



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Mixed Methods Inquiry

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Abstract

Cultural adaptation and resilience are critical factors for migrant communities in Southern Africa, particularly those living in Libya. A mixed methods approach combining qualitative interviews with quantitative surveys to gather insights from migrants and host community members. Migrants reported significant challenges related to language barriers (60%) and employment opportunities (58%), which impacted their cultural adaptation process in Libya. The findings suggest that while migrants face substantial obstacles, they exhibit remarkable resilience through social support networks and cultural integration strategies. Communities and policymakers should prioritise enhancing language education programmes and creating inclusive employment initiatives to support migrant well-being.

Keywords: *Cultural Adaptation, Migration Studies, Quantitative Methods, Qualitative Research, Mixed-Methods Design, Resilience Theory, Southern Africa*

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