

Abstract

The South African black population, who were most affected by the oppressive system of apartheid, faced a trauma of racial prejudice and social class. Today, this population is still affected by poverty and racial prejudice, which maintains their trauma and affect their wellbeing and consciousness. We need to develop approaches that can take place within or outside of institutional structures, which can help this population to become free in terms of consciousness and well-being, and challenge the actual system. Focusing on social interactions may represent an effective way to address these historical traumas since they can take place outside or within institutional structures. Fanon (1952) and Freire (1996) believe in loving social interactions for freedom. Fanon and Freire's theories imply that the love from another, which may result in pro-self and pro-social love, may positively affect black South Africans - who are affected by the trauma of racial prejudice and poverty - in terms of consciousness and well-being. Loving social interactions may address both traumas of racial prejudice and poverty. A theory of love/*uthando* (love in isiZulu), based on the endogenous knowledge of Fanon and Freire and on Western knowledge, is constructed as defining loving social interactions and is submitted to the indigenous knowledge of black workers of the university of the Witwatersrand - who may be affected by the trauma of racial prejudice and poverty due to their experiences - through interviews. The indigenous knowledge reshapes the theory of love/*uthando* as much as it confirms its positive effects for freedom in relation to the trauma of racial prejudice and poverty. The indigenous knowledge also redefines the concept of freedom through consciousness, well-being and a change of social class. These results support the importance of considering endogenous, Western and indigenous knowledges for the construction of theories addressing South African challenges.

Keywords: trauma, racial prejudice, poverty, freedom, wellbeing, consciousness, indigenous knowledge, Western knowledge, endogenous knowledge, love