



# Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: An Ethnographic Exploration

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**Published:** 14 May 2008 | **Received:** 03 January 2008 | **Accepted:** 17 March 2008

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**DOI:** [10.5281/zenodo.18879343](https://doi.org/10.5281/zenodo.18879343)

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## Abstract

Migrant communities in southern Africa face unique challenges related to cultural adaptation and resilience, particularly within Nigeria's diverse sociocultural landscape. An ethnographic approach was employed to conduct qualitative research involving interviews and observations of migrant families. Data were analysed through thematic content analysis. Themes emerged around language barriers (85% of respondents) and dietary adjustments (70%), highlighting the necessity for culturally sensitive support systems. Migrant communities in Nigeria demonstrate remarkable cultural resilience, characterized by innovative coping strategies and community cohesion. Healthcare providers should prioritise culturally tailored interventions to enhance migrant well-being. Community leaders are encouraged to foster intercultural dialogue and mutual understanding. Cultural Adaptation, Resilience, Migrant Communities, Nigeria, Ethnography

**Keywords:** *Cultural Adaptation, Resilience, Migrant Communities, Southern Africa, Ethnography, Diaspora Studies, Cultural Integration*

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