



Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Ghanaian Perspective

Cultural Adaptation and
Resilience in Migrant

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Abstract

Migrant communities in Southern Africa face unique challenges related to cultural adaptation and resilience, particularly when originating from Ghana. Qualitative research methods were utilised, including semi-structured interviews with 30 Ghanaian migrant individuals and focus group discussions with 15 local community members. Findings indicate that the majority of migrants (70%) adapt by maintaining traditional cultural practices while incorporating local customs (30%), leading to reduced social isolation and improved mental health outcomes (60%). Migrant communities in southern Africa demonstrate a strong capacity for resilience through culturally informed adaptation strategies. Governments and NGOs should support the integration of migrants by fostering cross-cultural understanding and providing resources that promote cultural preservation.

Keywords: *Geographical, Southern, Adaptation, Resilience, Community, Migration, Integration*

ABSTRACT-ONLY PUBLICATION

This is an abstract-only publication. The complete research paper with full methodology, results, discussion, and references is available upon request.

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