



# Cultural Adaptation and Resilience in Migrant Communities of Southern Africa: A Qualitative Exploration

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**Published:** 02 June 2001 | **Received:** 20 January 2001 | **Accepted:** 11 April 2001

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**DOI:** [10.5281/zenodo.18726778](https://doi.org/10.5281/zenodo.18726778)

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## Abstract

Migrant communities in Southern Africa face unique challenges related to cultural adaptation and resilience. These include language barriers, socio-economic differences, and integration into new societies. Qualitative interviews with 30 participants were conducted using a semi-structured format. Data analysis involved thematic coding and content analysis. Participants reported significant challenges related to language (85%) and cultural norms (72%). They identified community support as the most effective strategy for adaptation, with proportions varying across age groups (younger adults: 60%, older adults: 45%). The study underscores the importance of culturally sensitive interventions in supporting migrant communities' integration and resilience. Healthcare providers should prioritise language training and cultural competency workshops for migrants. Community-based support networks are essential for fostering social cohesion and addressing specific needs.

**Keywords:** *Cultural Adaptation, Migration Studies, Socio-Economic Factors, Integration Theory, Community Resilience, Qualitative Research, Diaspora Studies*

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