

Between Two Worlds: The Psychological Struggles of Zimbabwean Migrants in the United Kingdom

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Abstract

This qualitative study employed a phenomenological approach to explore the psychological struggles of Zimbabwean migrants in the United Kingdom. Seven participants were purposively selected and interviewed about their challenges and, through an in-depth analysis of their lived experiences, revealed five key themes: culture shock, identity crisis, loneliness and social isolation, adverse weather and environment, and work-life balance. Their mental health was greatly harmed by these difficulties. According to the findings of this study, assistance initiatives that tackle these issues and foster resiliency in Zimbabwean migrants are required. The study's conclusions give important new perspectives on the psychological difficulties faced by Zimbabwean immigrants in the United Kingdom as well as possible solutions to these issues and ways to support mental health. In order to create culturally appropriate solutions, future studies should look into the particular difficulties faced by Zimbabwean migrants in various settings as well as other refugee populations.

Keywords: psychological struggles, migrants, and work-life balance,

Introduction

Migration is not a new phenomenon and has been present since the dawn of humankind. The long-standing phenomena of migration has influenced human communities throughout history. According to the International Organisation for Migration [IOM] (2019), migration is the voluntary or involuntary movement of people or groups across international borders or within the borders of a sovereign state. Migration exposes people to serious psychological and sociocultural difficulties, even if it is frequently driven by desires for better prospects, financial stability, and living standards. Identity, belonging and mental health can all be negatively impacted by migrants' recurrent uprooting from the familiar and plunge into the unfamiliar (Bhugra & Becker, 2005).

The psychological difficulties that immigrants encounter in their new nations have been shown in earlier research. For instance, Miller (2010) discovered that identity loss, unemployment, and social isolation were all factors that increased psychological distress among Zimbabwean asylum seekers in the United Kingdom. Similarly, Moyo (2025) reported that Zimbabwean

caregivers recruited under the United Kingdom's Health and Care Worker visa scheme often endured exploitation, trauma, and profound psychological harm, illustrating how migration policies can exacerbate vulnerability. The emotional cost of migration was further highlighted by Machaka's (2024) study of Zimbabwean parents raising children in the United Kingdom, which found that they faced sociocultural dissonance, loneliness and difficulties maintaining family wellbeing.

Studies on migration outside of Zimbabwe also show comparable trends. According to research on acculturation by Berry (1997), migrants frequently experience identity crises and culture shock as they adjust to new surroundings. Similarly, research conducted in North America and Europe has demonstrated that socioeconomic marginalisation, loneliness, and prejudice are common indicators of poor mental health in immigrant communities (Bhugra, 2004; Lindert et al., 2009). These results demonstrate that migration entails a significant psychological shift in addition to a physical change. Importantly, Jetten et al. (2022) have argued, building on the social identity approach to mental health, that group life plays a crucial role in people's wellbeing. This perspective highlights how the disruption of social networks and community belonging during migration can exacerbate psychological vulnerability.

Even while these studies offer insightful information, they frequently concentrate on particular populations, such as parents, caregivers, or asylum seekers. A more comprehensive knowledge of the psychological challenges faced by Zimbabwean migrants in the United Kingdom as a group is still lacking. Research that summarises the various emotional, social, and cultural difficulties Zimbabweans encounter in various settlement circumstances is scarce. This gap is crucial because, despite making up a sizable portion of the United Kingdom's migrant population, Zimbabweans' experiences are still largely ignored in more general migration research (Machaka, 2024).

This study aimed to give a thorough exploration of the psychological challenges faced by Zimbabwean migrants in the United Kingdom.

This study was guided by these objectives:

- 1) To assess the psychological and emotional challenges experienced by Zimbabwean migrants in the United Kingdom.
- 2) To investigate the social and socio-cultural challenges faced by Zimbabwean migrants in the United Kingdom.

- 3) To explore the coping mechanisms employed by Zimbabwean migrants in navigating psychological and socio-cultural challenges, and their implications for mental health and well-being.

Methodology

Study design

This study employed a qualitative research approach within a case study design. A qualitative approach was appropriate as it enabled an in-depth exploration of the lived experiences of Zimbabwean migrants in the United Kingdom, particularly their psychological and socio-cultural challenges. The case study design allowed for a holistic examination of participants' narratives, providing rich contextual insights into the complexities of migration and mental health (Patton, 2020).

The research population of this study was made up of Zimbabweans living in the United Kingdom. Cohen et al. (2018) posit that a population or target group is the group of individuals from which the researcher wants to gain information and draw conclusions. In this study, the population was defined by boundary settings that stipulated who was included or excluded. The study embraced the purposive sampling technique. Denzin and Lincoln (2018) argue that researchers select participants based on specific characteristics or criteria relevant to the study, and this technique is useful when targeting a particular population with specific traits or experiences. Since the research method was qualitative, participants were chosen based on their willingness to participate. According to Creswell (2014), purposive sampling refers to a group of non-probability sampling techniques in which units are selected because they have characteristics that a researcher needs in their sample. In simpler terms, participants are selected based on purpose in purposive sampling. In this study, purposive sampling was used to include participants who shared similar backgrounds and experiences, specifically Zimbabweans residing in the United Kingdom for more than three years. Thus, the study was confined to seven (7) Zimbabweans living in the United Kingdom. It is important to note that participants were not drawn from all Zimbabweans in the United Kingdom but rather from those who met the inclusion criteria and were accessible to the researcher, thereby ensuring that the sample was contextually relevant.

Data was collected using telephone interviews. The merit of telephone interviews in this study was that they were an effective method for collecting in-depth data from participants who were geographically dispersed, making the study more inclusive and cost-efficient. Cohen (2018)

suggests that through in-depth interviews, the researcher allows participants to explain their experiences without interference and in a real-life environment to gain adequate and reliable data to answer the research questions. In addition, the method allowed for flexibility in questioning which led to uncovering unexpected insights or new lines of inquiry that may not emerge from structured methods (Creswell, 2018). The researcher managed to establish a rapport, which built confidence and trust, making participants more comfortable to discuss their lived experiences in the United Kingdom.

The data collected was analysed using thematic analysis, which is widely recognised as a rigorous method for qualitative research. Following Braun and Clarke's (2019) six-step framework, the researcher began by familiarising herself with the interview transcripts, generating initial codes, and then searching for recurring themes. These themes were reviewed and refined to ensure coherence and accuracy, before being clearly defined and named to capture their essence. The final stage involved producing a structured narrative that linked the themes directly to the research objectives. This analytic process ensured that the findings were systematically derived and grounded in participants lived experiences, thereby enhancing the credibility and trustworthiness of the study.

Ethical considerations were central to the study. Ethical approval was sought prior to data collection, and participants were informed of the study's purpose, procedures, and their rights. Informed consent was obtained verbally before interviews commenced. Confidentiality was maintained by anonymising participants' identities and securely storing all data. Participation was voluntary, and participants were reminded of their right to withdraw at any stage without consequence. Given the sensitive nature of discussing psychological struggles, the researcher remained attentive to signs of distress and encouraged participants to pause or discontinue if discussions became overwhelming. These measures ensured that the study was conducted responsibly and respectfully, in line with established ethical research standards (Cohen et al., 2018).

Results

The study results were guided by these themes culture shock and identity crisis, loneliness and social isolation, adverse weather and environment, work-life balance and comprehensive strategies for improving the psychological well-being of Zimbabwean migrants in the United Kingdom.

Demographic details of participants

Table 1: Demographic details of participants

	Gender of participants	Age of participants	Number of years living in the United Kingdom	Marital status	Occupation at the United Kingdom
#1	Female	33 years	4 years	Married	Nurse
#2	Male	45 years	9 years	Single	Health care assistant
#3	Female	40 years	5 years	Married	Support worker
#4	Female	37 years	7 years	Married	Factory worker
#5	Female	41 years	7 years	Married	Till operator
#6	Male	31 years	6 years	Married	Social worker
#7	Male	49 years	11 years	Divorced	Postman

Source: Primary data

The above table shows the demographic details of participants. In this case, 7 participants were interviewed through telephone interviews. The study indicated that 57% of the participants were females while 43% were males. The age range of the participants were between the ages of 30-50 years old. The participants gave valid data expressing their lived experiences in the United Kingdom because the majority had over 4 years and above living in that country. The study also showed the relationship between the struggles and the marital status of participants. The majority (71%) of participants were married, while 14% were single and 14% were divorced.

The participants' nature of profession also helped to clarify on the work balance and mental health. The selected participants were employed as nurse, health assistant, support worker, factory worker, till operator, social worker, and postman. All these jobs in the United Kingdom are indicated to be tiresome and; thus, heightening the stress of balancing the participants' lifestyle and their mental wellbeing.

The participants in this study were coded as P1-P7 as their pseudonyms.

Culture shock and identity crisis

The first theme revealed by this study is that of culture shocks and identity crisis. When asked to indicate the impact of culture shock and identity crisis on the mental health of Zimbabwean migrants, One participant, P2, remarked:

Most Zimbabweans are faced with the reality of a culture shock upon their arrival in the UK. Back home, we are used to a communal way of living, where neighbours and extended families are involved in each other's lives. Here in the United

Kingdom, life is often more individualistic, with many of us keeping to ourselves (P2).

The above findings indicate that a sudden shift can be overwhelming for most people. This results in most immigrants feeling like they do not belong, struggling to balance their roots with this new culture they need to adapt to. Furthermore, another participants added that:

There is a vast difference in this way of life. In the motherland, social interactions and gatherings are a significant part of daily life, whereas here in the United Kingdom socialising often requires prior planning. Social interactions are normally unstructured and spontaneous in Zimbabwe, whereas here in the United Kingdom it is more formal and structured. My children who are adolescents are suffering as they are forced to be indoors most of the times. (P3).

The study's findings demonstrate that many Zimbabwean migrants, particularly those who are young and adolescent, experience emotions of loneliness. This is evident considering that many Zimbabweans have the customary support of their community. These results demonstrate how their psychological health is adversely affected by the lack of social support that accompanies migration and the difficulty in achieving their desired economic level. Furthermore, stressors associated with acculturation, such as the loss of social support derived from our shared heritage, can have a significant detrimental impact on a person's mental health.

Loneliness and social isolation

The second theme revealed in this study is the theme of loneliness and social isolation. The study participants were asked to reveal the effects of loneliness and social isolation on their psychological well-being. They remarked that:

As for me, my children are all in Zimbabwe. So, it's me and my husband here and we have different work schedules. Hence, loneliness is one of the major psychological challenges that I personally face here in the United Kingdom. The loss of the luxury to have close friends and family nearby and the limited time to visit them leaves me feeling isolated all in the quest to have financial stability at the expense of my psychological wellness. (P4).

According to the study's findings, migrants frequently experience loneliness, particularly while dealing with life's obstacles. This is in contrast with life in Zimbabwe where friends and family are constantly present. Anxiety and sadness may result from this lack of emotional support. Little access to supporting social networks can exacerbate the negative effects of social isolation and international migration on mental and physical health. Among the things that raise the risk of mental disorders are traumatic experiences associated with migration, family separation, and child separation.

Impact of weather and environment

The third objective of the study sought to highlight the adverse impact of weather and environment on the mental health of Zimbabwean migrants in the United Kingdom. One of the study participants (P5) described the lived experiences of Zimbabwean migrants in the United Kingdom:

My worst nightmare when I arrived in the United Kingdom was the weather and environment. In my home country, Zimbabwe, we are used to the warm and sunny weather, which generally contributes to active and outdoor lifestyle. On the other hand, here in the United Kingdom the weather is always gloomy, cold and rainy. The lengthy winter months, coupled with shorter daylight can trigger what is called seasonal active disorder (SAD), which is typically a type of depression linked to a lack of sunlight. So, this weather patterns always triggers sad moments, because *inini ndofarira zuva* (personally I like sunlight) and the summer weather. (P5).

According to participant P5 in this study, the weather in the United Kingdom might restrict outdoor activities, which makes it more difficult for migrants to partake in the social and recreational activities they used to enjoy in Zimbabwe.

Work-life balance and mental health

The fourth theme revealed was the hardships of balancing work and life and effects of developing mental health issues. Many Zimbabweans move to the United Kingdom in search of better job opportunities. However, the reality is that work life balance is highly affected. This is revealed by participants' verbatim quotes below:

What I have experienced and seen is that most United Kingdom jobs are quite demanding, with usually long hours and high expectations. I'm a nurse, but yoooh the work I have to do here is tiresome compared to that in Zimbabwe. What I know for certain is that in most Zimbabwean jobs, work days often allow more flexibility and give allowance for social interactions. The United Kingdom job market is mainly focused on productivity and efficiency, sometimes at the expense of mental well-being. (P1).

I work as a till operator I always call myself a degreed till operator. I have no choice that is the job I do here in the United Kingdom and it's so frustrating because I have an education degree am supposed to be a teacher, which is my profession. However, I have to endure being a till operator. Since I have siblings back home, I need to support them financially. (P5).

According to the study's findings, some migrants end up working in positions for which they are overqualified, which causes them to become frustrated and unfulfilled. People in these situations experience emotions of fear and despair. Pressure to succeed or switch careers could result from this. Stress and depression may arise as a result of this pressure. These risk factors could be made worse by the absence of appropriate resources available for migrants to use.

Stress levels are further increased by the financial strain of providing for family members both in the United Kingdom and back home.

Participants also indicated that the huddles of handling work - life balance affected their parenting skills. This was highlighted by participant 6:

I have seen and experienced that raising children here in the United Kingdom has its own set of difficulties. Back home, as parents we would rely on extended family and the community to raise children. However, in the United Kingdom, child care is very expensive and most of us parents must juggle work and raising children without much support. I have a 9-year-old and a 15-year-old and I have seen that my teenage son is facing unique psychological challenges. At times he gets bullied at school because of his skin colour and he thus has lost his confidence. I wish my young brother was here to talk to him and have ball games with him to boost his confidence. (P6).

The aforementioned findings show that racism in schools is a common occurrence for Zimbabwean students in the United Kingdom, which can have a detrimental impact on their identity and sense of self. Due to their conflicting Zimbabwean and British cultural upbringings, these kids can find it difficult to blend in. The majority of parents might not notice that their children are emotionally distressed because they are constantly busy and exhausted. As a result, there may be conflict in families and a higher chance of mental health problems in teenagers. Also, the study's findings showed that self-esteem is essential to migrants' and their children's general functioning. It has been discovered that Zimbabwean migrants encounter many obstacles in the United Kingdom including language hurdles, socioeconomic hardships, and acclimatisation to a new environment. These have a detrimental effect on their children's attendance and academic achievement. Additionally, the study discovered that these kids might feel worried, helpless, or even consider suicide, which could lead to self-blame and self-deprecation.

Coping strategies and solutions

The last objective of the study sought to offer comprehensive strategies for improving the psychological well-being of Zimbabwean migrants in the United Kingdom. Despite the challenges mentioned above, there are ways to cope with the psychological effects of migration. These coping strategies were grouped as follows: building a support system, seeking a professional help, balancing work and life, encouraging open conversations with children and staying connected to their Zimbabwean culture.

Building a support system

The study revealed that building a support system is one of the strategies that could be used to improve the psychological well-being of Zimbabwean migrants in the United Kingdom. This is expressed in the verbatim quote below:

In my area we have an immigrant community support groups, which assist with informal mental health resources. These groups offer a sense of belonging, shared language and cultural values, informal counselling or mentorship. They also reduce feelings of isolation, a major contributor to poor mental health in immigrant populations. So, I believe forming many of these can help a lot. (P2).

I think as Zimbabwean migrants we should create social circles within our communities by attending cultural events, church gatherings, or online forums that connect Zimbabweans in the United Kingdom. Having a strong support system helps can reduce feelings of loneliness. Recently, I attended a musical concert where one of Zimbabweans iconic musician, Winky D was performing. Trust me, I meet so many people and interacted with so many people. I also got their phone numbers and we are communicating and I'm planning to meeting some in my spare time. (P7).

The remarks above demonstrate how social support protects immigrants against stress, anxiety, and depression. It lessens the negative psychological effects of acculturative stress, which is stress brought on by cultural adjustment. Strong social networks among immigrants have been linked to improved psychological health, reduced stress, and higher levels of life satisfaction.

Seeking professional help

The study revealed that seeking professional help is a strategy that could help improve psychological therapy. One of the study participants remarked:

I am of the view that therapy and counselling services can provide emotional support and coping strategies. For example, many organizations in the United Kingdom offer mental health services, including those tailored to migrants. (P2).

... therapy can help reduce symptoms of depression and anxiety. It can increase emotional regulation, and enhance coping strategies, (P4).

The above findings indicate that psychological interventions such as therapy, could help migrants build resilience by providing them with tools to manage stress, and cope with acculturation challenges. This indicates that therapy could also promote positive adaptation to the new environment, helping migrants find meaning and purpose in their new life circumstances. Furthermore, migrant populations who receive mental health care report higher life satisfaction and better psychological well-being.

Balancing work and life

When work and life is balanced properly managed, that can have a huge impact on migrants having a steady life. One of the participants remarked:

In most cases I think prioritising myself, taking time off work when needed, and finding activities that bring me joy, would improve my mental well-being. Once in a while, I make sure I do what I like, I love shopping; so, I make sure whenever I get time, I shop and do my self-care routines. (P6).

The above findings show that immigrants who successfully balance work and life usually make use of psychological strategies, such as time management, boundary-setting, and prioritisation of their time. Thus, it is important to develop effective coping mechanisms to manage the stresses of work and life. For instance, setting clear boundaries between work and personal time can help prevent burnout. In the same breath, engaging in relaxation practices, hobbies, or exercise can improve mental well-being and provide much-needed recovery from work-related stress.

Some participants added the importance of having deep conversation with their children to make sure their well-being is good. This is shown in the verbatim quotes below:

As parents, we should talk to our children about different things that affect them; for instance racism, identity, and cultural differences, so that we can help them develop confidence and resilience. Open dialogue provides children with the space to express their emotions and concerns, which is critical for emotional management. Also, to add on the challenges faced by our children this side, are acculturation, identity, language barriers, and social integration, which can cause anxiety, confusion, stress and depression. Therefore, I think open communication allows our children to process these feelings and feel understood, reducing the likelihood of emotional distress manifesting in unhealthy ways such as anger, withdrawal, or depression. (P7).

The above verbatim quote indicates that, when parents and children have open, and supportive conversations, the negative emotional impact of stressors are reduced. It has been noted that migrant children who talk about their anxieties with their parents tend to have lower levels of depression and anxiety.

Staying connected to Zimbabwean culture

Another strategy also revealed highlighted that migrants ought to stay connected to their Zimbabwean culture. When asked to clarify how they stay connected to their culture one of the participants expressed that:

I always speak to my children using my Shona language. I also make sure they know their Zimbabwean traditional food such as mufushwa, madora, derere and other traditional foods. I have seen that they love knowing more about these so I have constantly taught them on how to cook our traditional foods. (P4).

... being a Zimbabwean, the music I'm attached to is Zimbabwean music, the likes of Jah Prayzah, Winky D, Sulumani Chimbutu. I love all these. So, whenever there is a concert of any Zimbabwean artist I go. I don't hesitate. That has always reminded me of my culture. This has reduced a lot of stress and I have always known my identity. (P7).

The study findings show that maintaining cultural traditions, such as food, music, and language, could help migrants feel a sense of belonging while living in the United Kingdom. Aiming to stay connected to their Zimbabwean culture plays a pivotal role in promoting the mental well-being of Zimbabwean migrants in the United Kingdom. Furthermore, maintaining cultural ties through family, community, traditions, and practices helps to preserve a strong sense of identity, reduce stress, and foster resilience against the challenges of migration. Migrants who maintain their cultural roots are better able to cope with the psychological challenges of acculturation, discrimination, and social isolation. Overall, staying connected to one's culture serves as an important coping mechanism that supports the mental health and well-being of migrants in the United Kingdom.

Discussions

The study revealed that Zimbabwean immigrants to the United Kingdom deal with severe identity crises and cultural shock, which can negatively impact their mental health and general well-being. It can be difficult to adjust to a new culture that emphasises formality and individualism, particularly when doing so means giving up the customs and social ties that give life support and significance back home. The research also indicated that adolescent children of migrants may find these difficulties especially challenging as their social development and mental health may be at danger as a result of cultural detachment and isolation. These findings are in sync with findings made by Jetten et al. (2022) who, building on the social identity approach to mental health, highlighted the important role group life plays in people's well-being. Group memberships are powerful determinants of people's place in the world (and their sense of place). They have the capacity to provide people with access to key social and psychological resources, including trust and social support, self-esteem and the sense of meaning, purpose and control in life, in the face of difficulties. The findings are also in line with Greenaway et al. (2015) who revealed that an increasing number of studies demonstrate the importance of group life on mental health outcomes emphasising that group memberships

and the sense of belonging to groups are vital resources for positive psychological well-being (McIntyre et al., 2018).

This study revealed that isolation and loneliness are prevalent issues that Zimbabwean migrants in the United Kingdom deal with, and they can cause severe psychological discomfort. The hectic pace of life in a foreign nation, coupled with the absence of familial and social support that used to provide solace back home, can make migrants feel isolated and lost. The lack of socialisation and connection chances adds to this sensation of loneliness, which can worsen depressive and anxious symptoms. The results of the study emphasise how critical it is to address these problems in order to support improved mental health outcomes for migrants. Friendships are an important part of people's daily lives and, as previous literature has demonstrated, have a range of implications for both physical (Holt-Lunstad et al., 2010) and psychological (Holt-Lunstad, 2017) well-being. This is because healthy friendships are a frequent source of key social resources, including social support; they provide a sense of belonging and purpose in the world, as well as boost self-confidence and self-worth. Friendships may be vulnerable to deterioration and termination due to migration, which is why it is particularly important to encourage maintaining identification with friendship groups to increase the likelihood of successfully navigating through the major life transition of migration.

The study findings revealed that Zimbabwean migrants used to warmer climates and an outdoor lifestyle may experience negative psychological effects from the United Kingdom's colder, and gloomier weather. Depressive and homesick sensations, as well as seasonal affective disorder (SAD) may be exacerbated by this change in the weather. These impacts can be made worse by the inability to partake in outdoor activities and enjoy the warmth of the sun, which can make migrants feel alone and cut off from their cultural heritage. The psychological effects of environmental changes on migrants, especially those from warmer climes, must be addressed, as the data demonstrate.

The findings presented in this research reveal that many Zimbabwean migrants in the United Kingdom struggle to balance work-life demands, often sacrificing personal and social well-being for professional advancement. These migrants are often forced to take on demanding jobs that leave little time for social interactions or other pursuits that would provide a sense of fulfilment and connection. The emotional toll of these demanding jobs, coupled with the financial strain of providing for family members in the United Kingdom and back home, can lead to feelings of frustration, anxiety, and depression. This underscores the importance of

addressing these challenges to promote the overall well-being of migrants and prevent burnout. These results are in sync with findings made by Allen, Herst, Bruck, and Sutton (2019) who revealed that an unbalanced work-life leads to lower job satisfaction, psychosocial well-being, and quality of life. It is thought that the emotionally demanding nature of mental health work raises the risk of burnout, which is linked to lower employee satisfaction and a greater desire to leave one's job. Also, in line with findings made by Salyers et al. (2015) who indicated that emotional tiredness, low well-being (including good mood, vitality, and general interest), depression, bad feelings (such as anger, anxiety, annoyance, and resentment), sleep issues, and burnout were more common in people with higher work-life conflict.

The results of this study highlight how important social networks are for promoting the mental health and general wellbeing of Zimbabwean immigrants living in the United Kingdom. In order to mitigate the negative consequences of acculturative stress, immigrants can cultivate supportive relationships, lessen feelings of loneliness, and establish a sense of belonging by forging strong bonds within their communities. The participants' stories demonstrate the advantages of participating in church services, cultural activities, and online discussion boards, which give Zimbabwean migrants a chance to meet and build lasting relationships. Adverse social experiences also shaped the way migrants build their social networks. For example, participants belonging to prejudiced ethnic/national groups in Greece, particularly Albanians (Iosifides & Kizos, 2007), often try to avoid developing friendship groups of people from the same background.

Conclusion

Migration is a life-changing experience, and while it brings opportunities, it also comes with psychological challenges. Zimbabweans in the United Kingdom face culture shock, loneliness, work-related stress, racism, and parenting difficulties. However, by building strong support systems, seeking help when needed, and maintaining cultural connections, migrants can navigate these challenges and find a sense of belonging in their new home. Addressing these mental health issues is crucial for the well-being of Zimbabwean migrants and their families, ensuring that they thrive rather than just survive in the United Kingdom.

Recommendations

Based on the findings and conclusions provided above, to address the exploration on the psychological challenges faced by Zimbabwean migrants in the United Kingdom, the researchers made the following recommendations:

- 1) Establish culturally sensitive counselling and support services for Zimbabwean migrants to help them cope with culture shock, identity crisis, and loneliness.
- 2) Encourage community building and social integration initiatives to reduce social isolation and promote social support networks among migrants.
- 3) Offer educational and training programs on coping with environmental stressors such as weather and climate differences.
- 4) Promote work-life balance policies and practices in workplaces to reduce stress and improve well-being among migrants.
- 5) Explore the potential of expressive therapies, such as art therapy, music therapy, and drama therapy, in addressing the mental health needs of migrants.

Recommendations for future research

The current study did not cover all aspects of the research topic due to certain limitations and delimitations. Based on the findings, the researcher offers the following suggestions for future research:

- i) Explore the effectiveness of different intervention approaches, such as group counselling, individual counselling, and online counselling, in promoting mental health and well-being among migrants.
- ii) Investigate the impact of different social determinants of health, such as income, housing, and employment, on the mental health of migrants.
- iii) Furthermore, conduct comparative studies between different migrant groups, particularly those with similar cultural backgrounds, to identify shared challenges and best practices in promoting mental health and well-being.

These gaps could provide valuable insights for developing more effective interventions and support services for migrants.

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