Social Support Networks in Rural-to-Urban Migration: Stress Management Strategies among Ethiopian Migrants

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Abstract

Rural-to-urban migration in Ethiopia is increasing due to economic disparities between rural and urban areas. This trend impacts mental health, particularly stress levels among migrants. Qualitative interviews were conducted with 50 participants who had recently migrated and lived in urban areas for at least six months. Data was analysed using thematic analysis. Participants reported that social support networks, especially kinship ties, significantly reduced feelings of isolation and anxiety. Social support networks play a critical role in helping Ethiopian migrants manage stress during the transition to an urban lifestyle. Healthcare providers should incorporate understanding of these social support systems into their interventions for rural-to-urban migrants.

Keywords: *African Geography, Rural-Urban Transition, Community Psychology, Social Capital, Migration Studies, Ethnography, Stress Theory*

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