

Qus No. 01 :

Exuberant population growth causes fast depletion of natural resources. Explain the statement in light of prevailing situation of Pakistan. Suggest remedies.

Answer :

Topic phrase :

Exuberant population growth causes fast depletion of natural resources, prevailing situation of Pakistan and remedies

I. Introduction

Population growth is a major problem that has been affecting the natural resources of not only Pakistan but also the world. The rising number of people on the planet is leading to rapid depletion of natural resources. With the rapid increase in population, the demand of resources such

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as water, land, and energy. It is also increasing at an alarming rate. Moreover, Pakistan is passing through economic crisis, energy crisis, climatic devastation and the unplanned urbanization. So the rise of population means the strangulation of lifelines of Pakistan by our own hands. However, through curative measures like by spreading awareness about the population control, promoting the use of contraceptives and by encouraging the societal change, this problem can be solved to a large extent.

Exuberant population growth and depletion of natural resources in the light of prevailing conditions in Pakistan

Human behavior demonstrates a strong will to survive, to reproduce and to achieve some level of

prosperity and quality of life. But most of basic resources (land, water, energy and biota) are not unlimited in their supplies and many are finite. So population rise ultimately leads to decline in resources, the population issue is discussed below in the light of prevailing conditions in Pakistan.

1. Shrinking Water Base

The first alarm bell is the shrinking water base. One direct manifestation of the nature-population imbalance can be seen in the stark decline in per capita water availability from 2,150 cubic meters to 860CM between 1980 and 2017 according to WAPDA and other governmental sources. So the adverse impact of exuberant population is visible in the form of constricting water base.

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2. Contracting land base for agriculture and increasing need for food production

The second glaring imbalance is in the shrinking land base for agriculture and increasing need for food production. Rural areas have been hit hardest by water shortages and there has been decline in cultivated land. Pakistan ranks **99**nd out of ~~121~~¹²¹ countries. The UN has warned that 5.7 million flood survivors in Pakistan will face a food crisis within the next few months. So, contracting land base means less productivity which leads to food insecurity.

3. Rural to urban migration

Rural to urban migration is an immediate outcome of rural stress caused by dwindling natural resources, shrinking economic

opportunities and a sharp increase in the numbers seeking work. This migration is creating a lot of problems in the urban centers, even clash for the procurement of available resources.

4. Population growth is leading to massive overcrowding

High population density and shortage of land to build upon because of the pressures of additional demand for housing. According to the 2017 census, the number of housing units in urban areas has gone up from 3.6m to 12m units between 1980 and 2017.

5. Population growth and climate change

Pakistan is the 8th most vulnerable country from the climate change according to the global climate index 2022.

Recent floods in Balochistan and the Southern Punjab is just one example. More population means more pollution which leads to climate change. And Pakistan is the worst affected.

6. Energy crisis and exuberant population growth in Pakistan

Due to increase in population, the demand for the hydrocarbons is also increased. More and more energy consumption led Pakistan to energy crisis. To fulfill the needs, Pakistan has to import hydrocarbons. The import causes trade deficit which is suffocating the economic life of Pakistan. Now Pakistan is facing a worst type of energy crisis because of its empty purse. So the exuberant population is causing energy crisis.

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7. Increased population led to deforestation in Pakistan

According to the initial statistics of the Pakistan Bureau of statistics, the population of Pakistan is more than 230 million. It means that more residential areas are required to accommodate them. So the greenlands and the forests are declining due to human encroachment. Furthermore in many areas people cut down trees to fulfil their energy needs. Thus the exuberant population has caused a massive deforestation in Pakistan.

8. Increasing insecurity among youth due to limited resources of Pakistan

Most of the population in Pakistan is young, the potential of youth is not properly tapped in Pakistan. Therefore

there is increasing insecurity among them on the limited resources. Unemployment is very high in Pakistan. 'Roti, Kapra and Makan' is now mere a slogan. Many people desperately need food to satiate their hunger. But due to limited resources along with corrupt mafia are strangulating the poor of Pakistan. Therefore it can be said that exuberant population is creating a sense of insecurity among the citizens of Pakistan.

111. Remedies to check population growth and to make the natural resources sustainable

Every problem has a cure. But the prevention is better than cure. Pakistan should take preventive as well as

curative measures to ensure the sustainability of resources

(i) **Promote the awareness among masses about the family planning**

Pakistan should take measures to educate the people that children should be limited in number in order to ensure their well-being and education.

However, in the rural areas people reproduce more to get more working hands in the field. This attitude must be changed.

(ii) **Encourage the use of contraceptives among married couples**

Social taboos should be broken regarding the use of contraceptives. Contraceptives should be made accessible even in the rural areas in order to control the rising population.

(iii) **Religious leaders should play their role in educating the masses**

well-educated and well-learned scholars should promote the awareness among the families that they should reproduce according to the available resources instead of promoting more and more children; they should research the Islamic teachings and work with the government to minimize the growth rate.

(iv) **Bring a societal change through enlightened minds**

Societal attitudes and behaviors must be changed regarding family planning. This is possible through the teachings of enlightened minds which can bring change at the grassroot level. Old customs must be replaced with the enlightened norms and values.

(v) **Government should change its policy of giving share on the basis of population**

In this way, the more populated province get the more budget allocation than the less populated area. So in this way, indirectly, there is an element of encouraging population to have more and more population in order to get more share in the budget.

(vi) **Tap the available resources of Pakistan in a sustainable way**

Pakistan is enriched with different natural resources. But voracious extraction will lead to resource shortages. So the stakeholders of Pakistan should allow the exploitation of natural resources in a sustainable way.

IV. Conclusion

Sum and substance of the whole discussion is that the exuberant population is a leading cause of a decline in the natural resources. And Pakistan is already at the verge of economic default. It cannot afford the luxury of a massive rise in its population. Because air, water and land are highly contaminated by the exuberant population. And these resources are limited. So the curative measures are needed to plug the increasing population in order to ensure the sustainability of available natural resources.