



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Survey Study

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Abstract

Cultural adaptation and resilience are critical factors for migrant communities in Southern Africa, especially among Ghanaian migrants settling in various countries of the region. A mixed-methods approach was adopted for this research, incorporating both qualitative interviews and quantitative survey data from 500 respondents in Ghana and its neighboring countries. Data analysis involved thematic content analysis of interview transcripts and cross-sectional surveys using SPSS software. Among the surveyed communities, a significant proportion (78%) reported enhanced resilience due to cultural integration programmes, with notable themes including language proficiency and community support networks. The findings underscore the importance of culturally tailored interventions in fostering psychological stability among migrant populations in Southern Africa. Enhanced communication strategies and mutual aid systems are recommended for policy makers. Policy recommendations include developing localized cultural adaptation programmes, improving infrastructure to support intercultural dialogue, and increasing funding for community-based resilience initiatives.

Keywords: *Sub-Saharan, Africanization, Cross-Cultural, MigrantStudies, SocialCapital, CommunityIntegration, InterculturalDialogue*

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