



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa within Sierra Leone's Context

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Abstract

The study explores how migrant communities from Southern Africa have adapted to life in Sierra Leone, a West African country with distinct cultural and socio-economic contexts. The study employs qualitative research methods including semi-structured interviews, focus group discussions, and participant observation to gather data from migrant communities in Sierra Leone. A comparative analysis of the experiences of different Southern African groups is conducted. A significant thematic finding was the community's reliance on traditional healing practices as a primary source of health care, with over 70% of interviewees reporting its use for both preventive and curative purposes. The research underscores the importance of cultural sensitivity in policy-making to support migrant populations effectively. It highlights the need for healthcare systems that integrate local knowledge and practices. Healthcare providers should be trained in traditional healing methods, and community health initiatives should incorporate culturally appropriate services.

Keywords: *Sub-Saharan, diaspora, acculturation, resilience, ethnography, migration studies, ethnohistory*

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