

In Conclusion, it can be said that the overpopulation is a very concerning issue in Pakistan which is caused by a mixture of factors. And resultantly, it brings a number of other problems as mentioned above. However, it is never too late, the situation can still be controlled by ~~taken~~ taking the aforementioned steps.

Population Control and its repercussions of the this continued uninterrupted.

In this regard, the religious leaders can play a very significant role in spreading awareness among the masses.

Fourthly, other than the effects of religious leaders, the government should launch an awareness campaign using mass media, social media and other means to raise awareness among the masses about family planning, population control and the dangerous consequences if the population kept growing at the current rate, so such campaign can yield fruitful results if carried out thoroughly.

Lastly, the government should also conclude legislations to ban polygamy as it has been in Turkey and Tunisia, so Pakistan should also ban the practice of polygamy which will help greatly in population control. Thus, to control the growing population, the government should go for such tough decisions.

Firstly, to control the rapidly growing population, there needs to be formulated a Comprehensive population control policy like China introduced "One child policy" which helped China to control its growing population; that's why, Pakistan should adopt a such a policy keeping in view the Social and Religious Condition of the Society.

Secondly, the government should work for the empowerment of women through their financial independence to give them a say in family and engage them in jobs to reduce population growth as it is a tested case in Bangladesh where government empowered the women. Resultantly, the population in Bangladesh was significantly controlled. So as, to control population growth, the government needs to empower the women.

Thirdly, the religious leaders have a great influence in Pakistani population, so the religious leaders should be at the forefront to make the people aware about the significance of

As mentioned above, when the population exceeds the available national resources and state's responsive capacity, then it will be impossible for a State to give jobs and engage such a huge population; therefore, this can lead to rise in unemployment and ultimately to poverty in the country as no jobs no money and no money, then no basic need.

Like unemployment and poverty, the over population also leads to exploitation of the labours and child labour. So when population grows largely and there are very less jobs available in the market, then people are ~~compel~~ Compelled to work in lesser wages and bitter conditions for their survival. In the similar way, the poor parents also send their children for working due to high poverty. Thus, the over population can lead to labour ~~exploitation~~ exploitation and child labour.

No matter how bad the situation is, there is always light at the end of the tunnel; therefore, following measures can be taken to ensure population control in Pakistan.

As the population grows immensely, the country's resources fall short in meeting the excessive demand, so this leaves great impacts on the country and its people.

Firstly, it puts great stress on the national resources and country's machinery which may not be able to respond to the demands of public as with limited resources, the country may not be able to facilitate every citizen, so the overpopulation puts great stress on country's machinery and resources.

likewise, when the population exceeds the limited resources and country's capacity, then it will ultimately lead to failure of state machinery and its responsiveness. This will result in poor public service delivery causing more unemployment, poverty and growing public frustration.

Similarly, when the people are not facilitated and entertained by state, then there are high chances that such people and specially youths may fall prey to evil and terrorist elements of the society. Consequently, leading to rise in lawlessness and terrorist activities, so the overpopulation can push the unemployed youths to join hostile elements.

Furthermore, the Pakistani Society has cultural and religious permission of polygamy where husband is allowed to marry more than one girl. So this is also a significant contributor in the immensely growing population. For instance, when a man marries more than one woman, the obviously he will have more children than a person with a single wife, so the culture of polygamy is also a great contributor in this regard.

Moreover, the lack of a clear and comprehensive policy framework to counter the growing population is also worsening the situation. According to a report of United Nations Division of Population, Pakistan's population is around 250 million and it is rapidly rising, but there seems to be no serious policies and planning for controlling the population growth; therefore, the unavailability of a clear population control or family planning is a key contributor in Pakistan's largely growing population.

Rise of fertility rate and decline of the mortality rate is one of the very primary causes of overpopulation in any country. So according to Pakistan Demographic Survey 2020, the fertility rate is 2.7% and the mortality rate is only 0.7% which shows a clear wide gap. Therefore, the government should make effective policies to decrease the birth rate which is very alarming for Pakistan.

Similarly, the decline in the mortality rate can be due to the advancement of the healthcare technology, as in previous times minor diseases and infections used to kill millions of people, like Spanish flu killed more than 9 million people. Thus, it can be concluded that the technological advancement has also ~~equally~~ contributed to overpopulation.

Apart from these, the poor families themselves want to have more children to shoulder their parents' burden. As poor families lack any other means of earning, therefore they depend on their children, specially the boys to earn and meet the family expenses, so the family's will and ~~compulsion~~ compulsion also contribute in overpopulation in the country.

uting factor to the rapidly growing population of Pakistan. So, when population exceeds their resources and the management capacity of the State, then causes great impacts on that Country and its people. For instance, the growing population puts great pressure on the limited resources of the Country leading to governance failure and difficulties in Service delivery. Likewise as the demands exceeds the State's Capacity, then unemployment and poverty rates rise as the system will not be in a position to entertain such a huge population. Consequently, the unentertained youths easily fall prey to the evil forces of the Society. Last but not the least, the overpopulation also risks exploitation of labour and child labour. With such a huge manpower, people will be compelled to work on less wages in bitter conditions as decided by international Community. In the similar way, children also get involve in working labour when there is overpopulation and poverty. Thus, overpopulation in Pakistan is a critical issue, caused by various factors and giving birth to many socio-political and economic problems; however, there are some measures that can be taken to control overpopulation like making a comprehensive population control plan, raise awareness among masses, empower the women through education and financial independence and carrying out legislation to ban polygamy.

The world is facing a number of issues but one of the most pressing issue is the largely growing population against limited resources. Like other countries, Pakistan is also facing this issue of overpopulation. So, there are various factors contributing to this issue, like the high fertility rate and low mortality rate. For instance, According to Pakistan Demographic Survey 2020, the Crude Birth Rate (CBR) is 27%, whereas Crude Death Rate (CDR) is 6.7% which is alarming for a developing country, like Pakistan. The decline in the mortality rate is the result of the advancement of healthcare technology as previously minor diseases and infections had caused death of millions of people, however, now ~~all~~ almost all the diseases and infections are curable. Apart from mortality rate and technological advancement, the poor families themselves want to have more children to have more bread earners for meeting the family expenses. Moreover, the prevailing culture of polygamy is also equally contribution to this growing population as one man marries more than one women, so they ultimately have more children than a person with one wife. Accompanied by aforementioned causes, the unavailability of a comprehensive population control policy framework is also a contrib-

- (c) Unentertained youths easily fall prey to terrorist elements
- (d) Overpopulation results in rising unemployment and poverty
- (e) Overpopulation leads to exploitation of labours and child labour

(iv) way forward

- (a) A Comprehensive population Control policy should be designed, like China's "One Child Policy."
- (b) Empower the women financially to give them a say in family planning. Case in point is Bangladesh's women empowerment and population control policy.
- (c) Religious leaders should be brought to the forefront to convey the message of population control and its dangerous repercussions.
- (d) An awareness campaign should be initiated to raise awareness birth control.
- (e) Legislation to ban polygamy in Pakistan like it is ban in Turkey and Tunisia.

(v) Conclusion

Overpopulation in Pakistan: Causes, Impacts and the way forward

Outline

1) Introduction

Overpopulation in Pakistan is a critical issue, caused by various factors and giving birth to many socio-political and economic problems.

2) Causes

(a) High fertility rate and low mortality rate

(b) Advancement in health technology reduced overall mortality rate

(c) Poverty pushes poor families to have more children as bread earners.

(d) prevailing culture of polygamy in the society

(e) lack of a comprehensive family planning policy

3) Effect Impacts

(a) Stress on the available resources

(b) Poor governance and problems in service delivery to such a largely growing population