

Name: BUSHRA ISHFAQ

Batch: 137

ESSAY :-

"Shifting the Paradigm: From Overpopulation to Population Management"

Outline :

1. Introduction
2. Need to shift the paradigm from overpopulation to population management.
 - (2a) Overpopulation is the hurdle in economic growth.
 - (2b) Overpopulation is the main factor in escalating climate issues.
 - (2c) Family relations are disturbed due to overpopulation.
 - (2d) Overpopulation brings chaos in the society.
 - (2e) Overpopulation is the main hurdle in the development of the country.
 - (2f) Overpopulation results in Brain Drain.
 - (2g) Overpopulation diverts the resource spending on useful technological advancements to spending the resources for fulfilment of needs of people.
3. Shift from overpopulation to population management is possible
 - (3a) By adopting one child policy.

- (3b) By spreading awareness of family planning through social media.
- (3c) By including population management course in the syllabus of undergraduate students.
- (3d) By imposing sanctions and rewards on family planning.
- (3e) Inflation can also help in population management.
- (3f) Overpopulation can also be controlled by increasing working hours in offices and decreasing holidays.

4. Conclusion .

According to the owner of the Global Forest Watch (GFW), it would be better to spend money on population control than spent on this organization. This statement shows that overpopulation is the main cause of all the issues and controlling this root cause is necessary. It is hurdle in the growth of every sector. Economic growth is not possible because of overpopulation. This is because all the money is utilized in fulfilling the basic needs of the people.

Now a days, rising climate issues are also because of overpopulation. Increase in number of people results in increased man made activities and increased emission of CO_2 which results in global warming. Overpopulation is also the main element which disturbed the family relations and bring chaos in the society.

Due to all these reasons, development of country is not possible which results in brain drain. Technological advancements is also not possible because of scarcity of resources which are utilized to fulfill the needs of people.

In a nut shell, there is a dire need to shift the paradigm from overpopulation to population management because it is hurdle in

economic growth, societal peace, environmental sustainability, technological advancement and in the development of the country.

This shift is possible by adopting one child policy, spreading awareness of family planning and imposing sanctions and rewards on it. Education, increasing working hours and inflation are also the best tools to manage the population.

Following paragraphs of this essay will throw light on the need to shift this paradigm from overpopulation to population management.

Economic growth of the country is not possible because of the overpopulation. If we start from the smaller level i.e. home, people can barely meet their basic need with large families. They cannot save money to invest in business or do something for the economic growth of the country.

Similarly, government have to spend large amount of their GDP on infrastructure, hospitals and on other things for the basic needs of the masses. With overpopulation country reaches to a situation where it has to take loan to run the country. A report showed that the graph of Pakistan in taking loans has been increasing every year. Even IMF

gave loan in 2024 on guarantee by USA. This critical situation of economy is just because of overpopulation.

Now a days, the major rising issue of climate change is because of overpopulation. According to **World Census Report**, world population has reached 8.3 billion in 2024 which was 8 billion in 2023 and was 6 billion in 2020. This large increase in population resulted in deforestation, increased use of vehicles which resulted in increased quantity of CO_2 in the atmosphere which resulted in enhanced global warming. Ozone layer is also depleting because of man made activities. As population increases, more people use perfumes, refrigerators etc so emission of chloro fluoro carbon (CFCs) increases which results in depletion of ozone layer. This ozone depletion results in ~~causes~~ cancer and many skin diseases. Therefore, it is important to control these climate issues and overpopulation is the root of this issue.

Furthermore, overpopulation is disturbing family relations. Firstly, when parents cannot fulfil needs of their children, there is fight between siblings for food and basic needs. Secondly, when they reach at marriage stage, people want to do

family marriages. In family marriages, spouse are uneducated because of lack of resources to get education so they don't have money to fulfil basic needs. This results in violence and disturbed family relations. According to **World Bureau report**, during COVID-19 violence increased 70%. This is because of lockdown people don't have business and anything to do. Same is the condition that when people don't have job or cannot have resources to do a business then ultimately violence occurs. Therefore, this disturbed family relation is because of over population.

As family relations not remain good due to overpopulation, it results in chaotic condition in the society. When relation between siblings and spouses is not good then how a relation between neighbours can be good. Everyone do violence and a condition of lawlessness will create in the country. Everyone will be in struggle to achieve everything for himself. Ethics and morality will be destroyed and country will become like a forest. As the famous personality said, "A country is not a country, it is a forest, where violence and lawlessness prevail."

Therefore, overpopulation disturbs societal peace and brings chaos in the society.

All the above factors are detrimental for the image of the country. A country cannot maintain deterrence because of these factors. Lack of deterrence results in invasions and history repeats. Like East India Company took control on subcontinent in 1800s. It then took centuries to get back the country and no one knows that people like Shah Waliullah, Allama Iqbal and Qauid-i-Azam will born or not. Therefore, to not get back in dark ages and to not lose the country, it is necessary to work for the development of the country. For this, it is crucial to detect the roots of the causes/hurdles in the way of the development of the country. Overpopulation is the hurdle for it, so it is imperative to control it.

Furthermore, overpopulation results in brain drain. When intelligent people not find resources to invest their talent and to get a lavish life style. They will find means to went abroad and give their services there. As a result other countries take them and make different advancements. This all is because of overpopulation. Because of

large number of population, it is not possible to increase job opportunities and to work on contemporary advancements. According to a research paper, 70% of people went abroad for study purpose in the and 30% went on work visa in the past 2 years in Pakistan. Therefore, when people do not have resources for education etc they went abroad. Hence overpopulation is the reason of brain drain.

Moreover, a part of GDP which should be for technological advancement is spent for the basic needs of the people. In this way technological advancement is not possible. Developed countries are working on Artificial Intelligence, Robots etc, but overpopulated countries are still in the struggle that how to fulfill basic needs of their masses. All the resources which should be invested upon tech industries, internet etc are spending upon housing, hospitals etc. Therefore, overpopulation is acting as a hurdle in every sector.

From above discussion, it is seen that there is dire need to control the overpopulation. This can be controlled in following ways as discussed in paragraphs below.

Overpopulation can be controlled

by adopting one child policy. Like china adopted it and made such a progress that it has world's 2nd largest economy. When population is controlled i.e when every family will have just one child, they can ~~be~~ better focus on his grooming and can provide best education to him. In this way, youth will become educated and with progress in every sector, it may be industries, technology, education etc. Therefore, it is the best policy to control the population.

This can also be done through the ^{help of} social media. Awareness of family planning should be spread with the help of social media. It can be done through ads advertisements, TV serials, social apps etc. This is the world of social media. People adopt the things which they watch on it. Therefore, it is a good tool to spread awareness regarding family planning.

Education and institutes can also help to control population. There should be a compulsory subject in the course of every discipline on which family planning should be taught. Benefits of family planning and problems associated with overpopulation should be mentioned

in it comprehensively. Therefore, it is also very helpful in population management.

Furthermore, by adopting the policy of sanctions and prizes on family planning, population can be controlled. There should be proper sanctions on having more than one or two children so that everyone try to control it because of the fear of punishment. Similarly, rewards would also be given to families with only one child. This will encourage people to act upon one child policy. Therefore, population can be controlled.

Moreover, this can be done through inflation. By increasing prices of everything, people cannot buy them so due to fear of death, they control the population. They will not know that they cannot afford the living of more childrens so they will control the population.

Not only this, but overpopulation can be controlled by increasing working hours and decreasing holidays. The number of world population reached from 6 billion to 8 billion during COVID-19 days. This is because of holidays. Therefore, by decreasing holidays people will be busy in work load

and population will be controlled.

In conclusion, in this contemporary era, it is necessary to control the overpopulation. It is becoming a root cause of many issues in many sectors like economic, social, technological, and also the cause of major climate issue. This is controllable and can be controlled by adopting one child policy, through spreading awareness by means of social media or educational institutes. Certain policies like inflation, imposing sanctions and by reducing holidays it can be controlled easily. Therefore, we can make our country progress by leaps and bound through population management.