



# Oral Traditions in Southern African Communities of Kenya: A Survey Research

Abraham Ochola Kisochi<sup>1</sup>

<sup>1</sup> Department of Interdisciplinary Studies, Kenya Medical Research Institute (KEMRI)

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**Correspondence:** [akisochi@yahoo.com](mailto:akisochi@yahoo.com)

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## Author notes

*Abraham Ochola Kisochi is affiliated with Department of Interdisciplinary Studies, Kenya Medical Research Institute (KEMRI) and focuses on Arts & Humanities research in Africa.*

## Abstract

Oral traditions play a significant role in preserving historical narratives within Southern African communities, particularly those of Kenya. These oral histories are often passed down through generations and constitute important cultural heritage. A mixed-methods survey approach was employed, combining semi-structured interviews with quantitative data collection using a structured questionnaire. The sample included over 300 participants from various ethnic groups across Kenya. The findings indicate that approximately 85% of respondents reported oral traditions as integral to their cultural identity, with themes such as creation stories and ancestral histories dominating the narratives shared. Oral traditions serve not only as a means of preserving history but also play a crucial role in maintaining cultural cohesion and continuity among Kenyan communities. Further research should prioritise longitudinal studies to track changes in oral tradition over time, while educational initiatives could be developed to integrate oral histories into curricula.

**Keywords:** *African Geography, Oral History, Ethnography, Folklore, Cultural Heritage, Narrative Analysis, Community Studies*

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