



# Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Mixed Methods Investigation in Congo

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## Abstract

Cultural adaptation and resilience are critical in migrant communities of Southern Africa, particularly those living in Republic of Congo where diverse ethnic groups coexist. Understanding these dynamics is essential for social cohesion and integration policies. The research utilizes a mixed-methods design, integrating in-depth interviews with focus groups and structured surveys administered across various urban centers. Quantitative data is collected using standardised questionnaires, while qualitative insights are garnered through semi-structured interviews. Data analysis employs both thematic coding for qualitative content and statistical techniques to identify patterns. Among the surveyed migrants, 60% reported adopting cultural practices that honor their home country's traditions yet adapt them to local contexts, facilitating smoother integration into Congolese society. Interviews revealed common themes of intergenerational conflict over traditional versus modern ways among younger migrants. This study underscores the importance of culturally sensitive policies for migrant groups in Southern Africa, highlighting how blending old and new cultural elements can enhance resilience while preserving identity. Policy-makers should encourage dialogue between older and younger generations within Congolese migrant communities to foster mutual understanding and support integration efforts. Educational programmes on local history and culture could also be beneficial.

**Keywords:** Congo, Migration, Adaptation, Resilience, Ethnography, Quantitative Analysis, Community Studies

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