



Oral Traditions as Historical Sources: A Theoretical Framework in Southern African Communities with Emphasis on Lesotho

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Abstract

Oral traditions play a crucial role in documenting historical events and cultural practices within Southern African communities. Lesotho, as part of this region, is characterized by diverse oral storytelling that often serves as a primary source for understanding its complex history. Theoretical frameworks will be employed to analyse existing literature on oral traditions and Lesotho's history. This includes qualitative and quantitative data analysis of traditional narratives from various regions in Lesotho. This theoretical framework underscores the importance of integrating oral traditions into Lesotho's historical research, offering a more comprehensive understanding of its cultural and social fabric. It also highlights the need for further empirical studies to validate these insights. Researchers are encouraged to collaborate with local communities in collecting and analysing oral traditions as they provide unique perspectives on Lesotho's history that complement written records.

Keywords: *African geography, Oral literature, Historical memory, Ethnography, Cultural studies, Discourse analysis, Narrative tradition*

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