

# The Diaspora: Survival, Sacrifices, and the Misunderstood Heartbeat Of Africa: An analysis of migration, remittances, and identity across Nigeria, Ghana, and Togo

Mabelle Prior

Doctor of Arts in Journalism Published Author • Media Executive • Executive News Analyst Switzerland

## ABSTRACT

This paper examines the complexities of the African diaspora, challenging narratives that portray migration as betrayal. It explores the structural failures—corruption, fragile health systems, and economic instability—that push Africans abroad, contrasting them with the discipline and resilience required to integrate into structured societies. Using Nigeria, Ghana, and Togo as case studies, it highlights how remittances—often surpassing foreign direct investment—sustain families and economies. The essay argues that diaspora identity is not diminished by distance, and that remittances act as lifelines of survival, education, and development. Ultimately, it calls for a rethinking of freedom, identity, and loyalty, recognizing diaspora communities as builders, not traitors, and as the heartbeat of Africa across the world.

**Keywords:** African diaspora, migration, Nigeria, Ghana, and Togo.

International Journal of Technology, Management and Humanities (2025) DOI: 10.21590/ijtmh.11.03.05

## PREFACE

The African diaspora has long been misunderstood, often accused of abandoning their roots while quietly sustaining millions of lives across the continent. This work was inspired by years of observation and dialogue with migrants, families left behind, and policy experts. It seeks to give voice to the sacrifices of those who endure loneliness and prejudice abroad while remaining lifelines to their loved ones at home. 'As a journalist and analyst, I have witnessed how narratives about migration are shaped by politics, culture, and sometimes prejudice. Yet behind statistics are human beings—mothers, fathers, sons, and daughters—who carry their cultures in their hearts and invest their earnings in schools,

hospitals, and small businesses that governments have failed to provide.

This essay is both a critique and a tribute: a critique of broken systems that drive migration, and contribute to the resilience of Africa's diaspora survivors. My hope is that it will spark a more honest conversation about migration, identity, and development—one that celebrates rather than vilifies the diaspora.— Mabelle Prior

**The Diaspora: Survival, Sacrifice, and the Misunderstood Heartbeat of Africa**

---

**Corresponding Author:** Mabelle Prior, Doctor of Arts in Journalism Published Author • Media Executive • Executive News Analyst Switzerland, e-mail: Journalistresearchcode@gmail.com

**How to cite this article:** Prior M. (2025). The Diaspora: Survival, Sacrifices, and the Misunderstood Heartbeat Of Africa: An analysis of migration, remittances, and identity across Nigeria, Ghana, and Togo. *International Journal of Technology, Management and Humanities*, 11(3), 26-28.

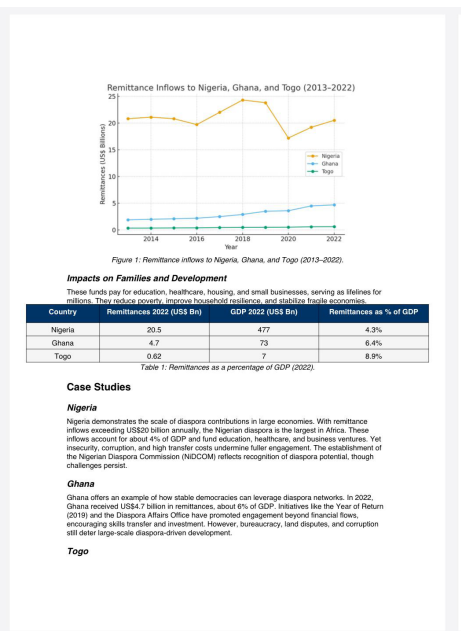
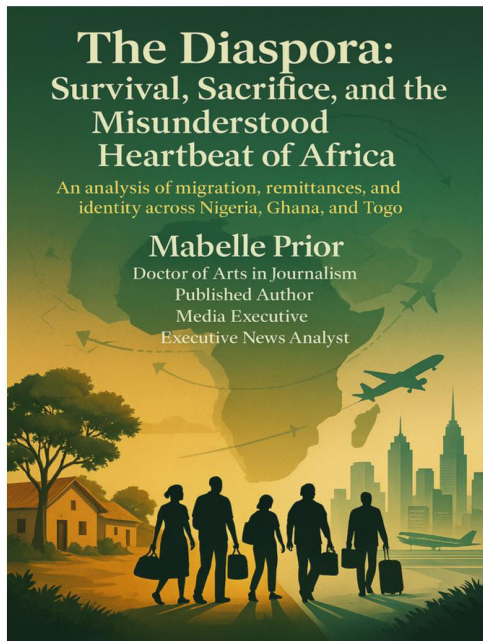
**Source of support:** Nil

**Conflict of interest:** None

---

## INTRODUCTION

Migration is one of the defining realities of Africa's modern history. The African diaspora occupies a paradoxical position: admired for its economic contributions yet vilified by some as disloyal. Critics argue that those who leave abandon their homeland, while defenders highlight the sacrifices and lifelines migrants provide. To vilify the diaspora is to misunderstand its role: migration is not betrayal but resilience. This essay explores the push factors driving migration, the discipline required to survive abroad, the critical economic impact of remittances, and the misconceptions around identity, with comparative case studies from Nigeria, Ghana,



and Togo.

## Broken Systems and the Push Factors of Migration

### Corruption and Failed Institutions

Weak institutions and systemic corruption are central to the push factors driving migration. In many African states, public services move only by patronage—“who you know” matters more than rights or merit. Such corruption not only erodes trust in government but also distorts development and deepens inequality.

### Fragile Social Welfare and Health Care

Healthcare systems are chronically underfunded. In Nigeria, the doctor-patient ratio is about 15,000, far below the World Health Organization’s recommended 1:600. Even wealthy elites often seek medical care abroad. Similarly, across the region, the elderly are frequently neglected, with weak pensions and social safety nets.

### Economic Instability

Unemployment and underemployment among youth remain high. In Ghana, youth unemployment was nearly 19% in 2021, with underemployment affecting almost half of young people. In Togo, persistent authoritarian governance has limited opportunity and discouraged investment, fueling emigration. Inflation, insecure banking systems, and withheld salaries exacerbate these conditions.

## Integration Abroad: Discipline and Sacrifice

Life abroad demands humility, discipline, and resilience. Migrants must adjust to structured societies where laws apply to all and systems—from trains to courts—do not bend to privilege. They endure racism, loneliness, and identity struggles, yet many still prefer these challenges to the insecurity and corruption at home. Survival abroad becomes an act of sacrifice not just for oneself but for family and nation.

## The Economic Lifeline: Remittances

### Magnitude of Remittances

Remittances from the diaspora surpass foreign direct investment (FDI) and official development assistance (ODA) in many African countries. Sub-Saharan Africa received US\$49 billion in 2021 and over US\$92 billion in 2024. Globally, remittance flows to low- and middle-income countries reached US\$685 billion in 2024, underscoring their scale.

## REFERENCES

- [1] Aboderin, J., & Beard, J. (2015). Older people’s health in sub-Saharan Africa. *The Lancet*, 385(9968), e9–e11.
- [2] Adebajo, A. (2021). Nigeria’s insecurity crisis: Causes and solutions. *African Affairs*, 120(479), 429–442.
- [3] Adebowale, N. (2021, September 27). Brain drain: One doctor to 5,000 patients in Nigeria — Medical association. Premium

- Times.
- [4] African Development Bank (AfDB). (2022). African Economic Outlook 2022: Supporting climate resilience and a just energy transition. Abidjan: ADB.
  - [5] Anlijah, P. (2021). Authoritarian resilience in Togo: Dynastic rule and democratic stagnation. *African Studies Review*, 64(3), 512-530.
  - [6] Akinsola, A. (2017). The political economy of corruption in Africa. Erasmus University Rotterdam.
  - [7] Akokpari, J. (2017). Healthcare and migration in Africa: A political economy perspective. *Journal of Asian and African Studies*, 52(3), 325-340.
  - [8] Amankwah-Amoah, J., Danso, A., & Adomako, S. (2019). Corruption, business failure, and decoupling: A review and research agenda. *Technological Forecasting and Social Change*, 146, 725-734.
  - [9] Appiah, K. A. (2018). The lies that bind: Rethinking identity.
  - [10] Liveright. Ghana Statistical Service. (2022). Quarterly Labour Force Report: Q4 2021. Accra: GSS.
  - [11] Ratha, D., Plaza, S., & Dervisevic, E. (2018). Migration and development: A role for the World Bank Group. World Bank Policy Research Working Paper 8318.
  - [12] RemitSCOPE. (2024). Remittances to Africa. International Fund for Agricultural Development.
  - [13] Transparency International. (2022). Corruption Perceptions Index 2022. Berlin: TI.
  - [14] World Bank. (2022). Migration and Development Brief 37. Washington, DC: World Bank.
  - [15] World Bank. (2023). Migration and Development Brief 39. Washington, DC: World Bank.
  - [16] World Bank. (2024). Migration and Development Brief 39. Washington, DC: World Bank

