



# Comparative Psychological Perspectives in Zimbabwe's African Context

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## Abstract

Comparative psychology studies in African regions often focus on cultural diversity and the unique psychological experiences of different ethnic groups. In Zimbabwe, these studies are particularly relevant given the country's diverse population with various tribal backgrounds and historical influences. The research employed qualitative methods including participant observation, semi-structured interviews with local psychologists and cultural experts, and analysis of existing literature on African counseling psychology. A key finding was the significant variation in therapeutic approaches among tribes, with some emphasising traditional healing practices while others prioritise modern psychological interventions. The study underscores the importance of understanding cultural contexts when applying psychological theories to diverse populations. It highlights the need for culturally sensitive counseling and therapy models tailored to Zimbabwe's multi-ethnic society. Psychologists should be trained in cross-cultural competence, and research efforts should continue to document and integrate traditional African healing practices into contemporary mental health care systems.

**Keywords:** *African, ethnography, cultural psychology, qualitative methods, cross-cultural, indigenous knowledge, participant observation*

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