



Comparative Psychological Perspectives in Ghanaian Communities: An African Context Study

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Abstract

Comparative psychology studies in African communities seek to understand cultural variations in psychological phenomena. Ghanaian communities represent a diverse tapestry of ethnic groups and socio-economic conditions, offering valuable insights into how these factors influence individual and collective mental health. Qualitative interviews were conducted with a diverse sample of participants from different regions of Ghana, including the Ashanti, Akan, Ga, Ewe, and Dagomba communities. Data collection utilised semi-structured interview guides to capture nuanced perspectives on psychological resilience and community dynamics. Findings indicate that while all groups experienced common stressors such as economic instability, language barriers posed significant social cohesion challenges for the Ga and Ewe communities, who predominantly speak different languages from their primary linguistic group. The Ashanti and Dagomba communities showed stronger inter-community support networks, mitigating some of these social isolation issues. This study highlights the importance of cultural specificity in psychological research and underscores the need for tailored interventions that consider regional contexts and diversity within Ghanaian society. Future studies should incorporate more diverse methodologies to ensure comprehensive representation across all ethnic groups in Ghana. Additionally, policymakers could benefit from integrating community psychology approaches into social welfare programmes to enhance resilience and cohesion.

Keywords: *African geography, Cultural psychology, Ethnocentrism, Cross-cultural studies, Social cognition, Psycho-social development, Multicultural analysis*

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