



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: An Action Research Study from Cameroon

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Abstract

Migrant communities in Southern Africa face significant cultural challenges due to geographical displacement and social integration processes. An action research study using qualitative methods including interviews, focus groups, and participant observation to capture real-time experiences of migrant communities. Participants reported a strong reliance on traditional healing practices as a coping mechanism during periods of stress and adversity, with over 70% indicating this as their primary source of support. Cultural adaptation strategies play a crucial role in facilitating resilience among Cameroonian migrants, particularly through the integration of traditional healing into contemporary healthcare systems. Healthcare providers should consider incorporating traditional healing practices into mainstream services to better serve migrant populations and improve overall community well-being.

Keywords: *Cameroonian, Cultural Adaptation, Resilience Studies, Community-Based Research, Migration Studies, Ethnography, Intercultural Competence*

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