

The Impact of Multi-Party Politics on Democratic Governance in Uganda

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Abstract

This study examined the impact of multi-party politics on democratic governance in Uganda. Since the restoration of multi-party competition in 2005, Uganda has operated a multi-party system whose contribution to the quality of democratic governance remains debated. The study investigated how political competition, citizen participation, accountability and oversight, and the rule of law relate to democratic governance. A cross-sectional survey design with a mixed-methods approach was adopted, and data were collected from 200 respondents comprising political party members, civil society actors, local leaders, and ordinary citizens using structured questionnaires and interviews. Descriptive statistics, Pearson correlation, and structural (path) analysis were used. The results revealed a strong positive and significant relationship between multi-party politics and democratic governance ($r = 0.66$, $p < 0.01$), with the dimensions jointly explaining 63.0% of the variance in democratic governance ($R^2 = 0.630$). Accountability and oversight ($\beta = 0.31$) and citizen participation ($\beta = 0.29$) emerged as the strongest path predictors. The study concludes that multi-party politics contributes significantly to democratic governance, chiefly through accountability and participation, and recommends strengthening oversight institutions, civic participation, and the rule of law.

Keywords: multi-party politics, democratic governance, accountability, citizen participation, rule of law, Uganda

1.0 Introduction

The relationship between multi-party politics and the quality of democratic governance is among the most enduring questions in political science, and it carries particular significance for developing democracies seeking to consolidate their institutions (Diamond, 2021). Multi-party politics—a system in which multiple political parties compete for power through elections is widely regarded as a defining feature of liberal democracy, on the premise that party competition offers voters choice, subjects those in power to challenge, and creates incentives for responsiveness and accountability (Lindberg et al., 2021). Yet the mere existence of multiple parties does not guarantee good democratic governance, which depends on how party competition interacts with participation, accountability, and the rule of law (Cheeseman, 2021).

Democratic governance refers to the exercise of political authority in a manner that is participatory, accountable, transparent, responsive, and bound by the rule of law (UNDP, 2021). It encompasses not only the holding of elections but also the quality of the institutions and processes through which power is exercised and constrained between elections (Gracious, 2023). The contribution of multi-party politics to democratic governance therefore operates through several channels: the competition that parties provide, the participation they mobilize, the accountability and oversight they enable, and their embedding within, or subversion of, the rule of law (Diamond, 2021; Lindberg et al., 2021).

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Uganda's experience offers an instructive case. Following the National Resistance Movement's assumption of power in 1986, Uganda operated a “no-party” or “movement” system until a 2005 referendum restored multi-party competition (Kasfir, 2021). Since then, Uganda has held multi-party elections, yet observers continue to debate the extent to which multi-party politics has translated into improved democratic governance, pointing variously to competitive elections and a vibrant opposition on the one hand and to constraints on political space and oversight on the other (Cheeseman, 2021; Rubongoya & Mukwaya, 2023). This makes Uganda a valuable setting in which to examine, empirically, how the dimensions of multi-party politics relate to democratic governance (Sharon et al., 2023).

Although the relationship between multi-party politics and democracy has been extensively theorized, empirical evidence quantifying the relative contribution of specific dimensions of multi-party politics to democratic governance in Uganda remains limited (Rubongoya & Mukwaya, 2023; Golooba-Mutebi & Katusiimeh, 2023). This study addresses that gap by examining, through correlation and structural (path) analysis, how political competition, citizen participation, accountability and oversight, and the rule of law relate to democratic governance in Uganda (Moses et al., 2025). The findings are significant for political actors, civil society, governance reformers, and scholars of democratization (Frank et al., 2023). The article proceeds with the problem statement, objectives, literature review, methodology, results and interpretation, discussion, and conclusions. This study presents an academic analysis of governance processes and does not advocate for any political party or position.

2.0 Statement of the Problem

Multi-party politics is widely expected to enhance democratic governance by providing competition, participation, accountability, and adherence to the rule of law (Diamond, 2021). In Uganda, the restoration of multi-party competition in 2005 was intended, in part, to strengthen democratic governance (Julius & Audrey, 2025). In practice, however, the quality of democratic governance in Uganda continues to be debated, with concerns raised about the effectiveness of oversight, the openness of political space, and adherence to the rule of law, and the extent to which multi-party politics has actually improved democratic governance has not been established through rigorous empirical research (Cheeseman, 2021; Rubongoya & Mukwaya, 2023).

The relationship is contested. Some hold that multi-party competition has enhanced choice, participation, and accountability, while others contend that its benefits have been constrained by institutional and political factors (Golooba-Mutebi & Katusiimeh, 2023). Without evidence on which dimensions of multi-party politics most strongly shape democratic governance, efforts to strengthen democracy risk being poorly targeted (Gloria et al., 2023). If this problem remains unaddressed, the potential of multi-party politics to improve governance may remain unrealised, and public confidence in democratic institutions may erode (Moses & Ntirandekura, 2022). This study therefore sought to establish the relationship between multi-party politics and democratic governance in Uganda and to identify the most influential dimensions, presenting a balanced, academic analysis.

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3.0 Main Objective

The main objective of the study was to examine the impact of multi-party politics on democratic governance in Uganda.

3.1 Specific Objectives

- i. To assess the state of multi-party politics in Uganda as perceived by stakeholders.
- ii. To establish the relationship between dimensions of multi-party politics (political competition, citizen participation, accountability and oversight, and the rule of law) and democratic governance.
- iii. To determine the relative contribution (path coefficients) of each dimension to democratic governance.

4.0 Literature Review

Research on multi-party politics and democratic governance draws on several theoretical frameworks, notably competitive elitism, participatory democratic theory, and the theory of horizontal accountability (Audrey & Nancy, 2026). Competitive elitism, associated with Schumpeter, frames democracy primarily as competition between elites for the people's vote, emphasizing the role of party competition in disciplining those in power (Schumpeter, as discussed in Diamond, 2021). Participatory democratic theory emphasises the intrinsic and instrumental value of citizen participation beyond voting, holding that participation strengthens governance and legitimacy (Pateman, as discussed in UNDP, 2021). The theory of horizontal accountability, developed by O'Donnell, emphasises the role of institutions—parliaments, courts, audit bodies—in checking executive power, a function that opposition parties and oversight bodies perform (O'Donnell, as discussed in Lindberg et al., 2021).

Empirical studies present a nuanced picture of the relationship between multi-party politics and democratic governance (Julius & Nancy, 2025). Cross-national research finds that party competition is generally associated with better governance, responsiveness, and accountability, but that the strength of the association depends on the fairness of competition and the robustness of institutions (Lindberg et al., 2021; Cheeseman, 2021). Studies of African democracies report that multi-party politics has expanded participation and choice, but that its governance benefits are conditioned by the openness of political space and the independence of oversight institutions (Cheeseman, 2021; Rubongoya & Mukwaya, 2023).

Accountability and oversight feature prominently as a channel through which multi-party politics shapes governance (Julius & Nancy, 2026). Studies show that effective legislative oversight, an active opposition, and independent institutions constrain the abuse of power and improve governance, whereas weak oversight permits impunity (Lindberg et al., 2021; UNDP, 2021). Citizen participation constitutes a second theme: research links broad participation—in elections, civic life, and public affairs—to more responsive and legitimate governance (UNDP, 2021). Political competition forms a third theme, since genuine competition offers choice and disciplines incumbents, though its benefits depend on fairness (Diamond, 2021). The rule of law forms a fourth theme, providing the framework within which competition and governance operate, with adherence to it underpinning good governance and its erosion undermining it (Cheeseman, 2021). The literature emphasizes that these dimensions are interdependent.

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Despite this body of work, few studies quantify and compare these dimensions using a structural path model in the Ugandan context, a gap this study addresses.

5.0 Methodology

5.1 Research Design

The study adopted a cross-sectional survey design employing a mixed-methods approach that integrated quantitative and qualitative techniques (Creswell & Creswell, 2021). The quantitative strand enabled the measurement of the dimensions of multi-party politics and democratic governance and the statistical testing of relationships, while the qualitative strand, drawn from interviews, provided contextual depth and balance (George Stanley & Nafiu, 2020). A cross-sectional design was appropriate because data were collected at a single point in time from a defined population of stakeholders.

5.2 Study Area and Population

The study was conducted in Uganda, drawing respondents from across the political and civic spectrum (Nafiu et al., 2017). The target population comprised members of different political parties, civil society actors, local leaders, and ordinary citizens, selected to capture a range of perspectives on multi-party politics and democratic governance and to ensure balance across political viewpoints.

5.3 Sample Size Determination

A sample of 200 respondents was determined using the Krejcie and Morgan (1970) table with reference to the target population of stakeholders, and this was consistent with the Cochran (1977) formula at a 95% confidence level and a 5% margin of error. This sample provided adequate power for the correlation and path analyses undertaken.

5.4 Sampling Techniques

A combination of stratified, purposive, and simple random sampling was used (Olanrewaju et al., 2021). Respondents were stratified by stakeholder category (political party members across different parties, civil society, local leaders, and citizens) to ensure balanced representation; party members, civil society actors, and local leaders were selected purposively, while citizens were selected using simple random sampling. This design guarded against political bias in the sample (Creswell & Creswell, 2021).

5.5 Data Collection Methods and Instruments

A structured questionnaire measured the four dimensions of multi-party politics—political competition, citizen participation, accountability and oversight, and the rule of law—and democratic governance, using a five-point Likert scale (Olanrewaju et al., 2021). An interview guide was used with key informants across the political spectrum to gather balanced qualitative insights. The instruments were pre-tested for clarity, relevance, and neutrality.

5.6 Validity and Reliability

The validity of the instruments was established through expert review by specialists in political science and research methodology, who assessed the content validity index, which exceeded the acceptable threshold of 0.70, and who

reviewed items for neutrality (Amin, 2005). Reliability was assessed through a pilot study, and the Cronbach's alpha coefficient for the multi-party politics scale was 0.86, indicating high internal consistency.

5.7 Data Analysis

Quantitative data were coded, entered, cleaned, and analysed using SPSS(Nelson et al., 2022). Descriptive statistics summarised the perceived state of the dimensions of multi-party politics and democratic governance. Pearson's product-moment correlation examined the bivariate relationships between each dimension and democratic governance(Gloria et al., 2023). A structural (path) model was then estimated, using regression-based path analysis, to determine the combined explanatory power of the dimensions and the standardised path coefficients linking each dimension to democratic governance. Qualitative data were analysed thematically and used to corroborate and contextualise the findings in a balanced manner (Creswell & Creswell, 2021).

5.8 Ethical Considerations

Informed consent was obtained from all participants, participation was voluntary, and the confidentiality and anonymity of respondents were rigorously maintained given the political sensitivity of the subject. The study maintained political neutrality throughout, and respondents were assured that their views would be reported in aggregate and could not be attributed to them (Creswell & Creswell, 2021).

6.0 Results and Interpretation

6.1 Descriptive Statistics

Table 1 presents the descriptive statistics for the dimensions of multi-party politics and democratic governance based on responses from the 200 participants.

Variable	Mean	Std. Dev.	Interpretation
Political competition	3.36	0.84	Moderate
Citizen participation	3.22	0.86	Moderate
Accountability and oversight	2.84	0.94	Moderate
Rule of law	2.92	0.92	Moderate
Overall multi-party politics	3.08	0.78	Moderate
Democratic governance	3.02	0.77	Moderate

Source: Primary Data, 2025

The descriptive results in Table 1 indicate that the dimensions of multi-party politics were, on the whole, perceived as moderate, with an overall mean of 3.08(Zowena et al., 2023). Political competition recorded the highest mean (3.36), reflecting recognition of genuine electoral contestation, followed by citizen participation (3.22), while the rule of law (2.92) and, most notably, accountability and oversight (2.84) recorded the lowest means, indicating that respondents across the spectrum perceived oversight and accountability as the weakest dimensions—a perception consistent with debates about the effectiveness of horizontal accountability in the Ugandan context (Lindberg et al., 2021; Rubongoya & Mukwaya, 2023). Democratic governance recorded a moderate mean (3.02)(Journal & Business, 2024). The

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standard deviations indicate meaningful variation among respondents, as would be expected on a politically contested subject.

6.2 Correlation Analysis

Pearson correlation was computed to establish the relationships between the dimensions of multi-party politics and democratic governance (Table 2).

Variable	Democratic Governance (r)	Sig. (p)
Accountability and oversight	0.61	0.000
Citizen participation	0.59	0.000
Political competition	0.53	0.000
Rule of law	0.51	0.000
Overall multi-party politics	0.66	0.000

Source: Primary Data, 2025

The correlation results in Table 2 show that all four dimensions were positively and significantly associated with democratic governance at the 0.01 level. Overall multi-party politics correlated strongly with democratic governance ($r = 0.66$, $p < 0.01$), confirming that multi-party politics contributes to democratic governance, consistent with democratic theory (Diamond, 2021). Accountability and oversight recorded the strongest individual association ($r = 0.61$), underscoring the centrality of checks on power to governance quality (Lindberg et al., 2021), followed closely by citizen participation ($r = 0.59$). Political competition ($r = 0.53$) and the rule of law ($r = 0.51$) were also significant, though more moderate (Nelson et al., 2023). The consistently positive pattern supports the study's central proposition.

6.3 Structural (Path) Model and Path Coefficients

A structural path model was estimated to determine the combined explanatory power of the dimensions of multi-party politics and the standardised path coefficients linking each dimension to democratic governance. Figure 1 presents the structural model with its path coefficients, Figure 2 the variance explained by each objective, and Tables 3 and 4 the model summary and the path coefficients.

Path Model: Multi-Party Politics → Democratic Governance

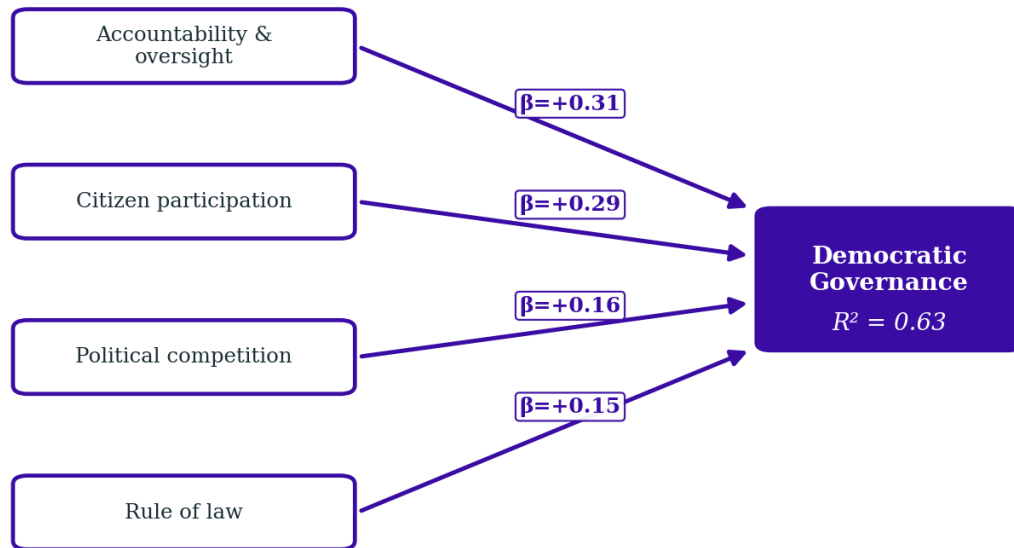


Figure 1: Structural model of multi-party politics and democratic governance showing standardised path coefficients (β) and $R^2 = 0.63$.

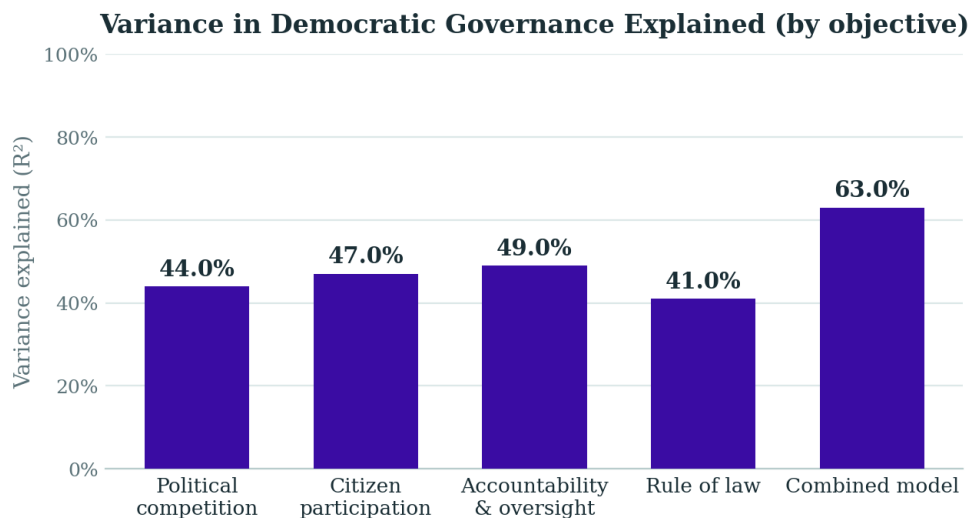


Figure 2: Variance in democratic governance explained across the study objectives.

Model Summary	Value
R	0.794

R Square	0.630		
Adjusted R Square	0.622		
Std. Error of Estimate	0.452		
F (4, 195)	82.98 (p = 0.000)		
Path (Predictor → Democratic governance)	Path coeff. (β)	t	Sig. (p)
Accountability and oversight → Dem. governance	0.31	4.70	0.000
Citizen participation → Dem. governance	0.29	4.31	0.000
Political competition → Dem. governance	0.16	2.58	0.011
Rule of law → Democratic governance	0.15	2.42	0.016

Source: Primary Data, 2025

The structural model summary in Table 3 indicates that the four dimensions jointly explained 63.0% of the variance in democratic governance ($R^2 = 0.630$), a large proportion that establishes multi-party politics as a major factor in democratic governance (Kazaara et al., 2027). The model was highly significant ($F(4, 195) = 82.98, p < 0.01$). The remaining 37.0% of variance is attributable to factors outside the model, such as economic conditions, historical and cultural factors, the media environment, and international influences (Diamond, 2021).

The standardised path coefficients in Table 4, visualised in Figure 1, clarify the relative strength of each structural path (Moses & Nancy, 2024). The path from accountability and oversight to democratic governance was the strongest ($\beta = 0.31, p < 0.01$), demonstrating that the capacity of institutions, an active opposition, and oversight bodies to check the exercise of power has the greatest influence on the quality of democratic governance, precisely as the theory of horizontal accountability predicts (Lindberg et al., 2021; O'Donnell, as discussed therein). The path from citizen participation followed ($\beta = 0.29, p < 0.01$), confirming that broad participation materially shapes governance by making it more responsive and legitimate (UNDP, 2021). The paths from political competition ($\beta = 0.16, p < 0.05$) and the rule of law ($\beta = 0.15, p < 0.05$) were positive and significant but more modest (Nancy & Audrey, 2026). Notably, accountability and oversight was the strongest structural path yet among the lowest-rated dimensions descriptively, a convergence that identifies the strengthening of oversight and accountability as the area with the greatest potential to improve democratic governance.

7.0 Discussion of Results

The findings of this study indicate that multi-party politics is strongly and significantly related to democratic governance in Uganda, and the structural model clarifies the relative weight of each dimension while pointing to a clear area of both weakness and opportunity (Sharon et al., 2023). The dominance of accountability and oversight as the strongest structural path ($\beta = 0.31$) is theoretically coherent and, in the Ugandan context, particularly significant (Moses et al., 2025). The theory of horizontal accountability holds that the quality of governance depends heavily on the capacity of institutions to check power between elections, and the finding that oversight most strongly drives governance confirms that, in the perception of stakeholders across the spectrum, the effectiveness of

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parliamentary oversight, an active opposition, and independent institutions is the decisive factor (Lindberg et al., 2021; Cheeseman, 2021). The interviews, conducted across the political spectrum, reinforced this, with respondents of varying affiliations associating better governance with more effective checks on power.

The strong effect of citizen participation ($\beta = 0.29$) indicates that broad participation is also decisive, consistent with participatory democratic theory's emphasis on the value of engagement beyond voting for the responsiveness and legitimacy of governance (UNDP, 2021). This points to the importance of an active civil society, civic education, and open channels for citizen engagement as complements to formal party competition (Kaazara & Nancy, 2025).

The more modest but significant contributions of political competition ($\beta = 0.16$) and the rule of law ($\beta = 0.15$) are theoretically instructive (Julius et al., 2026). That political competition, while the highest-rated dimension descriptively, was a more modest structural predictor suggests an important nuance: the existence of electoral competition, though necessary, is not by itself sufficient for good democratic governance, which depends more on how competition is embedded within accountability and participation (Julius & Nancy, 2026). This finding echoes the wider literature's caution that multi-party elections do not automatically produce democratic governance without robust oversight and participation (Cheeseman, 2021; Diamond, 2021). The most important convergence in the results is that accountability and oversight is simultaneously the strongest structural path and among the weakest-rated dimensions, identifying it as the priority area for strengthening democratic governance.

They corroborate the theoretically expected importance of accountability and participation, and they extend understanding by quantifying, through a structural model, the relative weight of each dimension in the Ugandan context. The practical implication—presented as an analytical rather than a partisan conclusion—is that the greatest gains in democratic governance are likely to come from strengthening accountability and oversight institutions and broadening citizen participation, within a framework of fair competition and the rule of law (Rubongoya & Mukwaya, 2023).

8.0 Conclusion and Recommendations

The study concludes that multi-party politics has a strong, positive, and significant relationship with democratic governance in Uganda, with accountability and oversight and citizen participation being the most influential dimensions. It is recommended, as an academic and non-partisan matter, that oversight institutions—parliament, the judiciary, and independent bodies—be strengthened to check power effectively (Lindberg et al., 2021); that citizen participation and civic education be broadened (UNDP, 2021); that political competition be conducted fairly; and that adherence to the rule of law be reinforced (Cheeseman, 2021). Future research could employ longitudinal and comparative designs and objective governance indicators to further establish causality. The study presents a balanced analysis and advocates for no political party or position.

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