmental factors mainly stimulate internal migration, which can be seen as a temporary measure (Piguet, 2022).

The many scientific papers covering migration problems and risks demonstrate the topic's relevance. However, there is little practical application of international measures to address the negative factors of population mobility, which indicates their low effectiveness. This fact encourages the search for cause-and-effect relationships to promote safe and cost-effective migration.

The study aims to identify the causes, course, and forecasting of the consequences of international migration for the recipient state, donor, and migrant and to develop recommendations for shifting the balance towards the benefits of international migration and offsetting the negative consequences.

## **Methodology**

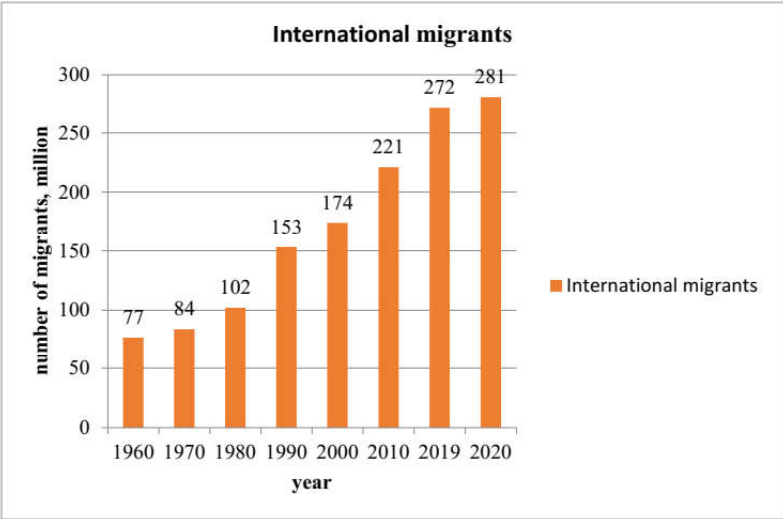
The study used methods of quantitative comparative, trend and graphical analysis, synthesis, forecasting, grouping, scientific deduction and generalisation. To achieve this goal, we determined the trend of international migration over the past 60 years, from 1960 to 2020. We used data on the number of international migrants obtained from official sources: United Nations (2019) and World Migration Report (2024). We created a graph and built a trend line using Excel based on the data. The trend line was drawn to determine the mathematical pattern

of the trend in the number of international migrants. Based on the trend line and the determined probability of an event, forecast the number of migrants for 2030. We assessed the advantages and disadvantages of international labour migration for the donor country, the recipient country and migrants and presented the results in the table. Based on the identified advantages and disadvantages, we developed recommendations for mitigating the adverse effects of labour migration for donor and recipient countries. We have identified trends in the number of refugees based on the analysis of United Nations (2019) and World Migration Report (2024) statistics for 1960–2023. We built a trend line to prove the mathematical regularity of the trend and determine the probability of changes in the number of refugees using Excel. Created a chart of the top 10 donor and recipient countries and assessed the internal state processes and reasons that led to the scale of migration in these countries.

## Results

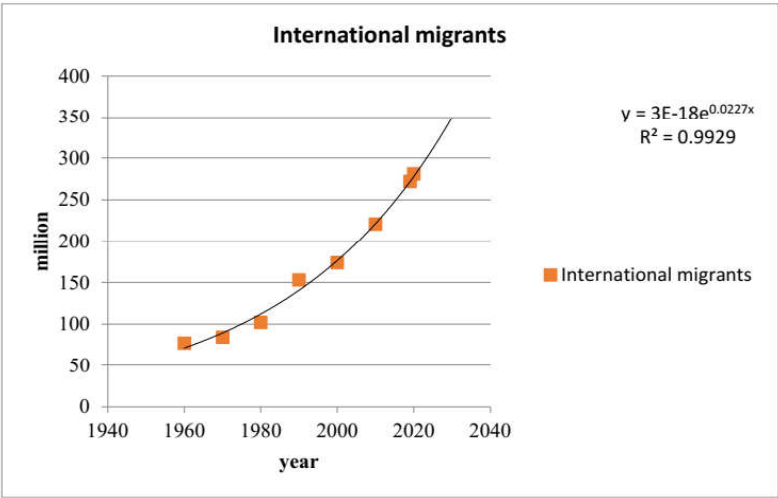
Migration has become an integral part of modern society. However, a significant level of migration poses a threat of a crisis, increasing the burden on the state's governance system. Migration crises occur both within the state and in the international space. Domestic migration crises are caused by the decline of the rural population and urbanisation, which leads to a decrease in the labour force in rural areas and an increase in the population in metropolitan areas. International migration crises are accompanied by a large wave of labour migrants, which pose a risk of labour outflow for donor countries and increase the burden on public services in recipient countries. Migration crises are also caused by irregular migrants and refugees seeking asylum, fleeing war and political, ethnic and religious persecution. Thus, migration of various types can become a crisis when there are many migrants, and it is not adequately regulated.

Regulating migration by controlling the number of migrants and taking into account their needs and motivations can prevent the development of a migration crisis, which is accompanied by human rights violations and growing social injustice. In order to predict the dynamics of migration, we analysed the level of international migration based on UN data (Figure 1) for the period from 1960 to 2020. A trend line was constructed to assess the trend of international migration from 1960 to 2020 (Figure 2). Based on the trend line graph, we made a forecast for 2030. Based on the analysis of international migration over 80 years, the growth dynamics in the number of international migrants with a tendency to further increase exponentially was determined. Forecasting for 2030 based on the constructed trend line shows an increase in migrants to 350 million with a probability  $R^2 = 0.9929$ . This trend indicates the ineffectiveness of the applied means of combating the migration crisis and justifies further research to find methods of combating and mitigating the effects of migration.



Source: compiled by the author based on United Nations (2019), World Migration Report (2024)

Figure 1: International Migration Level



Source: compiled by the author based on United Nations (2019), World Migration Report (2024)

Figure 2: Tendency of International Migration based on the Trend Line with Forecast to 2030

In order to find ways to combat the migration crisis, it is necessary to identify the leading causes of migration, including the search for better working, living, and educational conditions, protection from armed conflict, political, ethnic, and ideological persecution, and climate change. As of 2019, labour migration accounted for over 169 (62.1%) million migrants, including people of different nationalities (World Migration Report 2024). Thus, labour migration, as one of the integral components of globalisation, needs to be regulated based on identifying problematic factors. Table 1 below shows the main pros and cons of labour migration from the perspective of the donor, recipient, and migrants' rights.

Table 1: Advantages and Disadvantages of Migration for the Donor Country, Recipient Country and Migrants

Advantages/benefits	Disadvantages/challenges
Donor country	
Increased inflow of foreign currency remittances sent by migrant workers to support their families	Outflow of qualified personnel
Reducing unemployment	Labour shortage
Poverty reduction	Negative demographic situation
Recipient country	
Increase in human resources, including through highly qualified employees	Increased unemployment among residents
Increased demand for rental or purchase of property	Increased burden on government agencies and the healthcare system
GDP growth due to taxes paid by migrants	Increased congestion in the transport system
Migrant	
Higher career prospects	Adapting to new working conditions, corporate ethics, customs of the new country, and communication problems took a long time.
High salary	Separation from family
Gaining experience	Living conditions, poor social package, limited access to public and medical services

Source: author's conception

Thus, labour migration is an integral part of the modern economy, which has advantages and disadvantages for both countries of origin and destination and migrants themselves. Therefore, balancing the costs and benefits is essential to

reduce the crisis risk. Donor countries receive foreign investment from citizens who send money to support their families. Thus, the GDP of some developing countries can depend on international remittances from citizens who have emigrated to other countries by 30–50%. However, this benefit should be viewed from a long-term perspective, namely the possibility of further out-migration of migrant families to the host country, which may include the outflow of young people and children and, as a result, have a catastrophic impact on the demographic situation of the donor country. Another aspect is the professional qualification of the emigrant, which affects the level of economic and scientific development of the country, and in the long run will hurt the welfare of the state. In order to reduce the negative impact of migration, it is necessary to fight for skilled workers by providing high salaries, social security, and good working conditions that would motivate professionals to stay in the country. A positive incentive factor is the organisation of international cooperation and paid international internships that would allow a specialist to gain positive professional experience while demonstrating the inconveniences that may arise from migration. Another promising area is preferential conditions for foreign companies, for example, in the IT sector, whose employees can work remotely, and whose career growth would not require moving to other countries. Thus, for a donor country, labour migration has more negative trends than positive ones, which requires an active policy of such countries to combat the outflow of highly skilled workers and young people. Investing the proceeds from international remittances in ways to encourage professionals to work within the country would be advisable. Investments in education, healthcare, and opportunities for children are also significant. Therefore, countries with a large out-migration should strategically plan ways to motivate people to stay in their home country.

The recipient country also faces negative consequences, which include increased competition and unemployment among locals and increased pressure on the healthcare system, real estate market and transport. However, these consequences are offset by the increase in taxes paid by migrants and the flooding of the labour market with workers in the service sector, which is not popular among locals in economically developed countries. To mitigate the adverse effects, the host country authorities should focus on controlling the number of migrants with the possibility of providing them with a social and medical package of services, although this step requires additional costs, it will ensure a favourable epidemiological and sanitary climate in the future, which will have a positive impact on both the physical and psychological health of migrants and residents, and will promote loyalty of residents to labour migrants.

Challenges for expatriates include problems adapting to new working conditions and cultural customs, communication and teamwork. At this stage, the employer is obliged to help ensure foreign employees' living conditions and amenities and promote friendly relations within the team. In order to maintain a good psychological state for foreign workers, employers should help to ensure the

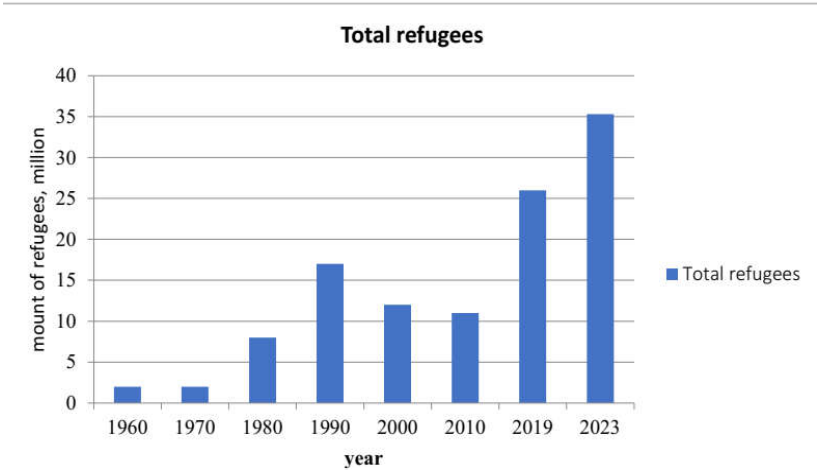
conditions for family transportation and provide a complete social and medical package.

A significant harmful problem of labour migration is illegal labour migration, which offsets all the positive aspects of labour migration for the recipient country, as an illegal worker does not pay taxes to the budget and does not benefit from a transparent real estate market. As a result, the migrant receives poor living conditions, does not have access to social and health insurance, and is often subjected to labour exploitation with human rights violations. The lack of health insurance leads to an increase in the level of infectious and chronic diseases among irregular migrants. As poor working and living conditions accompany irregular migration, the level of stress and, as a result, conflicts among migrants increases. As a result, the crime rate and the burden on the law enforcement system of the host country increase. At the same time, residents of the recipient country with a high level of irregular migration develop a negative attitude towards all migrants, which increases the risk of discrimination. Another negative aspect of irregular migration is the prevalence of illegal ways of entering the recipient country, which is dangerous, as evidenced by the large number of missing persons, which, according to the World Migration Report (2024), amounted to about 8,500 in 2023. Donor countries also face the negative consequences of irregular labour migration, as the risk of fraudulent schemes involving citizens in illegal ways of entering destination countries, which lead to exploitation, trafficking or death in transit, is growing.

Thus, labour migration requires a constant search for a balance between the benefits and negative consequences to prevent a crisis, particularly considering the long-term perspective for the country's development. Much attention should be paid to combating irregular labour migration, which has catastrophic consequences for the donor, recipient country and the rights of migrants. To achieve these objectives, it is essential to establish cooperation between the governments of donor and recipient countries to stimulate temporary labour migration. After all, temporary labour migration provides recipient countries with in-demand services and highly specialised workers, benefiting the economy. In return, the donor country provided that workers return, gain experience in foreign countries, increase GDP through foreign exchange transfers, and reduce poverty. Temporary migration satisfies the career ambitions of talented workers with an incentive to invest in developing their own country and does not pose significant demographic risks. However, migrants face the problem of family separation, so it is advisable to create conditions to ensure that families can meet frequently or live together temporarily.

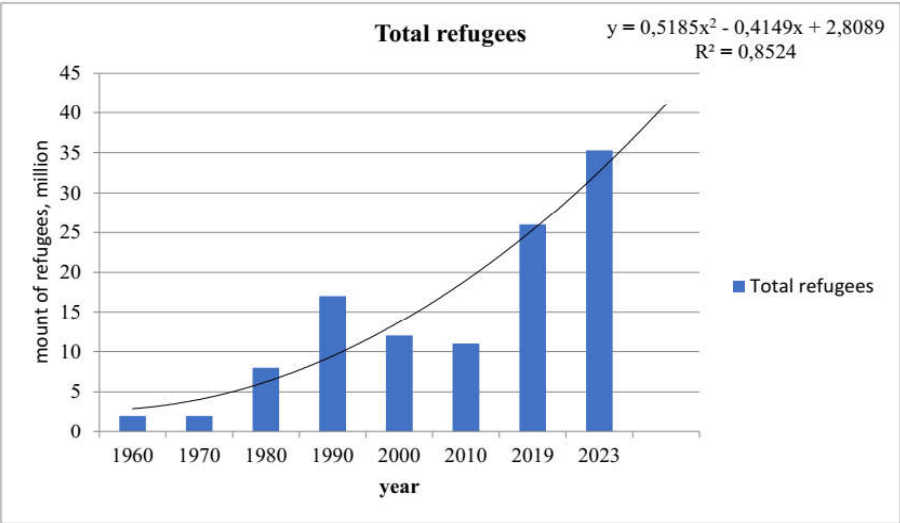
The migration crisis is primarily driven by migration to seek asylum and protection from military conflicts and political systems that restrict citizens' rights and to escape various forms of persecution and violence. Despite technological advances, the development of diplomacy and improved international communication, the level of conflict, including armed conflict, is growing, which is accompanied by an increase in the number of refugees. Figure 3 shows a graph

of the dynamics of the number of refugees from 1960 to 2023. The trend was determined using a trend line (Figure 4).



Source: compiled by the author based on United Nations (2019), World Migration Report (2024)

Figure 3: Numbers of Refugees for 1960–2023

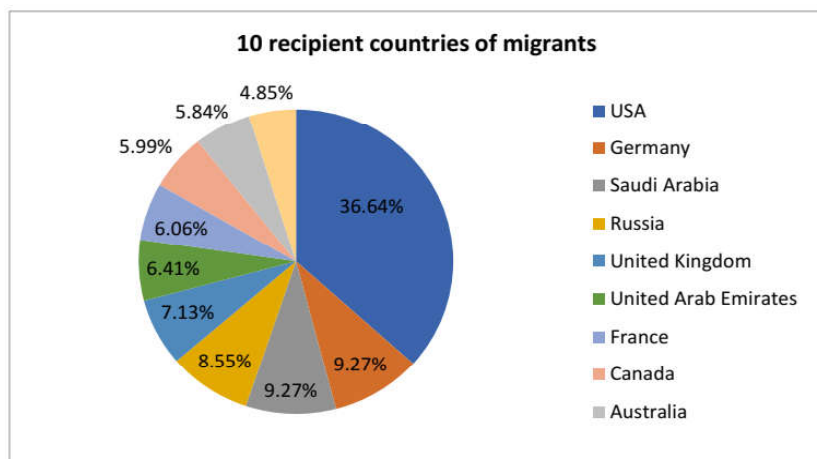


Source: compiled by the author based on United Nations (2019), World Migration Report (2024)

Figure 4: Trend Graph of Changes in the Number of Refugees for 1960–2023

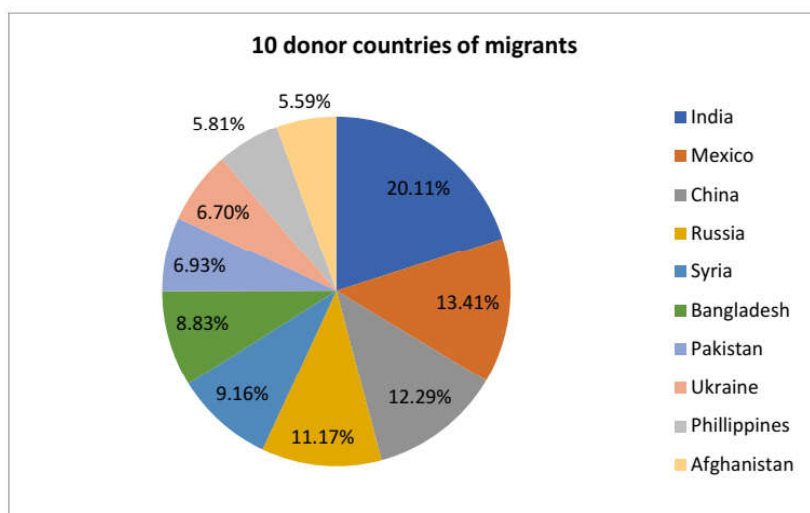
As can be seen from the graphs, there is an upward trend in the number of refugees, especially over the past 5 years. Migration at the expense of refugees burdens the host country's economy, as people find themselves in difficult life circumstances, in conditions for which they are not prepared and cannot adapt. International institutions are created to protect refugees with housing, employment, social benefits, and food, investing funds in the host country's budget. However, the problems with refugees are not only economic. People fleeing from conflicts wait for them to end and are not interested in finding work and adapting to life in the host country. Thus, there is an abuse of social assistance among the working population. There are also cultural differences between refugees and locals, which creates a negative public opinion about refugees who do not try to accept the customs of the host country. Refugees also suffer from severe psychological distress that requires assistance and can lead to conflicts and even crimes. Thus, asylum seekers increase the burden on the economy, public administration, and medical and legal systems. The recipient state is interested in facilitating the adaptation of refugees and encouraging them to learn the language, find work, and obtain education to use the potential of asylum seekers for the country's development.

We ranked donor and recipient countries by the number of migrants. The data are presented in Figures 5 and 6.



*Source: compiled by the author based on United Nations (2019)*

*Figure 5: Ranking of Recipient Countries with the Largest Number of International Migrants*



*Source: compiled by the author based on United Nations (2019)*

*Figure 6: Ranking of Donor Countries by the Number of International Migrants*

As can be seen from Figure 5, the country that most often receives migrants is the United States, due to the country's strong economic development and policies that are attractive to migrants. However, current US policy is more critical of migration, as citizens' dissatisfaction with the level of migrants in the country, especially illegal migrants from neighbouring countries, is growing. Germany ranks second, attracting migrants with its economic prosperity and social protection. Germany is also a leader among European countries in providing asylum to refugees but ranks 5th after Turkey, Colombia, Pakistan and Uganda. Among the countries with the largest outflow of migrants, the leaders are India, Mexico and China. This trend is explained by a large population, high unemployment, low wages, high competition and limited opportunities, the growth of megacities, and deteriorating living conditions. Syria and Ukraine are among the top ten donor countries for refugees, whose level has increased dramatically since the outbreak of armed conflicts. After the outbreak of Russia's full-scale aggression against Ukraine, Poland also holds a leading position among European countries in terms of the number of refugees. As can be seen from the analysis of the structure of donor and recipient countries, refugees primarily seek asylum in countries bordering their home country, while labour migrants choose the most economically secure countries.

## Discussion

The results of our study pointed to a tendency towards further growth in the level of international migration, which, in the absence of adequate regulatory mechanisms, will lead to a crisis, which is confirmed in the literature. Bencek and Schneiderheinze (2024) studied the pattern of migration growth and proved that emigration decreases with the growth of individual income, which confirms the positive impact of donor country investments in creating favourable conditions for highly skilled professionals and their families. Chang and Zhang (2024) emphasised the role of internal migration in the development of megacities and their indirect impact on international migration. In contrast, Gu et al. (2021) argued that migration rates, like birth and death rates, cannot be predicted as they are subject to constantly changing trends that are influenced by various factors, including pandemics and climate change.

Scientists have confirmed the proposed recommendations for reducing the adverse effects of migration. Beduschi (2021) studied the possibilities of artificial intelligence in regulating the number of migrants and face recognition implemented in Germany. As Germany has received the most significant number of migrants among European countries, much attention is paid to the issue of managing the negative consequences. The growth of negative public attitudes towards migrants is confirmed by the popularity of far-right political forces, which often express extremist narratives, indicating a significant imbalance between the positive and negative aspects of migration and is a crisis that requires immediate and effective responses (Klinger et al., 2023). The US policy and established migration management mechanisms are also imperfect and dysfunctional in the current context, which sets a precedent in regulating migration processes in the country (Massey, 2020).

Instead, donor countries focus on analysing migration flows, incentives for emigrants to return, and conditions of their employment abroad (Abraham, 2020). The authors studied the factors that encourage residents to return home after labour migration and found low employment by profession and involvement in the service sector, except for highly qualified specialists who take managerial positions after returning from abroad.

The results of our research have revealed a trend of increasing the number of refugees in the world, which requires different regulation mechanisms compared to labour migration to find better living conditions (Massey, 2020). It is crucial to understand refugees' attitudes towards further planning their adaptation. Kohlenberger et al. (2023) found a pattern among refugees that consisted of different motivations for adaptation and job search depending on the country of destination, with the level of socio-economic security in the country being decisive, rather than the size of the diaspora.

## Conclusion

The results of our study indicate a tendency for further growth of migration, which encourages a more active position in combating the negative consequences of migration that can lead to a crisis since it is impossible to stop the process of growing migration. Recipient countries should control the number of labour migrants and refugees, ensuring that healthcare facilities, public administration, transport and social systems meet the needs. Donor countries should invest the profits from international remittances to create favourable conditions, primarily for highly qualified specialists and their families. It is recommended that the adverse effects of migration be offset through practical international cooperation between the donor and recipient countries to develop temporary labour migration. An important aspect is the comprehensive fight against illegal migration, which has catastrophic consequences. The trend of increasing the number of refugees in the world has been proven, which requires additional efforts by host countries to adapt and employ them to involve them in the country's economic activities, which will reduce the economic, political and cultural burden of the recipient country. The structure of the leaders of donor and recipient countries was determined, and among the leaders, there were countries with high economic and technological development. Among the donor countries, there were countries with high unemployment and poverty. We see the prospect of further research in a detailed analysis of cooperation between donor and recipient countries to identify effective measures for temporary labour cooperation and exchange of experience.

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