



Psychological Dynamics Within the Informal Sector in Urban Africa: A South African Perspective

Sipho Mthethwa^{1,2}, Kgosimiso Modiselle³, Gugulethu Khumalo^{1,4}, Tshegukani Dlamini²

¹ Agricultural Research Council (ARC)

² Nelson Mandela University

³ Department of Advanced Studies, Nelson Mandela University

⁴ Graduate School of Business, UCT

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Correspondence: smthethwa@gmail.com

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Author notes

Sipho Mthethwa is affiliated with Agricultural Research Council (ARC) and focuses on Psychology research in Africa.

Kgosimiso Modiselle is affiliated with Department of Advanced Studies, Nelson Mandela University and focuses on Psychology research in Africa.

Gugulethu Khumalo is affiliated with Graduate School of Business, UCT and focuses on Psychology research in Africa.

Tshegukani Dlamini is affiliated with Nelson Mandela University and focuses on Psychology research in Africa.

Abstract

The informal sector in South Africa plays a significant role in urban African economies, providing livelihoods for millions of people who are excluded from formal employment. No empirical data was collected; instead, a literature review synthesizes existing research on psychology and the informal economy in South Africa. While the literature suggests that informal workers rely heavily on community support for coping, there is a gap in understanding how these dynamics impact mental health outcomes. Further qualitative studies should explore the specific psychological impacts and interventions available within the informal sector to address worker well-being.

Keywords: *Africanization, Informality, Psychosocial Stress, Social Capital, Vulnerability Studies, Urban Sociology, Qualitative Research*

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