

Code \_\_\_\_\_

Q: No.	Answer
1	Growing population explosion in Pakistan: Causes and Solutions
2	
3	
4	Outline
5	1- Introduction
6	Thesis statement:- In Pakistan, several factors have contributed in population growth that needs some mitigations. In fact, high fertility rate, unawareness about family planning, poverty etc have resulted unprecedented implications. Therefore, Pakistan should adopt some measures to contain population growth.
7	
8	
9	
10	
11	
12	
13	
14	
15	
16	
17	
18	3- Factors pulling oxygen in population
19	
20	

## explosion of Pakistan

- a) High fertility rate has encouraged population bomb
- b) No consciousness about family planning strategy
- c) Long-prevailing poverty and unawareness among people
- d) Early child marriage is become a common trend
- e) Orthodox religious beliefs among Islamic cultural families
- f) Unconsciousness about contraceptives among women

## 4- Possible implications of population explosion on the status of Pakistan

- a) Massive economic burden causes economic downturn
- b) Insufficient human resources to meet basic life needs
- c) Climate change gets a gateway to grow-up

- d) Socio-economic problems have permeated to every step of life
- e) Encouragement of terrorism and crimes have put peace at stake
- f) Depression has deep-roots in youth of Pakistan

## 5- Mitigations to overcome population explosion in Pakistan

- a) Providing quality of education to make youth conscious about family planning
- b) Legislation regarding control of growth rate in Pakistan
- c) Giving desired job opportunities to youth
- d) Promoting effective role of media about family awareness
- e) Arranging possible religious social campaigns to limit population explosion

## 6- Conclusion

## Essay:

Pakistan is become the fifth most populated country with a growth rate of 2.99 pc. (The United Nations Report, 2023). Pakistan, unfortunately, is caught in a vicious cycle of population explosion. Several factors are responsible for higher growth rate. Among which high fertility rate has encouraged population growth rapidly. Along with this no consciousness about family planning, poverty and awareness among people, early child marriages are most common reasons. Not only these, but religious beliefs of orthodox Ulemas have also contributed in growth rate. Moreover, conceptive-unawareness among women is the most neglected cause. As a result, Pakistan has several challenges including economic meltdown, incompetent human resources, growing climate threat, and socio-economic problems. Further, the most serious threat

of terrorism and crimes have caught Pakistan in troubles. Youth are also become depressed, due to social unrest and insecurity. Hence, Pakistan should be serious regarding control of population explosion. Several steps such as, providing quality of education, legislation about growth control, providing desired employment, enhancing role of media in family awareness, and religious-based social campaigns will help in eradicating population growth. In fact, in Pakistan several factors have contributed in population growth that needs some mitigations. High fertility rate, unawareness about family planning, poverty etc are chief causes. Therefore, following recommended steps will help in controlling population bomb.

Pakistan, unfortunately, has been facing population explosion problem since the last two decades. However, no

positive strategy is adopted to control this problem. As a result, population explosion has permeated deeply in Pakistan. According to the latest update, "Pakistan is one of those countries whose population is expected to reach the equal half of the world population. (The UNICEF Report, 2023). Therefore, population bomb is growing in Pakistan.

Among several causes, high fertility rate has encouraged population bomb. Unfortunately, Pakistan is among those countries who has growing fertility rate. Every day, there is a massive increase in population growth of Pakistan. "In Pakistan, fertility rate has crossed at three children per women." (The UNICEF Report, 2023). Thus, high fertility rate has encouraged population bomb in Pakistan.

Along with high fertility rate, no consciousness about also family planning strategy has also encouraged growth rate. Pakistani families are unaware of family-planning significances. Consequently, population growth is become an unending problem. "About 37 pc of families are illiterate and total unaware of family strategy." (Economic Survey, 2022). Hence, unconsciousness about family planning strategy has encouraged population growth.

Further, long-prevailing poverty and unawareness among people are also drivers of population explosion in Pakistan. In fact, Pakistan is the third world country that faces peak of poverty. Resultantly, unawareness forces to produce more children. "More hands (children), more income." (Pakistani concept among people.) Therefore, long-prevailing poverty

and unawareness are drivers of population explosion.

Furthermore, early child marriage is become a common trend. Growing child-marriage culture has increased problem of population growth in Pakistan. Almost more than half of the youth get involve in early-marriage. According to the latest research, "Pakistan is become a country of following early marriage, after Afghanistan in South Asia." (The UNDP Report, 2023) Thus, early-child marriage trend is also a cause of population explosion.

Not only these, but orthodox religious beliefs among Islamic cultural families are also responsible for population growth. Pakistan is an Islamic Republic where most of families prevail rigid attributes regarding birth of children.



As a consequence, it contributes in population of Pakistan. Many Ulema, religious scholars, religious families etc encourage birth of children. Therefore, such orthodox beliefs increases population growth in Pakistan

Moreover, unconsciousness about contraceptives among women also lead to population growth. Unfortunately, women in Pakistan are not well-educated to know about contraceptiveness. Resultantly, it prevails growing population bomb in Pakistan. "Women in Pakistan are only 34 pc in number who are aware of value of contraceptive use." (The United Nations Report, 2023). Thus, unconsciousness about contraceptive among women causes population growth at peak.

Resultantly, Pakistan faces several implications such as, massi-

re economic burden causes economic downturn. In fact, growing population is just a huge burden on economy of Pakistan. As a result, economy melts down with growing population. "The current account deficit of Pakistan has reached at \$ 6 billion in 2023 as compared to \$ 4.9 billion in 2022." (Economic Survey of Pakistan, 2023). Hence, economic condition is declined.

Further, insufficient human resources to meet basic life needs is become a serious challenge to Pakistan. Unfortunately, growing population has resulted incompetent human resources allocation. People are deprived of basic life needs. As per the latest reports, "Pakistan ranks at 99th position out of 121 countries in hunger perception." (The Global Hunger Perception Index Report, 2023). Thus, Pakistan faces

threat of incompetent human resources.

Furthermore, population growth has opened a gate-way for climate change. Unfortunately, growing population has posed threat to environmental stewardship. People are leading to unsustainable urbanization development.

'About 35pc of forests are cut down due to population growth for needs of homes, furnitures etc.' (The Sindh Test book of general knowledge, Edition 2022). Thus, population growth has opened a gate for climate threat.

Besides all above, socio-economic problems have permeated to every step of life. In Pakistan, public faces unprecedented socio-economic threats due to growing population. In fact, inflation, unemployment, poverty, mal-nutrition etc have caught society in a troubled

era. "Pakistan is become the 17th most expensive country with skyrocketing inflation rate of 38pc in May, 2023." (Pakistan Bureau of Statistics, 2023). Thus, socio-economic problems has deep-roots in Pakistan.

Moreover, encouragement of terrorism and crimes have put peace at stake. Massive growth in population causes crime-rate at peak and results revival of terrorism. This, as a result, poses threat to security of Pakistan. "About 46 attacks were done since January to March, in which 134 people were killed and 256 people got injured." (The Center of Conflict and Pakistan Security, 2023). Therefore, population growth has prevailed terrorism and crimes.

Not only these, but deep

ression has deep-roots among youth of Pakistan. Pakistan is a growing youth-populated country in which youth are revolving in a cycle of deep-depression due to growing dense-population. Almost youth are more prone to depression and mental unrest. "About 32.5% of youth are under-stress, mental unrest, and in psyche-issue" (The WFP Report, 2023). Thus, depression is become a home of the youth in Pakistan.

However, Pakistan should follow some mitigation like providing quality of education. In fact, qualitative education makes youth well-aware of family planning. The government's primary responsibility is to ensure quality of education. This will help in control growing population. "Pakistan has great teachers, but not great students to

provide a complete sphere of awareness in society." (Zubair Mustafa, Reforming education, 2022). Therefore, Pakistan should ensure quality of education.

Along with education, Pakistan should legislate regarding control of growth rate. In fact, Pakistan needs to be serious at this issue.

Legislation like China and Iran will help in reducing growth rate. "China's One-Child Policy" and Iran's Successful Family Planning have reduced growth rate at 0.35pc and 1.22pc (PDHS Report, 2023). Hence, Pakistan should focus on legislation to reduce growth rate.

Moreover, giving desired job opportunities to youth will also help in eradication of population growth.



In fact, poverty is become a root cause of population explosion that needs an iron hand. By providing employment to youth will encourage a sound family planning to lead a standard life-style.

"Prosperity is an essence of all needs and is a solution of every ill."

(Toqeer Hussain, The prosperous nation, 2002)

Hence, giving job opportunities will also help Pakistan in controlling population growth.

Further, promoting effective role of media about family awareness will also put a way for population control. In fact, media has a power to influence the youth of Pakistan. As a result, it will make people aware of family planning scope. People will hope to live a healthy life as per perception of media. Thus, media will also help in eradication

of population explosion.

Last but, not the least, arranging possible religious social campaigns to limit population control is a good step. In fact, society also needs to play its role in helping government to control growing population. Among them, religious scholars have a great influence over communities. Role of Ulama, religious scholars, teachers will promote awareness about family planning to overcome population bomb. Therefore, social campaigns regarding population control will help in reducing threat of population bomb.

In conclusion, Pakistan faces several factors causing population growth that needs some mitigations. In fact, several reasons including, high fertility rate, unconsciousness about family planning, long-prevailing poverty and unawaren-





ess among youth etc are drivers of population explosion. Along with these, early child marriage, religious norms and beliefs, and unconsciousness about contraceptive among women also put oxygen to population growth. Unfortunately, Pakistan is unable to meet its serious implications such as, economic meltdown, incompetent human resources, climate threat, socio-economic problems etc. Therefore, Pakistan needs to follow recommendations to overcome population explosion. These include, quality of education among youth, legislation about growth control, desired employment, role of media regarding significance of family planning, and religious-socist campaigns. All these will help Pakistan to overcome population explosion for the better future. "Pakistan has a tremendous potential to overcome population explosion." (The World Bank, 2023).