

Q:5

If we do not take charge of population size, the nature will do it for us. Explain this phenomenon in context of Pakistan. Also suggest measures to address it.

## 1 Introduction

A ticking time bomb of population growth threatens Pakistan. Pakistan's population has been experiencing an exponential growth over past few decades. According to recent statistics of Pakistan Bureau, Pakistan has joined the league of world's top five most populous countries with the population of 255 million people and counting. The repercussions of which are hitting hard, straining vital resources, burdening the infrastructure crippling the economy. However, if human themselves won't take charge of controlling the population, the nature may take charge by natural factors. These factors may include limited resources, environmental degradation, natural disasters and -

diseases. Hence, these natural factors are not favourable. Humans may face hardships. Therefore, proactive strategies must be taken such as sound policies, family planning, education, awareness, and access to contraception to control the boom of population in Pakistan.

## 2 If not controlled, nature may intervene

### How??

Pakistan's population has been increasing at unprecedented rate.

According to 7th census report, its growth rate stood at 2.55%.

UNDP report of 2019 shows that Pakistan's population is growing by one kid every eight second and will reach at 403 million people by year 2050.

Even Pakistan is lagging behind in its region adopt the sound policies to control the population.

Fertility rate of Bangladesh stood at 2.3% while that of Pakistan is 3.6%. This will create.

persistent pressure on Government in terms of food, employment, education and health facilities.

## i Limited natural Resources

When the population exceeds the capacity of environment, it will put strain on the resources like - food, water and shelter which will become scarce. As Pakistan's population exceeded by 4 times recently. Despite being an agrarian country, Pakistan face the food insecurity condition and importing wheat, effecting food requirements. Similarly, water-availability that was 5000 cubic meter is currently below 1000 cubic meter.

## ii Environmental degradation

Environmental degradation is an other way through which nature can intervene to control the population though it is due to human activities, as population exceeds, individuals may unintentionally affect the delicate balance <sup>that</sup> of nature has established for population control. Deforestation, pollution - disrupts the balance of ecosystem

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which can lead to the decline of biodiversity and negatively affect population in many perspectives.

### iii Natural disasters.

Natural disasters such as flood, droughts, earthquakes and epidemics can have a significant impact on population control. Though it may not be a favourable, yet the nature intervenes to control the population through these means. 2022 floods of Pakistan, Earthquake of 2005 are the glaring examples in this regard. These events put pressure on population to displace, they face loss of lives and disruption of infrastructure, which can influence population dynamics.

### iv Spread of diseases.

Additionally, spread of epidemics and diseases can act as the natural mechanism of population control. When a population becomes too dense, spread of diseases can become more prevalent, leading to increased mortality rates and limiting the population growth. Covid-19 is an example in this

care that has taken many lives and has put strain on health information infrastructure.

### 3 Measures to address population control

The mounted population that has been increasing since years putting negative impacts on resources, infrastructure, environment, crippling economic situations and leading towards poverty. Therefore, it is the need of hour to take the proactive measure and control the population that has been creating serious challenges for the nation.

#### i Robust need to implement the policies.

Though Pakistan has created its family planning policies in 1965, but it failed to implement such policies. Growing population, crippling economy,

and increase poverty therefore limits the government to actions and design such policies which should be favourable to the nation as well as the families. Pakistan can learn lessons from its neighbouring countries like Bangladesh that had limited its population at the rate of 2.3 and shown remarkable growth in every sector.

## ii Focus on Education

Promoting literacy rate especially among the females should be promoted. Empowering women through education can bear a fruitful results as they might be able to take informed decisions abandoning the patriarchal pressure of any cultural or religious beliefs. Thus, Education can help to address this grave situation in Pakistan.

## iii Access to preventive measures

Through educational campaign, families should be aware regarding family planning.

should prioritize the reproductive health and use of contraception can help to control the risks of population growth.

#### iv Women Empowerment.

When women are empowered, know her reproductive rights, financially independent and have access to reproductive health can take the decisions of their choices. Investment in women's health and education is like investing for betterment of future.

#### v Promoting health care facilities

Government must invest in health care infrastructure, ensuring better health care facilities for all - citizens especially in rural areas reducing child mortality rate that is directly linked to population control. When families are assured of their children's survival, they are more likely to have fewer children. Like Bangladesh, Pakistan can implement same strategies.

## vi Promoting public awareness

Education campaigns on family planning, various media programs should be conducted to promote awareness among the masses - regarding family planning, reproductive health and population burden - Engaging various religious leaders and influencers can help to dispel the misconceptions and misunderstanding, myths regarding family planning.

## 9 Conclusion

To combat poverty, disparity, health issues, economic slowdown and other pressing issues, Pakistan must prioritize population regulation as the initial step. Meaningful discussions on family planning are imperative. Pakistan may adopt 'one child' or 'two child' policy like China and Singapore and restrict the early marriages can help to achieve the fruitful results in combating the growth of population.