



Oral Traditions in Southern African Communities: A Historical Exploration in Uganda,

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Abstract

Oral traditions play a significant role in preserving historical narratives within Southern African communities. In Uganda, these traditions are an integral part of cultural identity and collective memory. Qualitative research methods were employed, including participant observation, semi-structured interviews, and archival research to gather data from various community members across different regions of Uganda. Oral traditions identified several recurring themes such as historical events, cultural practices, and traditional governance systems. For instance, the theme of ancestral lineage was prevalent in narratives about local heroes and their contributions. The study concludes that oral traditions are not only a valuable source for understanding the past but also influence current social dynamics through continued storytelling and community gatherings. Future research should consider integrating digital platforms to document and preserve these oral traditions, ensuring they are accessible to future generations while maintaining cultural authenticity. Oral Traditions, Historical Narratives, Cultural Identity, Southern Africa, Uganda

Keywords: *African Geography, Oral History, Cultural Identity, Ethnography, Historiography, Anthropology, Narratology*

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