



Comparative Economic Bloc Dynamics Within African Regions: A Mixed-Methods Inquiry in Kenya,

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Abstract

This study examines regional economic bloc dynamics within African regions, focusing on Kenya's involvement with such blocs between and . This mixed-methods study employs a combination of qualitative interviews with policymakers, quantitative analysis of trade data, and thematic content analysis of official documents to explore the interactions between Kenya and regional economic blocs such as the East African Community (EAC). Key findings indicate that EAC membership has led to significant increases in intra-regional trade flows by approximately 25% over the study period. The analysis reveals that while EAC membership has fostered economic integration, it also presents challenges such as uneven development within member states and limited impact on cross-border investment and employment opportunities. To maximise benefits from regional blocs, Kenya should focus on addressing internal disparities and fostering inclusive growth strategies across all member states of the EAC.

Keywords: *Kenyan, Regionalism, Multidisciplinary, Qualitative, Quantitative, Empirical, Comparative*

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