POPULATION AND DEMOGRAPHY

Population refers to the number of people living in a given area at a given period of time.

Demography is the study of population and its characteristics for example its growth, distribution, density, structure and movement.
Terms used in studying population.

Over population: Over population is a situation where the number of people living in a given country / area exceed/ is more than the natural resources to support them.

Under population: Under population is a phenomenon where the available resources in a given country are far more than the number of people to exploit them. In this case the resources are underutilized.

Countries which are under populated in the world include; Democratic Republic of Congo, Canada, Russia, Brazil, Peru and Colombia.

Optimum population: Optimum is a situation where a country's natural resources are in balance / equal to the population for maximum exploitation. Or it is the ideal population that matches with the available resources in a given country/ area.

Population Census: Population census is the general counting of people in a country in a specified period of time usually after every 10 years.

Population density: Population density is the average number of people living per square unit / kilometer.

$$\text{Population Density (P.D)} = \frac{\text{Total population}}{\text{Total land area}}$$

$P.D = P / A = X$ Person / km^2

N.B. Burundi in East Africa is the most density populated country.

Population Growth Rate: Population growth rate refers to the natural change in the population. It describes the difference between the Birth rate and Death rate. It describes the ratio between the birth rate and the death rates per 1000 people. It is expressed as a %.

:. Growth rate = Birth Rate – Death rate X 100

1000

Birth Rate: The birth rate refers to the annual number of live birth (children) born per 1000 people of the total population.

$$\text{Birth Rate} = \frac{\text{Total Number of live Birth}}{\text{Total Population}} \times 1000$$

Death Rate: The death Rate refers to the annual number of people who die per 1000 persons of the total population.

$$\text{Death rate} = \frac{\text{Total Number of Death}}{\text{Total Population}} \times 1000$$

Mortality Rate: Mortality rate is the number of people who die per 1000of the total population per year.

Infant mortality Rate: Infant mortality rate refers to the number of children who die under one year per 1000 of the population.

Population structure: Is the quantitative and qualitative characteristics of the population in terms of age and sex.

Life expectancy: Life expectancy is the number of years that the average people born in a given country expect to live.
The life expectancy in East Africa stands at 47-50 years. While in developed counties it is 70 years.

Fertility Rate: Fertility rate refers to the average number of children a woman is expected to have during her life time / productive stages. (15-50 years) **Dependency ratio** this is the number of un-resourceful people for every 1000 resourceful people in a population.

Population distribution: Population distribution refers to the way how people are spread over an area in a given period of time.

In East Africa, population is un-evenly distributed where some areas are densely populated, others are moderately populated and others are sparsely populated.

The areas with dense population include;

(a) Areas around Lake Victoria for example in Kampala, Jinja, Masaka, Wakiso, Entebbe, Bukoba, Mwanza, Kisumu and the Nyanza province.

(b) **Highland** areas in Kenya, Kigezi, the slopes of mountain Elgon and Kilimanjaro, Kipengere slopes, the slopes of Usambara and around Lake Malawi in Tanzania.

(c) **The Island** of Zanzibar and Pemba.

(d)Major towns and cities for example Kampala, Nairobi, Dodoma, Thika, Nakuru, Kakamega, Kisumu, Dar-es Salama, Jinja and Entebbe.

Tabora, Rukwa, Songea, and Morogoro.

(e) Coastal ports of Mombasa, Lamu, Malindi, Mtwara, Tanga.

Areas with moderate population;

- Areas between Kenya highlands and Nairobi.
- Areas between the coast and Nairobi.
- The northern and central parts of Uganda for example in Gulu and Lira and the West Nile.
- Western Uganda in areas of Mbarara, Masindi and Hoima.

Areas with sparse population

•North Eastern Uganda in areas of Kotido, Kitgum, Moroto and Napak, Kaabong.

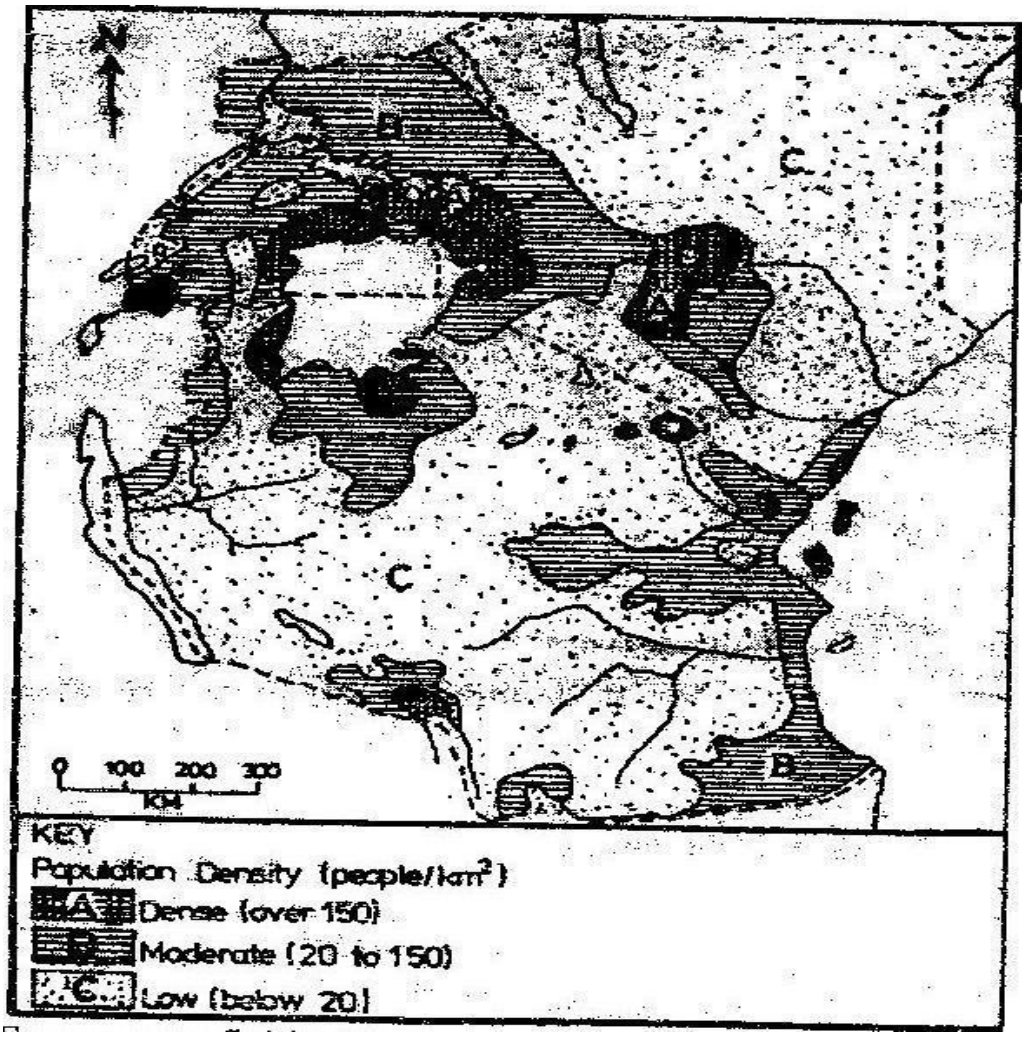
•Areas of Ankole – Masaka corridor up to Lake Kyoga, Nakasongola, Kaabong.

•Areas with National Parks and Forest reserves.

•Northern Kenya in areas of Turkana, Pokot and Wajir.

•Central Tanzania e t c.

POPULATION DENSITY MAP OF EAST AFRICA.



Factors that influence population distribution in East Africa.

•The influence of climate in form of rainfall and its distribution, temperature and Humidity.

•Areas with heavy reliable and well distributed rainfall (1000-1500mm) are densely populated because they encourage agriculture which provide food and income from cash crops. For example the shores of Lake Victoria and kigezi highlands.

•Areas with low/ unreliable and light rainfall (250-500mm) distribution are sparsely populated because they discourage agriculture and settlement for example Karamoja region

•Areas experiencing cool temperature (0-10°c) in the highland and mountain slopes of Kigezi, Kenya and Elgon are densely populated because of limited incidences of pests and diseases.

•Semi- desert areas with very hot temperatures over 30°c are sparsely populated because they are uncomfortable for human settlement.
•The influence of soil type in form of fertility.
•The areas with fertile soils which is volcanic and laterite have attracted high population densities because they favor growing food crops and cash crops such as coffee, tea and bananas. For example, the Kigezi highlands, Slopes of mountain Elgon and Kenya highlands.
•The areas with infertile soils which is sandy have low population concentration because they make crop growing difficult. For example, Northern and Eastern Kenya, Karamoja region and central Tanzania.
•The influence of relief informs of steep slopes, valleys and plateaus.
•Areas with plateaus, gentle slopes and wide valleys have high population densities because of convenience in transport and communication, cultivation and settlement.
•Areas which are mountainous with steep slopes for example Kilimanjaro, Mt. Kenya Mt. Elgon and Mt. Rwenzori are sparsely populated due to hardships in agriculture, settlement and transport and communication.
•Areas which are flat and extensively open have low/ medium population because it is always dry and hot for example the rift valley floor, the Ankole – Masaka corridor, the pastoral areas and Masai land.
•The influence of drainage where well drained with limited risks of vector breeding and with good supply of water for domestic use are densely populated.
•The areas which are poorly drained with swamps and bogs/ Marshes are poorly settled and have low population densities because they harbor disease vectors like mosquitoes and snails for example the mangrove coastal areas and swampy areas along Lake Kyoga.
•The influence of vegetation cover, where areas with dense and thick vegetation cover are sparsely populated because of hardships to clear to establish settlements and agriculture for example the wood lands of central Tanzania and forested parts of western Uganda around Bwindi and Budongo forests.
•Savanah areas have medium and dense population concentration because they are easy to clear for settlement and agriculture.
•The influence of biotic factors in form of pests, vectors, diseases and wild animals.
•The areas with pests and disease vectors like tsetse flies, mosquitoes and snails which spread diseases like malaria, sleeping sickness and bilharzia have sparse population for example rift valley areas, Kigumba, panyimur in Masindi and mangrove swampy areas.

•The influence of minerals and their exploitation where areas endowed with minerals which are exploited have medium population densities because of related employment opportunities for example areas around Mwadui, Magadi, and Kilembe.

•The influence of natural calamities like floods, famine, landslides, earth quakes. The areas which are prone to famine, floods and landslides have low population densities because of high risks of death. These include; Turkana land, Karamoja and Bududa.

Human factors/ social and economic.

•The influence of urbanization where urbanized areas have attracted high population densities because of trade and commerce and improved social services for example Kampala, Nairobi, Dar- es Salaam and Kisumu.

•The influence of industrialization where industrialized areas are densely populated because of employment opportunities in industries for example in Jinja, Kampala, Nairobi, Arusha, Dar-es Salaam, Eldoret.

•The influence of transport and communication. For example, areas with improved transport and communication have attracted high and medium population densities because of easy and convenient transportation of goods and services. For example, in Kampala, Entebbe, Nairobi and Dar-es –Salaam.

•The government policies over land Gazetting for National parks, forest reserves, and restrictions in swamps have led to low or no population densities for example around Murchison falls, Tsavo National Park and Masai mara game reserves.

•Areas with plantations and estates like sugar estates of kakira, kinyara and kericho tea estates of Kenya have attracted dense settlements because of employment opportunities.

•Areas with relative political stability are moderately and densely populated because of safety of life.

•Areas with unstable political climate are sparsely populated for example north eastern Kenya and North Eastern Uganda.

•Areas which once affected by slave trade have low population densities for example Bagamoyo in Tanzania.

•Areas occupied by traditional kings and palaces have high population densities as people were searching for security for example Kampala (Mengo) for Kabaka of Buganda, Toro and Bunyoro in Uganda.

Causes of high population densities.

•Presence of reliable rainfall and hot temperatures 20º-27ºc which support the growth of food and cash crops to sustain the population in terms of food.
•Presence of fertile volcanic soils supports agriculture for food to feed the population.
•Existence of conducive temperature between 10º-27ºc for comfortable human settlement.
•Availability of various economic activities like industrialization, mining, trade and commerce that attract large number of people for employment opportunities.
•The availability of well-developed transport and communication network that ease transportation of goods and services.
•The availability of relative peace and stability which favor establishment of permanent settlement and migration into these areas.
•The availability of improved social services like schools, universities, good hospitals, clean water, electricity and recreation centers which attract a lot of people.

Causes of low population density.
•Presence of thin and infertile soils that discourage agriculture for food to feed the population.
•Low and unreliable rainfall received for example less than 500mm discourage crop growing for food.
•Remoteness due to under developed transport routes like reads which have discouraged trade and commerce.
•The presence of dense vegetation cover and swamps because they are difficult to clear for settlement and agriculture for example in central Tanzania.
•The presence of pests and diseases such as tsetse flies in Miombo woodlands and rift valley areas cause Nagana and sleeping and sleeping sickness to live stock and humans.
•Gazetting of some areas for National parks and game reserves for example marsabit National park, Tsavo and Murchison falls National park.
•Internal conflicts and miss- understandings for example cattle rustling among pastoral tribes has prevented other people to migrate into those areas.

Problems caused by low population density.
•Shortage of labor supply to work in sectors like agriculture and mining.
•Limited market for goods and services available.
•Underutilization of the available resources such as land, vegetation and water.

•Low revenue collection due to limited economic activities done to be taxed.
•Slow growth of infrastructure such as schools, health centers and roads because they become uneconomical to build.
•Low agricultural production due to limited labor supply.
•It promotes remoteness and under development in many parts of the country.
•Insecurity since few people can be recruited in security organs.
It leads to socio- economic dependency on other areas for market, labor and other utilities.
•It encourages low levels of investment in all sectors due to limited labor and market.
•It may lead to importation of foreigners to work on estates, factories and other sectors.

Problems caused by high population density.
•Shortage of land for both farming and settlement.
•Land fragmentation and land disputes due to shortage of land.
•Over exploitation of resources leading to their depletion.
•Unemployment and under employment which result into high crime rates in order for people to earn a living.
•Overcrowding results into easy spread of diseases.
•Straining of available social services like health services, education and transport utilities.
•Pollution of land and water resources through dumping of wastes generated from the dense population.
•High government expenditure to provide social services like health, education, security, clean water and transport utilities.

Causes of population increase in East Africa.
•High fertility ratio among the women.
•Limited family planning services especially in rural areas to control birth.
•Early marriages leading to production of many children by the end of the women's reproductive period.
•The traditional beliefs and culture that allow polygamy leading to production of many children.

-Culturally, still people believe in having large number of children for enlargement of the clan, labor, bride wealth, prestige and security.

•Wide spread ignorance and low levels of education about family planning.

•Polygamous practices for example among the non-Christians and Muslims leading to production of many children.

•The religious factors for example among the catholic who discourage the use of family planning methods like contraceptives and Muslims encouraging polygamy.

•The decrease in the death rate due to improved medical services, improved nutrition and health education.

•There is a decrease in infant mortality rate due to massive immunization campaigns.

•Improvement in health services where health centers have been put almost in all places hence reducing the mortality rate.

•Production of enough food stuffs which has improved people's nutrition.

•An increase in the number of immigrants and refugees for example from south Sudan, Congo, Somalia and Rwanda.

•Relative political stability / Reduction of wars which has made people to stay and others come from other countries.

•The decrease in the number of emigrants due to absence of internal wars in East Africa.

•Larger number of women compared to men lead to high chances of polygamy and concubines.

•Low status of women in most African societies.

•High life expectancy due to improved socio- economic conditions.

•Reliable rainfall that support agriculture for production of food.

Advantages of sparse population.

-Limited spreading of diseases.

-Low government expenditure on social services.

-Limited damage on natural resources like forests.

-Plenty of land is available for setting up developments like commercial agriculture and industrialization.

Advantages of a high population.

-A big population provides cheap labor needed to exploit resources like fishing, forestry through lumbering and mining.
-A high population provides market for agricultural and industrial goods.
-It creates a wide tax base for the government from businesses done by many people in agriculture, fishing and forestry.
-It stimulates the development of infrastructure like schools, roads and hospitals.
-A high population stimulates innovation and creativity by the government and individuals in order to sustain and meet the demands of population for example food production through modern farming methods.
-A high population stimulates easy provision of social services by the government for example, electricity, water and security, education and health.
-A big population stimulates the development of urban centers due to many people who provide labor and market in towns.
-A big population attracts investors hence encouraging industrialization and other developments**.**
-A big population improves security because people can easily be recruited in the different security organs.
-The natural resources are maximally exploited for example land, water and space.

Disadvantages of a big population or population growth.

-A big population leads to high levels of unemployment and under employment because the big number of people don't match with newly created economic activities leading to poverty.
-A large population increases pressure on available resources like forests, land and minerals leading to their fast exhaustion.
-A big population increases pressure on the government to provide basic social services hence increasing its expenditure.
-It increases the dependence burden since a bigger proportion of the populations are children who don't work.
-A big population strains the social facilities like schools, hospitals and roads which reduce the quality and increase their rate of tear and wear.
-It increases the coast of living especially food and accommodation in urban areas.
-It results into land shortage which limits economic activities especially agriculture.
-A big population leads to increase in crime rate especially forgery, counterfeiting, robbery and theft in towns.

-It leads into development of slums with their associated problems like prostitution and poor sanitation.
-It leads into converting of economically productive land to settlement.
-It leads to rural urban migration in search of jobs.
-A large population slows down investment due to need to provide basic services to extra people
-A big population lead to increased dependency on foreign aid in order to provide health and education services.
-A large population leads to moral decay, insanity and cultural degeneration.
-It results into pollution of air, water and land due to careless dumping of wastes.
-It increases the spread of diseases due to congestion and poor sanitation in towns.
-It leads into encroachment on marginal lands such as forests and swamps for settlement, agriculture and industry.
-Reduced savings and investment leading to increased poverty.

Solutions for the problem of an increasing population.
-Discouraging polygamy and encouraging monogamy.
-Setting up small scale industries in densely populated areas to provide jobs to people.
-Raising the girl's age at marriage through educating them.
-Encouraging vertical expansion through constructing storied buildings.
-Educating the masses the dangers of having large families.
-Practicing agricultural mechanization to increase food production.
-Diversification of economy to absorb the abundant labor force.
-Practicing family planning methods in order to control birth rate.
-By restricting immigration levels.
-Discouraging early marriages for example through setting strict laws against child marriages.
-Providing free education to girls at high institution to increase on their age at first birth hence reducing their fertility.
-Setting up resettlement schemes where people are transferred from densely populated regions to areas of low population.
-Encouraging sex education to reduce on the risks of early pregnancies.

POPULATION MIGRATIONS.

Population migration is the movement of people from one place to another for settlement.

Forms of population migration.

There are two forms, namely; -

Voluntary migration -Involuntary migration.

Voluntary migration is the form of migration where people willingly move from one place to another for settlement.

Involuntary migration is the form of migration where people unwillingly are forced to move from one place to another due to wars and calamities like landslides, floods, epidemics and eruptions.

Migration can also be internal or international for example people running away from economic problems, wars and political persecution.

Immigration:

Is the movement of people from other countries to a given country for example; from India and China to Uganda or from Somalia, Rwanda and South Sudan to Uganda.

Emigration

This is the movement of people from a given country to other countries. For example, from Uganda to South Africa, Kenya and USA.

In-migration/Internal migration.

This is the movement of people from one place to another within a country.

Out-migration/international migration.

This is the movement of people from one country to another on either temporal or permanent basis with the aim of staying there.

Rural-urban migration

This is the movement of people from villages to towns.

Urban-rural migration

This is the movement of people from towns to villages. This is caused by; -Retirement after long service as a public servant. –High cost of living in towns.

-Loss of jobs due to retirement.

-Demobilization of civil servants.

Rural-rural migration

This is the movement of people from one village to another for settlement.

Causes of population migration.

•People move in search of valuable land for agriculture.

•People migrate due to political instabilities in their home areas / countries. They move looking for safer areas for settlement.

•People move in search of employment opportunities. They move due to desire of better paying jobs for example the Congolese to Uganda.

•Some people move due to the government policy of resettling people either because of a calamity in their home area or because of over population in a given area.

•Some people move in search fortunes. For example, many people moved to South Sudan from Uganda looking for opportunities there when it had just got independent.

•Some people move due to religious reasons. For example, millions of Muslims move to Mecca for pilgrimages.

•Others move due to religious persecution in their home areas.

•Some people move due to disease outbreak (contagious and epidemic) for example in 1940s, many people migrated from Ssese Island to the main land due to sleeping sickness outbreak.

•Some people move away from their home areas due to natural disasters. For example, famine in Karamoja and land sides in Bududa.

•Some people move due to adventure and leisure. These move as tourists for example Europeans to Uganda.

•Some people move due to traditional practices. For example, the nomadic pastoral groups like Masai and Karamojong move in search of water and pasture.

•Others move running away from their rigid traditional practices like traditional circumcision among the Gisus and Sabin girls.

•Looking for amenities in towns for example piped water and power.

-Some people move due to over population in their home areas for example from Kabale.
•Harsh environmental conditions such as prolonged drought conditions for example in Karamoja.
•Imbalanced regional and international economic development. For example, some areas / countries are more endowed with social services like education, health centers and clean water. These social advantages attract many people especially from villages to towns.

EFFECTS OF POPULATION MIGRATION.

- Internal migrations lead to urbanization. As people move from villages to towns, the population in towns which provide markets for goods and services.
- Migrations lead to depopulation of the country side. This results into loss of the needed labour force which is needed in agriculture, fishing and mining.
- Population migration led to development of transport routes like roads, railway lnes and air transport which they use as they are travelling.
- Population migration leads into net migration loss to the place of origin and net migration gain to the receiving place. This results into loss or gain of human resource.
- The receiving area / country benefits in form of technological skills transfer which is needed to develop those area.
- The migration and settlement of refugees result into environmental degradation especially the destruction of vegetation and water resources.
- External migration of skilled and highly qualified personnel like doctors, scientists and professional foot ballers lead into brain drain in the area of original and cause stunted growth.
- Rural- urban migration lead into the growth of slums, urban unemployment, prostitution and moral decay.
- Internal migration leads into agriculture stagnation in rural areas as the young energetic youth who should have been employed in agriculture have got to towns.
- Rural- urbanization migration leads to land consolidation and reduction of pressure on land. This supports mechanization of agriculture.
- External migration of highly skilled and qualified labor can lead to the remittances of foreign exchange to their home country.

Sample questions.

1. (a) Distinguish between population density and population distribution.

(b)Name any one area in East Africa with:

(i) High population.

(i)Low population.

(c)Explain the factors responsible for the high population density in one of the areas named in (b) (i) above.

(d) (i)Outline the problems faced by people living in areas of high population density.

(ii)Suggest measures that should be taken to solve the problems mentioned in (d) (i) above.

1. Study the table below showing the area and population totals of the three East African countries and answer the questions that follow:

Country	**Area in km²**	**Population (2007)**
Uganda	241039	26,400,000
Kenya	585650	36,900,000
Tanzania	945087	39,300,000

(a)Calculate the population density of each country given in the able (6mks). (b)Draw a pie chart to represent the information given in the table

(c)(i) State the country with the highest population density.

(ii)Explain the problems associated with very high population density in the country mentioned in (c) (i) above.

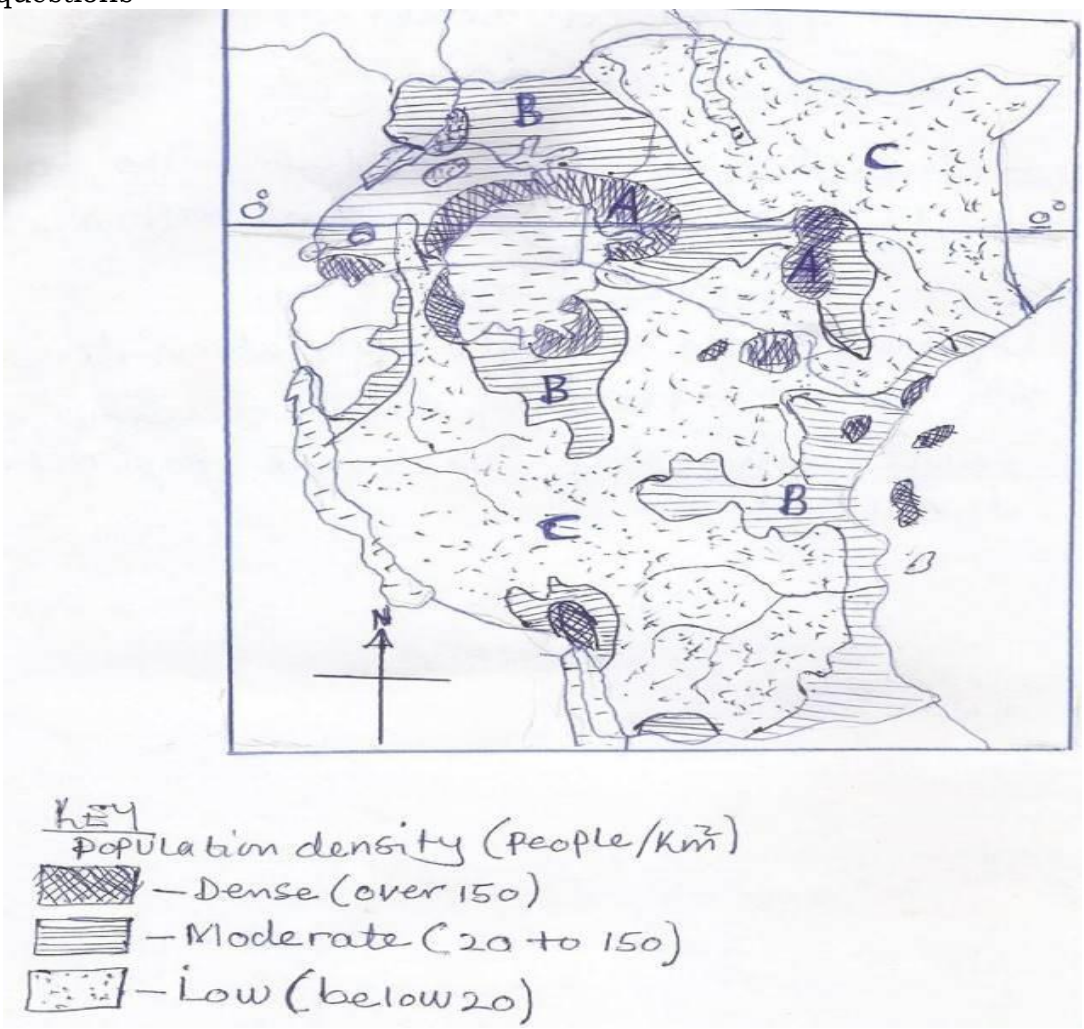
(d)Outline the advantages of high population to any country in East Africa.

3. Study the table below showing the population of East Africa (2005 and 2009) and answer the questions that follow.

Country	**Population ("000")**	
	2005	**2009**
Kenya	34,300	39,800
Uganda	28,800	32,700
Tanzania	38,300	43,700
Total	101,400	116,200

(a)Calculate the percentage change in the total population of each country of East Africa between 2005and 2009.
(b)Draw a pie-chart to represent the population of East Africa in 2009. (5mks)
(c) (i)Identify the country in East Africa with the highest percentage population change between 2005-2009.
(ii)Describe the factors which have contributed to the population change in the country identified in (c) (i) above.
(d)Explain the effects of a high population growth rate in East Africa.

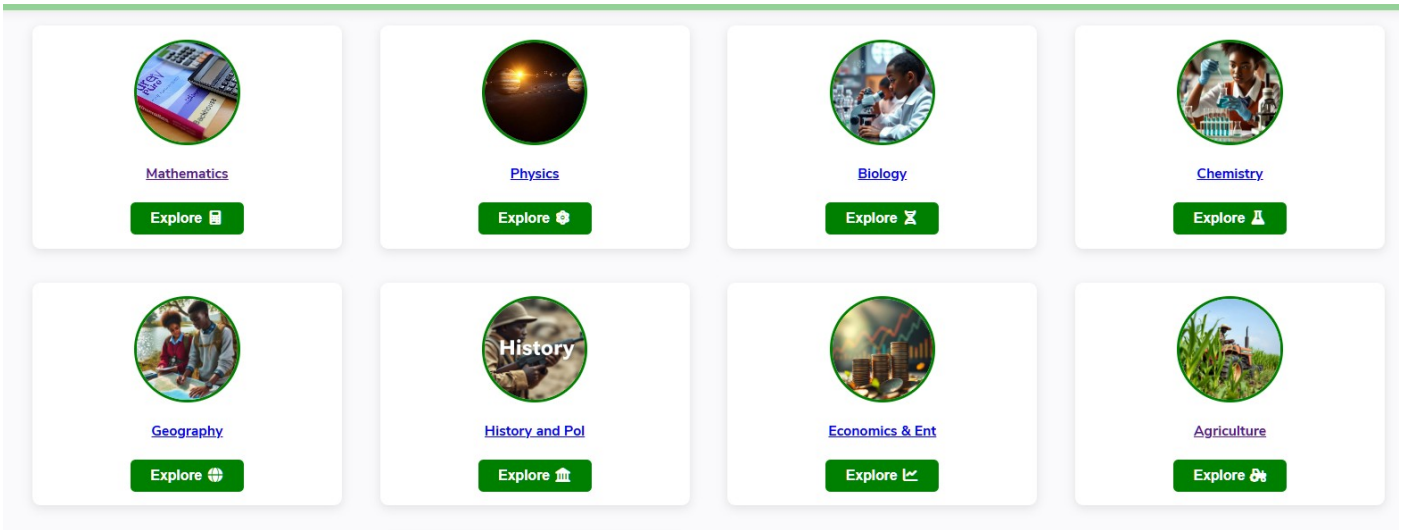
Study the population density map of East Africa below and answer the following questions



(a)Describe the conditions which have led to:
(i)High population density in areas marked A.
(ii)Low population density in areas marked C.
(b)Explain the problems caused by
(ii)High population density,
(iii)Low population density
(c)Outline the steps being taken to solve the population density problems in (b) above.
(d)Name any one district in:

(i)Uganda with a low population density. (ii)Kenya with a low population density.
(iii)Tanzania with a moderate population

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