

Overpopulation is not a human capital to be proud of

Outline

1. Introduction

While human capital is vital for national progress, but overpopulation, when unaccompanied by sufficient resources and opportunities, creates more socioeconomic and environmental challenges than advantages.

2. How overpopulation become a burden for a nation.

3. The negative impacts of overpopulation.

3.1 Strain on resources:

Countries like India face severe water shortages, with 21 major cities expected to run out of groundwater by 2030.

3.2 Unemployment and underemployment

According to the International Labour Organization (ILO)

global unemployment is projected to remain above 190 million in 2023, exacerbated by rapid population growth in developing regions.

3.3 Escalation of poverty:

Sub-Saharan Africa's population is growing at 2.7% annually, but the region accounts for over 60% of the world's extreme poor.

3.4 Pressure on public services:

In countries like Bangladesh, the population density is extremely high (over 1200 people per square km), leading to overburdened healthcare and education systems, especially in urban slums.

3.5 Low productivity:

In India, although it has a population of over 1.4 billion, 42% of its workforce remains employed in low-productivity agricultural jobs, contributing only 16% of GDP.

3.6 Increased dependency ratio
Afghanistan | 3.6% growth rate,
have a large proportion of
young dependents, straining
social safety nets and
limiting economic growth.

3.7 Informal economic growth.
Brazil, overpopulation and
unemployment have driven millions
into the informal sector,
accounting for nearly 50%
of the workforce, where job
insecurity and low wages prevail.

3.8 Urban congestion
Manila, the capital of
the Philippines is one of
the most densely populated
cities in the world, with
43000 people per square km,
resulting in slums, traffic
congestion and insufficient
public services.

3.9 Environmental degradation:
Deforestation in the Amazon
rainforest is exacerbated
by land being cleared

for agriculture population to feed growing

3-10 Social unrest

Corrio, he do led to social
unrest, with frequent protests
over lack
of basic living conditions and services.

4. Moving towards sustainable human capital.

4.1 Investment in education and skills development.

South Korea transformed itself from an impoverished nation in the 1950s into an economic powerhouse through massive investment in education leading to high-skilled human capital.

4.2 Family planning and population control

The UN Population Fund (UNFPA) states that access to contraception can reduce the birth rate in developing countries by upto 30%.

4.3 Job creation and innovation

China, while facing overpopulation

Challenges, focused on creating high-tech industries and innovation hubs, leading to millions of new jobs in sectors like AI, e-commerce and green energy.

4.4

Improving public services
The INHNO emphasizes that a robust healthcare system is essential to cope with growing populations and reduce mortality.

4.5

Women's empowerment and education
Bangladesh, the country significantly reduced its fertility rate by focusing on women's education, health services and family planning campaigns.

5. Conclusion

The world population has surpassed 8 billion, with rapid population growth often hailed as a symbol of a nation's strength and potential. However, this perspective overlooks the harsh realities that many countries face due to overpopulation. While human capital is crucial for a nation's development, overpopulation can create significant socioeconomic and environmental challenges that undermine this potential. Countries grappling with high population densities often experience resource shortages, unemployment, poverty escalation and increased social unrest. The distinction between mere numbers and sustainable human capital is vital; it is essential to understand that an ever-growing population without adequate resources and opportunities can lead to more harm than good. Addressing the issue of overpopulation requires urgent attention to sustainable development family

planning and education, as true progress lies not in quantity but in the quality of human capital.

Overpopulation creates a many negative impact on the society.

Overpopulation has negative impact on resources. When population size become high ~~where~~ than resources become strained.

Resources like food, healthcare, water, education etc not meet the demand of high population. Then conflicts and diseases increase. For instance like India face sever water shortages with 21 major cities expected to run out of groundwater by 2030. This report indicated that groundwater ~~become~~ going to run out by 2030 due to overpopulation. Water availability is decreasing due to the overuse.

Moreover, overpopulation also create

negative impact on employment rates. Because country's resources are limited and population size is high, countries are forced to create new jobs which meet the demands of population. Specially developing countries ~~are~~ struggle are more affected because their population size is high and job opportunities are less. According to the International Labour Organization (ILO) global unemployment is projected to remain above 190 million in 2023. Exacerbated by rapid population growth in developing regions. According to ILO in developing countries unemployment ratio is high ^{due} ~~and~~ to their population size. ^{also} Overpopulation create high rate of unemployment.

Similarly, overpopulation escalate the poverty in the society. Any country where population size is high and country's resources are limited in that countries poverty escalate very rapidly. Many of the countries have not much resources their peoples are

Poverty. According to UN report Sub-Saharan Africa's population is growing at 2.7% annually but the region accounts for over 60% of the world's extreme poor. According to this report, underdeveloped countries' population is growing very rapidly but more than half of their population lives under poverty line.

Moreover, overpopulation creates pressure on public services. Overpopulated countries are failed to deliver quality public services to people. Public services, like healthcare, education etc are not good in overpopulated countries. Because those countries which have high population and resources are very limited struggle for the betterment of public service delivery. In countries like Bangladesh, the population density is extremely high (over 1200 people live per square kilometer) leading to overburdened healthcare.

and education system, especially in urban class. A This report indicate that underdevelop countries provide low public services to society.

Similarly; overpopulated ^{those} countries where population is high ^{than} where dependency ratio become increased. Because in developing countries employment rate is very low. majority of the youth is unemployed and they all are dependent on state's resources. For instance, Afghanistan 3.6% growth rate have a large proportion of young dependent, straining social safety nets and lowering economic growth. This statistic shows that large proportion of young dependent on state's resources, through this state's economic growth declined rapidly.

Moreover, overpopulation pushed the workers in to informal jobs. Because developing countries are unable to create more

jobs whose

According to meet the demands.
Then people adopt informal way of earning. Informal way of earning damage state's GDP and also not good for workers. For instance, Brazil, overpopulation and unemployment have driven millions into the informal sector accounting for nearly 50% of the workforce, where job insecurity and low wages prevail. This report indicates that ~~over~~ population communities are indulge in informal earning.

Similarly, overpopulation countries are also facing urban congestion. many of the countries have high population rate. their cities are congested with high population. These countries are people remained failed to meet lived better life because in these countries resources are not sufficient. For instance, Manila.

The capital of the Philippines is one of the most densely populated cities in the world, with 12000 per square kilometer resulting in insufficient public services. Overpopulation degrades cities badly and also create hindrance in services delivery.

Moreover, over population degrades the environment. When size of population increased people cleared the forest for housing, used the wood for use. Through this large forest ~~degraded~~ change into land. Deforestation create environmental pollution and increase green house gases because forest is a major CO_2 sink. For instance, deforestation in the Amazon rainforest is exacerbated by land being cleared for agriculture for housing for growing population.

degrade the environment and that is damage societies.

Similarly, overpopulation creates social unrest because large size of population exacerbate many problems and these problems become the reason of neglect in the society. For instance, Latin America have led to social unrest because their population size is very high. This condition lead to frequent protests over poor living condition and lack of basic services.

For these negative impact, it is necessary to adopt some measures that control the overpopulation and increase the human capital.

For the sustainable human capital, state's need to invest in education and skills development. For the betterment of human capital

it is the responsibility of the nation to invest heavily in the education sector. Because when a nation becomes educated, it provides a skilled workforce that helps to meet the demand and also increases the human capital. For instance, South Korea transformed itself from an impoverished nation in the 1950s into an economic powerhouse through massive investments in education leading to high-skilled human capital. For high skilled human capital education is necessary.

Moreover, for sustainable human capital family planning and population control is important. When population is in controlled number, then resources will not be depleted and country grows properly. Those country where birth rate is controlled where sustained human capital is present. The United Nations population fund (UNFPA) states that access to contraception can reduce the

birth rate in developing countries upto 30%. This statistic shows that reduce rate of birth can help in sustainable human capital outcome.

Moreover, ~~over~~ those ~~overpopulated~~ countries which are overpopulated they have need to focus on creating new jobs by establishing industries on low and high level. Industries provide opportunities of making new jobs that help in sustaining human capital. For instance, China while facing over population challenges focused on creating high-tech industries and innovation hubs, leading to millions of new jobs in sectors like artificial intelligence, e-commerce and green energy. According to this report establishment of industries can increase the job opportunities which can help in sustainable human development.

Similarly, Women's empowerment and education is also important and in overpopulated countries for the sustainable ~~developing~~ human capital. When women are educated they understand the expenses of overpopulation than their birth rate become reduce. For instance, Bangladesh, the country significantly reduced its fertility rate by providing women's health services and family planning campaigns. These measures help to attain sustainable human capital.

In a nutshell, over population far from being a sign of strength, is a burden when not paired with sufficient resources, opportunities and infrastructure. It exacerbates unemployment, poverty, resource depletion and environmental degradation limiting the potential of human capital to drive meaningful progress. A nation's prosperity is not determined by the size of its population but the

by the quality, education and
productivity of its people.
Sustainable development, investment
in education, family planning
and job creation are
essential for turning the
tide from overpopulation to a
thriving balanced society. Policy-
makers must shift their
focus toward managing population
growth wisely to ensure
long-term stability and
development, as genuine human
capital is built on empowerment,
not numbers.