



P.6 SST SELF STUDY LESSONS SET 2

12.6.20

TOPIC : THE PEOPLE OF EAST AFRICA
SUB TOPIC: RULERS OF THE NYAMWEZI CHIEFDOM
CONTENT : CHIEF MIRAMBO

By the end of this lesson, you should be able to:

- (i) Explain the rise and contributions of chief Mirambo
- (ii) State the factors that led to the down fall of chief Mirambo.

INTRODUCTION

- He started as a ruler of a small chiefdom called Ugowe
- He later expanded his chiefdom by attacking the neighboring chiefdoms using special fighters called Ruga Ruga
- His empire was called Mirambo empire

REASONS FOR THE RISE OF MIRAMBO EMPIRE

These are the reasons that supported Chief Mirambo to succeed in building a strong empire

- Mirambo was a hard working ruler
- He got a lot of tax collected from long distance trade which helped him to develop his empire
- Mirambo had a strong army called Ruga Ruga
- Mirambo had military tactics of fighting
- Mirambo as a leader had a commanding language
- Mirambo was liked by his subjects so they worked together and developed the empire
- He got guns from long distance traders

REASONS FOR THE FALL OF MIRAMBO'S EMPIRE

These points explain what caused the downfall of Chief Mirambo's empire

- Mirambo's army weakened after his death
- The empire lacked a firm foundation i.e. it mainly depended on Mirambo's personal leadership so when he died it lost power
- There wasn't anything else to unite in the empire
- The death of Mirambo in 1984 was a last Blow to the fall of Mirambo's empire
- Mirambo was succeeded by his brother called Mpandasha

EVALUATION

1. Who was chief Mirambo?
2. What name was given to Mirambo's army?
3. Give any two factors which led to the rise of Mirambo's empire
4. Give three factors which led to the fall of Mirambo's empire

5. In which East African country was Mirambo's empire established?.

LESSON 2

TOPIC: THE PEOPLE OF EAST AFRICA

SUB TOPIC: RULERS OF THE NYAMWEZI CHIEFDOM

CONTENT : NYUNGU YAMAWE

By the end of this lesson, you should be able to:

- (i) State the contributions of chief Nyungu Ya Mawe**
- (ii) Give examples of chiefdoms**
- (iii) Mention the characteristics of chiefdoms.**

INTRODUCTION

NYUNGU YA MAWE

- Nyungu ya Mawe was a ruthless and fearless leader of the Nyamwezi
- He controlled his army making it a professional one
- He used the Vatwale (local chiefs) to rule the conquered chiefdoms and also collect ivory which they had to forward to his capital at Kiwale
- Nyungu yamawe is a praising name which means “ a pot of stones”

FACTORS WHICH LED TO THE SUCCESS OF NYUNGU YAMAWE

- He raided caravans(groups of traders travelling using a particular route)
- He sold slaves and ivory which earned him money
- He controlled some trade routes and collected much taxes
- He had a strong centralized administration
- He had strong mercenaries called Ruga Ruga(mercenaries were soldiers hired from other societies for money)
- Nyungu yamawe was a prince from Unyanyembe ruling family(the then strong and rich ruling family)
- When he died, his daughter ruled however the coming of the Germans weakened the empire
- The Germans replaced the Vatwale (chiefs) with Akidas(half casts who worked as tax collectors during the German rule in Tanganyika)

CHIEFDOM SOCIETIES

These are sometimes called non – centralized societies

The title given to a ruler of chiefdom is a chief

CHARACTERISTICS OF CHIEFDOMS

They are ruled through small communities

The leaders are changed according to the choice of the community

Communities were ruled by warriors, medicine men, clan heads and elders

EXAMPLES OF CHIEFDOMS AND THE TITLES GIVEN TO THEIR RULERS

- i. Kikuyu – Muramati
- ii. Lugbra – Opic
- iii. Acholi – Rwot
- iv. Alur – Rwoth
- v. Basoga – Kyabazinga
- vi. Iteso – Emurimori
- vii. Omusinga - Rwenzori

Exercise

1. Who was Nyungu yamawe?
2. What does the name Nyungu yamawe mean?
3. Give three factors that led to the success of Nyungu yamawe
4. Who were the Vatwale?
5. What title is given to the head of chiefdom?
6. Give three characteristics of chiefdom

LESSON 3

TOPIC: THE PEOPLE OF EAST AFRICA

SUB TOPIC: LONG DISTANCE TRADE

CONTENT : THE LONG DISTANCE TRADE

By the end of this lesson, you should be able to:

- (i) **Define the term long-distance trade**
- (ii) **Explain how long distance trade was carried out**
- (iii) **State how the long distance trade affected the people of East Africa.**

INTRODUCTION

THE LONG DISTANCE TRADE was the type of trade carried out between the people of the interior and those at the coast of East Africa.

It was called so because people had to travel very long distances from the interior to the coast in order to carry out the trade.

Examples of tribes (communities) that participated in the long distance trade

The Yao; these were the most active African slave traders

Others were:

The Nyamwezi

The Akamba

The Arabs
The Baganda
The Banyoro -
The Baziba

The most active tribes in the trade were: the Baganda, the Nyamwezi, the Yao and the Akamba.

Goods that were got from the interior of East Africa were:

- Ivory
- Minerals e.g. salt , gold
- Slaves
- Hides
- Skins

Items brought into the interior by the Arabs included:

- Guns – clothes
- Glass – knives
- Beads – swords
- Cowries shells – Persian carpets

Exercise

1. Define the term long distance trade
2. Identify the most active slave traders in East Africa
3. What is slave trade?
4. Give any two items of trade which were taken from the interior of East Africa
5. State two items brought into East Africa
6. How did the long distance trade benefit the people of the interior?
7. Why the long distance trade was called so?

LESSON FOUR

TOPIC : THE PEOPLE OF EAST AFRICA

SUB TOPIC : RESULTS / EFFECTS OF THE LONG DISTANCE TRADE

CONTENT : POSITIVE EFFECTS AND NEGATIVE OF THE LONG DISTANCE TRADE

By the end of this lesson, you should be able to:

- (i) **Explain the positive and negative effects of the long distance trade to the people of East Africa.**
- (ii) **Mention the communities that benefited from long distance trade.**

POSITIVE EFFECTS OF THE LONG DISTANCE TRADE

- It led to the growth of kingdoms and empires
- It led to increased interaction between communities
- It led to development of towns and trading centers
- Many people became rich and powerful
- New goods were brought to east Africa e.g guns and beads
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NEGATIVE EFFECTS OF THE LONG DISTANCE TRADE

- It led to slave trade
- It led to depopulation of East Africa
- It led to displacement of people during slavery
- Valuable resources were taken away
- The number of wild animal species reduced e.g. elephants
- Slave trade caused misery and suffering in East Africa
- Cultural and social values were lost
- It affected the economic activities when strong men and women were taken away as slaves

Exercise

1. Give three positive effects of long distance trade
2. Mention two negative effects of slave trade
3. In terms of man power how did long distance trade effect East Africa?
4. How did the local chiefs and kings benefit from the long distance trade?
5. How did long distance trade lead to the outbreak of famine in East Africa?

LESSON FIVE

TOPIC: POPULATION IN EAST AFRICA

SUB TOPIC: TERMS CONNECTED WITH THE STUDY POPULATION

CONTENT: DESCRIPTION OF TERMS RELATED TO THE STUDY OF POPULATION

By the end of this lesson, you should be able to:

- (i) **Define the terms connected with the study of population**
- (ii) **State reasons for carrying out population census**
- (iii) **Give examples of information gained while carrying out population census.**

DEFINITION OF POPULATION TERMS

The terms below are commonly used in population studies and require you to understand them in order to understand this topic:

- **Population census:** The general counting of people in a country.
- **Population growth:** The increase in the number of people.
- **Population density:** The number of people living in an area per square kilometer

- **Population distribution:** This is the way people are spread in an area.
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- **Population explosion:** This is the sudden increase in the number of people in an area.
- **Optimum population:** This is when the total population in an area can be supported by the available resources.
- **Even population:** This is when the number of people per square kilometer is almost the same.
- **Under population:** This is when the population of an area is less than its resources.
- **Sparse population:** This is when an area has few people compared to the size of the available land.
- **Population structure :** This is the composition of the population according to age and sex (gender)
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- **Population census:** This is the official counting of people in an area
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- **National population census:** This is the general counting of people in a country. This is done in order to determine the number of people present in the country at that time.

The national population census is conducted after a period of 10 years in Uganda.

REASONS WHY THE GOVERNMENT TAKES LONG TO CONDUCT A POPULATION CENSUS

- It is expensive to carry out a census
- The government lacks skilled enumerators
- The government wants to compare the death rates with the birth rates after a longer period
- It is done to allow considerable changes to occur.

Terms related to population census

Enumerators – these are officials who conduct population census

Census night -This is a night before a population census is conducted

COMPONENTS OF A POPULATION

- Gender
- Education
- Employment

INFORMATION COLLECTED DURING POPULATION CENSUS

When conducting a population census, the following is the most important information collected about the population:

- Age

Name

- Sex
-
- Marital status
-
- Place of birth
- Religion
- Type of shelter
- Nationality
- Birth and deaths
- Employment / occupation / level of education

REASONS WHY THE GOVERNMENT CONDUCTS A POPULATION CENSUS

- To know the number of people in the country
- To plan for its people. The important things to plan for include the provision of social service like schools, hospitals, roads etc
- To know the rate at which the population is growing
- To know the birth rates and death rates

Exercise

1. Define the term population
2. What is population census
3. State two reasons why the government conducts population census
4. State any 2 kinds of information collected during a census
5. Give the difference between a census night and enumerators
6. State two reasons why the government takes long to conduct a population census
7. Why is the information on the death rate and birth rate collected during a census important to the government?
8. How does a high death rate affect the population growth of a given country?

LESSON SIX

TOPIC: POPULATION IN EAST AFRICA

SUB TOPIC: POPULATION STRUCTURE

CONTENT: POPULATION STRUCTURE

By the end of this lesson, you should be able to:

- (i) **Define the term population structure**

- (ii) **Explain the causes of population change, population explosion and population growth.**

POPULATION STRUCTURE:

This is the composition of number of people living in an area in terms of age and sex.

The ministry responsible for conducting national population census is ministry of finance, planning and economic development

PROBLEMS FACED DURING POPULATION CENSUS

- Poor transport and communication
- False information given by people
- Lack of enough funds
- Lack of enough skilled enumerators
- Ignorance among people.

POPULATION EXPLOSION –

This is a sudden increase in the number of people in an area

CAUSES OF POPULATION EXPLOSION

An explosion in the population will be caused by:

- Natural calamities like floods, volcanicity ,famine force people to move and go to safer places
- Civil wars which cause refugee problems

Population change – this is the increase or decrease in the number of people in an area at a given time

FACTORS THAT CAUSE POPULATION CHANGE

- **Birth rate** – it is the total number of children born in a year per 1000 people of the total population
- **Death rate** – is the number of people who die in a year per 1000 of the total population
- **Migration** – is the movement of people and their property from one place to another for settlement.

CAUSES OF MIGRATION

The migration of people causes a major change in the population of a given area; this is felt in the place they move from and in the place where they go. Below are the major reasons why people move:

- Civil wars
- Disease out break
- Looking for better jobs
- Looking for better education
- Looking for better security

Exercise

1. Define the following terms
 - i) Population structure
 - ii) Population explosion
 - iii) Population change
2. Which ministry is responsible for organizing population census in a country
3. What is the difference between birth rate and death rate
4. State any two factors which can lead to population change
5. How is population change different from population structure?
6. How can an increase in the population of a country affect its resources in terms of:
 - a) Social services
 - b) Employment

LESSON SEVEN

TOPIC: POPULATION IN EAST AFRICA

SUB TOPIC: POPULATION GROWTH

CONTENT: POPULATION GROWTH

By the end of this lesson, you should be able to:

- (i) Explain the factors that lead to population growth**
- (ii) Mention the natural and man made hazards that affect population growth**

FACTORS WHICH DETERMINE THE POPULATION GROWTH OF A PLACE

These are the reasons that bring about an increase or decrease in the population of a given country or place.

Note that, in places where the factors are favorable the population increases (grows) and in places where they are not favourable it decreases.

- Fertility of women(this refers to the number of births per 1000 women of ages between 15-44 years)
- Increased birth rates
- Migration of people
- Improved hygiene and nutrition
- Religious beliefs(some religions like Islam believe in marrying many wives thereby producing many children)

- Polygamy(some cultures promote polygamy which leads to a high population)
- Early marriages
- Forced marriages
- Presence of political stability and peace
- Availability of good social services like hospitals(these improve people's health services hence supporting an increase in the population.)
- Poor security

Natural hazards: these are natural events that may have a negative effect on people and the environment

Hazards – are things which can harm people they are both manmade and natural hazards

NATURAL HAZARDS THAT AFFECT POPULATION GROWTH INCLUDE:

- Pests and diseases
- Floods
- Earth quakes
- Drought

MAN MADE HAZARDS THAT AFFECT POPULATION GROWTH

Manmade hazards are hazards caused by man's activities and intentions these include:

- Wars/terrorist activities
- Pollution

The above factors affecting population growth will determine the type of population in a given place i.e.

Dense population: This is when the number of people in an area is more than the available resources.

Under population: This is when the population of an area is less than the resources

Sparse population: This is when an area has few people compared to the size of its land

FACTORS WHICH LEAD TO UNDER / SPARSE POPULATION

- Poor soils in an area
- Poor social services
- Poor security
- Prolonged drought
- Famine outbreak
- Volcanic eruption
- Landslides

Hazards which check on population growth

Hazards – are things which can harm people they are both manmade and natural.

Exercise

1. Define the term population growth.
2. State any two factors which determine the population growth of an area.
3. Give any two reasons why Karamoja region is sparsely populated
4. How does the practice of polygamy affect the population growth of an area?
5. Identify any two manmade factors (hazards) which may affect the population growth.
6. Give any one way how the following factors may lead to the increase in the population of an area:
 - a) Social services
 - b) Early marriages

LESSON 8

TOPIC: POPULATION IN EAST AFRICA

SUB TOPIC: POPULATION GROWTH

By the end of this lesson, you should be able to:

- (i) **State the methods of controlling population growth**
- (ii) **Give the advantages and disadvantages of high population.**
- (iii) **State the advantages and disadvantages of low population**
- (iv) **Calculate the population density an area.**

CONTENT: Population growth is the increase in the number of people in an area

METHODS OF CONTROLLING POPULATION GROWTH

These are ways how population growth can be controlled, they include:

- Through family planning campaigns(sensitizing the population on what to do to control high birth rates)
- Through tax benefits for those with small families
- Through providing education benefits to small families
- Government should fix the number of children to be produced by each family
- Government should sensitize people about the dangers of a large family

ADVANTAGES OF A HIGH POPULATION

- it increases the tax base(there are more people who pay tax)

- it solves labour problem(there are more people to provide more labour)
- the country gets enough security
-
- it increases professionals in education, health and politics

DISADVANTAGES OF A HIGH POPULATION

A high population can cause the following problems:

- it leads to land fragmentation
- it causes food scarcity
- there will be easy spread of diseases
- it leads to lack of accommodation
- there will be high crime rates
- there will be development of slums especially in towns
- increases unemployment

WAYS IN WHICH THE GOVERNMENT DEALS WITH THE FAST GROWING POPULATION IN THE DIFFERENT PARTS OF THE COUNTRY

- by resettling people from high populated areas to low populated areas
- by increasing food production through modernizing agriculture
- by creating more jobs through industrialization
- by setting up settlement schemes with modern farming methods like Mubuku irrigation scheme

PROBLEMS OF A LOW POPULATION

A low population occurs when the number of people in a country is less than the available resources:

- it leads to under utilization of resources
- it leads to under development since there isn't enough labour force to exploit the resources
- it leads to labour shortage
- there will be less market of goods
- it leads to low tax base

ADVANTAGES OF A LOW POPULATION

- There will be enough social services
- There will be limited crimes

- There will be enough land for farming and industrialization

POPULATION DENSITY

Population density - is the total number of people living in an area per square kilometer or

population density is the ratio between the land of an area and the number of people living there

The formula for population density is total population divide by total area (km²)

$$\text{Population density} = \frac{\text{Total population}}{\text{Area (size of land)}}$$

Example

1. The population of town p = 4000 people covering an area of 200 km² .calculate the population density of town P

$$\text{PD} = \frac{\text{Total Population}}{\text{Area (size of land)}}$$

$$\text{Population density} = \frac{40000 \text{ people}}{200 \text{ km}^2}$$

$$\text{Population density} = 200 \text{ people / km}^2$$

Optimum population – This is when the number of people in an area can be supported by its resources.

Moderate population – This is when an area has not very many and not very few people

Even population –This is when the number of people per square kilometer is almost the same.

Exercise

1. Give any three ways of controlling population growth
 2. State any two advantages of high population in a country
 3. How does a low population affect the economic development of a country?
 3. Give any two ways in which the government can deal with the fast growing population
 4. Define the term population density
 5. a) Why is land fragmentation practiced in Kabale?
b) How can the above problem be solved?
 6. The population of Mukono Central division is 90,000 people covering an area of 30 square kilometers. Find the population density of Mukono Central Division
1. Define the following

- i) Moderate population
- ii) Even population
- iii) Optimum population

LESSON 9

TOPIC: POPULATION IN EAST AFRICA

SUB TOPIC: POPULATION DISTRIBUTION

By the end of this lesson, you should be able to:

- (i) Define the term population distribution**
- (ii) State the factors that affect population distribution in East Africa**
- (iii) Describe the population distribution of East African states and cities.**

CONTENT: .Population distribution - is the way people are spread in an area or it refers to how closely sparsely people are spread in an area

The population of an area can be spread in two major ways:

Densely populated areas: this is when the number of people in an area is more than the available resources.

Sparsely populated areas: this is when an area has few people compared to the size of its land

FACTORS WHICH AFFECT POPULATION DISTRIBUTION

- Fertility of the soil
- Rainfall reliability
- Relief of an area
- Presence of mineral deposits
- Historical factors like slave trade
- Presence of good social services like health services
- Employment opportunities
- Natural hazards
- Political factors like wars

HOW THE ABOVE FACTORS DETERMINE POPULATION DISTRIBUTION

Fertility of the soil

- Areas with fertile soils are densely populated while areas with poor soils are sparsely populated

Natural hazards

- Area affected by natural hazards like drought are sparsely populated while those without hazards are densely populated

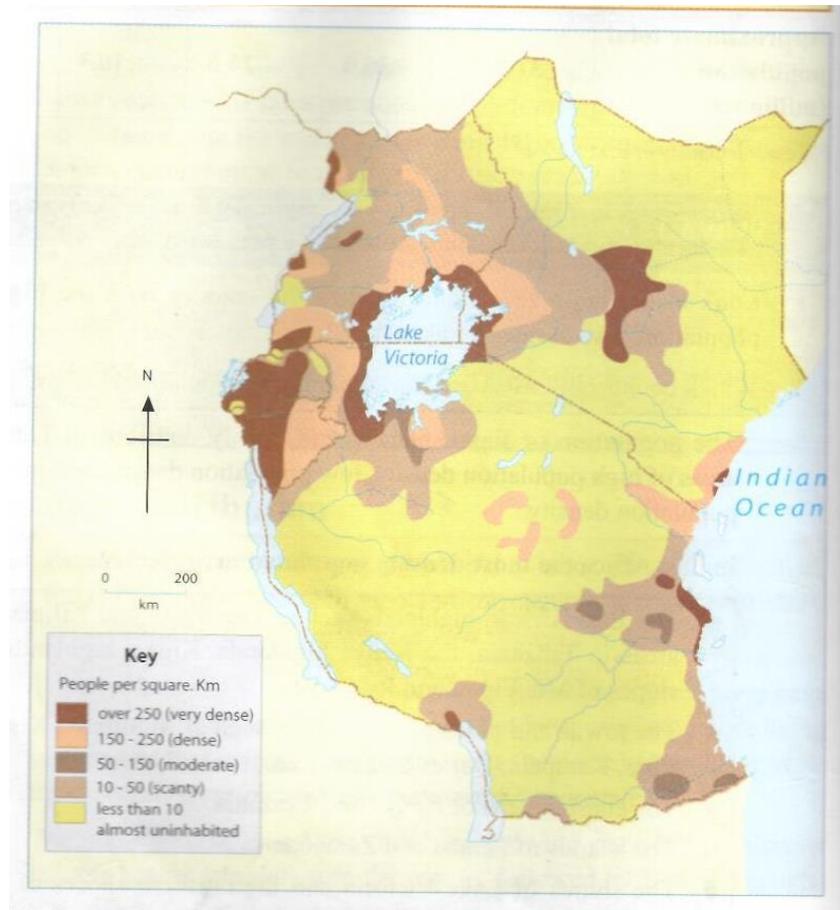
Rainfall reliability

- Places which receive heavy rainfall are densely populated while those which receive little rainfall are sparsely populated

Civil wars

- Places affected with civil wars have few people while those which are stable are densely populated

A SKETCH MAP OF EAST AFRICA SHOWING POPULATION DISTRIBUTION



Exercise

1. Define the term population distribution
2. State any two factors which influence the population distribution of a place
3. Identify any three reasons why some places are densely populated
4. How does soil fertility affect the population distribution?
5. What is a sparse population?

LESSON 10

TOPIC: THE EAST AFRICAN COMMUNITY

SUB TOPIC: MIGRATION

By the end of this lesson, you should be able to:

- (i) Give the meaning of migration and its related terms
- (ii) State the causes of migration
- (iii) Mention some of the problems people encounter during migration.

- (iv) Pronounce, spell and use new words such as
 - Migration
 - Immigrant
 - Emigration
 - Migrant
 - Immigration
 - Emigrant

DEFINITION OF TERMS

Migration

The movement of people from one place to another for better settlement

People move from one country to another, from towns to villages and sometimes from villages to towns this process of movement is called migration.

Key definitions in migration include:

Migrant

This is a person who moves from one place to another for better settlement.

Immigration

This is the process of process of people coming to live permanently in a country which is not of their own.

Immigrant

A person who comes to live permanently in a country which is not of her / his own.

Emigration

This is the process of people going to live permanently in a country which is not of their own.

TYPES OF MIGRATION

- a) Rural – rural migration – the movement of people from village to village for better settlement
- b) Rural – urban migration. The movement of people from village to town.
- c) Urban – urban migration. The movement of people from a certain town to another town.
- d) Urban – rural migration. The movement of people from town to village.

REASONS WHY PEOPLE OF LONG AGO MIGRATED

- To search for water and pasture
- To search for spacious land
- Due to population pressure
- Due to internal and external conflicts
- Love for adventure

PROBLEMS FACED DURING THEIR MIGRATION (MOVEMENT)

- The poor land terrain
- Shortage of food
- Bandits on the way
- Thick forests which hindered their movements

REASONS WHY PEOPLE MIGRATE TODAY

- To look for better jobs
- To look for areas with fertile soils
- To run away from harsh cultural practices
- To look for better social services

Activity

1. Give any two effects of migrations.
2. How do we call a person who moves from one place to another for better settlement?
3. What is emigration?
4. Why do people practice emigration?
5. Give one way the government of Uganda can discourage rural – urban migration.
6. How do people in rural areas benefit from those in urban areas?
7. How can the government control the rural – urban migration?
8. What has the Ugandan government done to encourage urban – rural migration?

9. Give any two problems faced by people in urban areas.

10. Complete the table below correctly.

Rainfall	Rain gauge	Millimeters
mist	_____	_____
Sunshine	sunshine recorder	hours
temperature	six's thermometer	degrees
humidity	hygrometer	grams
cloud cover	infrared cloud image	-----
Fog	_____	_____
air pressure	barometer	millibars