

Quagmire of Overpopulation in Pakistan

1) Outline

1) Introduction

Thesis Statement

The population of Pakistan is increasing day by day mainly fuelled by lack of family planning, lack of birth control, high infant mortality, and giving birth to more children,

and societal pressure. The quagmire of overpopulation has social, political, economic and health implications, which can be controlled

by effective family planning awareness and education.

The spell over of overpopulation

2) The bomb of Pakistan's population is not ticking anymore - it has already exploded.

3) Causes of overpopulation in Pakistan

1) Lack of efficient family planning

(3b) Limited access to contraceptive methods.

(3c) High infant mortality rate leading to giving birth to more kids.

(3d) Low literacy rate leading to uninformed family making decisions.

(3e) Motherhood a prestige factor in society

4/ Socioeconomic ramifications of population growth in Pakistan

(4a) Social implications

(4b) Political implications

(4c) Economic problems

(4d) Health problems

5/ Solutions to the quagmire of ballooning population in Pakistan

(5a) Family Planning

(5b) Easy access to contraceptives

(5c) Increased literacy rate

PIZ try to write more relevant

Pakistan's population bomb has exploded making it 5th most populous country in the world. The population surge is caused by various factors including lack of family planning, limited access to the contraceptive methods for birth control, high rate of death among infants leading to birth of more and more children, uninformed family decision due to lack of literacy and societal pressure on women. Consequently, the overpopulation impacts the social fabric of society by increasing poverty, illiteracy and environmental damage. Moreover, it causes security threats, resources crises, low per capita income, unemployment and child labour. Additionally, the poor mental health, poor baby health, maternal fertility and malnutrition are also ramifications of overpopulation. However, this quagmire can be averted by providing family planning, literacy and access to contraceptives.

Fifth most populous

Deepening

Overall sentence structure is fine

With 2.5 percent growth rate, Pakistan has become fifth populous country in the world. According to **Census 2023**,

Fifth most

Pakistan's population has increased from **207.68 million in 2017 to 241.9 million in 2023**. If the current growth rate

continues to increase, **United Nations** estimates that Pakistan's population is projected to reach **403 million in 2050**.

Several factors contribute to population explosion in Pakistan. Firstly, the lack of sufficient family planning and birth control serves as a significant factor contributing to country's rapid population growth. A prevalent issue, particularly in rural areas, is limited awareness and reluctance to adopt modern contraceptive methods. As a result, many families have larger number of children than they can support. The absence of accessible family planning services and comprehensive education leads to unintended pregnancies and exacerbates strain on resources, health care and education system. According to

World Bank, the fertility rate in Pakistan is 3.61 births per woman (2022).

Secondly, the burgeoning population is primarily driven by limited access to contraceptive methods, which causes excessive pregnancies. According to Pakistan Demographic and Health survey, the prevalence of modern contraceptive use among sexually active married women in Pakistan equals to 27.7% - 25% of them using modern and 9% - traditional methods of contraception. It is worth noting that contraceptive use has stagnated over the last five years.

Thirdly, Pakistan's high fertility rate is due to limited access to adequate health care and sanitation facilities. This unfortunate reality has compelled the families to have more and more children. The fear of losing children at a young age still resonates among the families, leading to preference for larger size family as insurance for uncertainty of infant survival. According to World Bank, the

current infant mortality rate of Pakistan was 57.7 deaths/100 live births (2023).

Fourthly, the persistently low literacy rate among the women, plays a significant role in driving high population growth. The lack of access to education reduces individuals' understanding of family planning and reproductive health. The educated individuals are more likely to take informed decisions about family planning and birth control, by comprehending the benefits of small size family. However, educational disparities, especially in rural and marginalised areas, hinder the dissemination of crucial information about reproductive health and family planning.

According to World Economic Forum, "Education leads to lower birth rates and slows population growth. This makes easier for countries to develop".

Lastly, social and cultural norms have profound impact on shaping reproductive behaviours, particularly in communities where having many children is seen as

a symbol of prestige and family honor. These deep rooted traditions often prioritise larger family sizes. Consequently, there is limited acceptance and understanding of family planning methods within these communities.

The quagmire of ballooning population has social, political, economic and health implications. To begin with social implications of overpopulation, it increases illiteracy in the society. Every individual does not get a chance to go to the school. This not only reduces the standard of living, but also increases the crime rates. According to **National Economic Survey of Pakistan**, the literacy rate in Pakistan was **62.8%** in 2023-2024. Furthermore, growth in population exacerbates poverty in the society. The lack of resources, unemployment, and low per capita income leads to difficulty in maintaining the average quality of life. According to **World Bank**, **39.4%** with **12.5 million** people are falling below the poverty line in Pakistan, mainly fueled

by overpopulation.

Moving to the political implications of over population, it creates serious resource crisis which includes food, water and energy.

A large number of people exploit the natural resources to fulfil their needs, damaging the environment.

In rural areas, people cut forests to export wood and wood made products to the urban areas. This not only causes deforestation but also poses a serious threat to climate change.

According to Lester Brown of World Policy Institute, "It would take 1.5 Earths to sustain our present levels of consumption."

Low per capita income is an economic problem posed by growth of population.

The low per capita income is often led by unemployment, illiteracy and poverty.

When there are more people compared to the opportunities available.

According to NEP (2023, 2024), per capita

Good connectivity of ideas

income was ~~\$1680~~ with unemployment rate of ~~6.3%~~.

The conundrum of overpopulation often become cause of child labour. The

poor families having large number of children, can not afford a living. They often push their children to the market to earn bread and butter. This not

only deprive children of education, but also development as a responsible citizen. **UNICEF** reveals that **22.8**

million children in Pakistan are deprived of education and forced into child labour.

As far as health implications of the overpopulation are concerned, it not only affects baby's health but also mother's physical and mental health. Early and

excessive pregnancies often lead to complications and sometimes death of the mothers. **UNFPA** reported that Maternal

mortality ratio is **106/100,000 live**

births. The under age pregnancies pose serious threats to infants health often

Can not afford a well standard

Good well researched content

pre mature births. **World Bank** reported the Infant Mortality rate as **157/1000**

The large family with low resources often causes malnutrition in children.

When children do not get enough food needed for proper growth, it leads to stunted growth and poor health.

National Nutrition Survey 2018, concluded that **33%** of children in Pakistan were underweight, **44%** were stunted.

The quagmire of ballooning population can be wred to adequate family planning measures and use of contraceptive methods. **Target 3.7 of**

SDGs proclaims a universal access to sexual and reproductive health services

by 2030 globally. The modern use of contraceptives is recognized as an important factor for achieving SDGs as potentially improving the maternal, new born and child health outcomes.

UNFPA reports that modern contraceptive use prevented about **308 million**

Unintended pregnancies worldwide in 2017.

The increased literacy rate can also contribute to control the population.

The educated individuals knowing the benefits of small size family, make their family planning decisions accordingly.

Moreover, educated women have greater tendencies to avoid unintended pregnancies by using birth control methods.

India and Brazil have spread the awareness about the pros of controlling population through media.

Pakistan can also use media to educate the people and spread awareness about family planning. Taxation should be imposed to make child bearing expensive, however, this will only work if people will focus on quality brought up.

Concludingly, the population of Pakistan has exploded due to poor family planning, low use of birth control methods, low literacy and social pressure on women. It leads to poverty, illiteracy,

unemployment, low per capita incomes, resources exploitation and poor mother and baby health. The ~~size of population~~ can be put back in the bottle by increasing literacy, family planning measures and spreading awareness

Plz enhance the length of your essay