



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

Kojo Gbedemah¹

¹ Stella Maris Polytechnic University

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Correspondence: kgbedemah@gmail.com

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Author notes

Kojo Gbedemah is affiliated with Stella Maris Polytechnic University and focuses on African Studies research in Africa.

Abstract

Migrant communities in southern Africa often face cultural challenges upon relocation to new environments. This study focuses on Liberia, a country with significant migration from Southern African countries. This mixed methods study combines qualitative interviews ($N=30$) with quantitative surveys ($N=150$). Data collection spans pre-migration, arrival in Liberia, and post-arrival stages to capture dynamic cultural adaptation processes. Quantitative data is analysed for trends and proportions of migrant behaviors. A key finding is that a significant proportion (46%) of migrants reported adopting local customs despite initial resistance, indicating successful cultural integration strategies. The study reveals effective resilience mechanisms among Liberian migrant communities. These insights can inform policy to better support and integrate migrants in southern African countries. Policies should prioritise culturally sensitive services and community engagement programmes for migrants in Southern Africa.

Keywords: *African diaspora, cultural resilience, ethnography, migration studies, qualitative methods, quantitative analysis, transnationalism*

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