

This paper reviews different historical and contemporary factors responsible for population pressure in the rural Kenya. It is argued that the process is not new, having its roots in the colonial administration. Cultural backgrounds, the economic setting of the rural population and the large moisture stricken areas are responsible for population pressure in the postindependence era. Different ways of mitigating population pressure such as (i) encouraging land use options that least stress the human ecology and natural environment; (ii) reducing the number of people and; (iii) diversifying sources of income to supplement earnings from agriculture so as to reduce direct dependence on land are discussed. Constraints with these strategies, particularly socio-economic factors such as land inheritance and the need for many children, are also discussed with a view to establishing the way out to sustainable development.