

Population Explosion : The greatest Threat to Pakistan's Economy

1. Introduction
2. Current Situation of population and Growth Rate
3. Population Explosion has Threatened Pakistan's Economy

3.1 Shortage of economic resources and youth bulge

3.2 Inability of education sector to provide basic education
(23M children are out of school)

3.3 Health crisis in Pakistan and population increase
(Decline of public health sector and fund allocation in budget 25)

3.4 Huge unemployment and under-employment in Pakistan

(7.1 percent of unemployment ratio)

3.5 overpopulation^{has} increased food insecurity in Pakistan

(Food imports of 3.5 Bn in first five months of 2025)

3.6 Low per Capita income and decline in^{the} purchasing power
(per Capita income stood at 1700\$)

4 Pragmatic Measures to Control population Explosion in order to acquire Economic Relief

4.1 Public Awareness through Social organizations and Religious leaders

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The Essay

As Quaid-e-Azam once said, "The future of our state will depend upon how we bring up our children."

Unchecked population growth in Pakistan is threatening the economy of Pakistan. The country is already in huge economic crisis and more on this, the population explosion and shrinkage of economic resources have made the country more vulnerable.

Pakistan's population is increased rapidly in the recent decade and current growth rate is also ^{the} highest in the region. where population

increase ^{provides} many opportunities and economic edge, unchecked population increase can turn into a disaster. Pakistan's situation is not quite different from this. Population explosion has threatened Pakistan's economy where the country is facing depletion in natural resources, poor education sector, lack of health facilities, unemployment rate is high, increase in food insecurity and decline in purchasing power of an ordinary man. Unless ~~these~~ this trajectory of population growth is controlled, the country's economy will become more vulnerable. By providing public awareness, easy access to contraceptive medicine, adoption of birth policy at state level, and focus on women's education can Pakistan control this explosion. unchecked population growth has threatened the country's economy and created many challenges but this population explosion can be controlled through globally approved policy adaptation.

According to the recent Consensus of 2023, Pakistan's population is 241 million and becomes fifth largest country in the world by population. The only domain where Pakistan is doing progress is the population growth. Population growth rate is 2.5%, which is much higher than the global average growth rate of 1.5%. Analyst warns that if this growth continues, Pakistan will reach to 300 million population by 2040. There are many reasons of this unchecked growth like lack of awareness, social norms, hesitation to contraceptive adaptation, and women uneducation. If the current situation continues, the results will be alarming in the upcoming decades.

population explosion has stretched the economic resources in Pakistan. The youth lacks in basic economic facilities and resources.

The government is unable to utilize the economic resources into development and growth of export sector. This youth bulge is creating more crisis and they lack in basic amenities. People's lifestyle is becoming harsh and harsh and government ^{is unable} ~~that ability~~ to mitigate these challenges.

Population explosion has also threatened the education sector. The government is already unable to provide quality education to existing students. More on this, this youth bulge and rapid increase in population has made the education sector more vulnerable. Recent United Nations report highlights that twenty three percent children are out of school in Pakistan. Another survey further deeply analyze and reported that those who goes to school even unable to get proper education. Population explosion has made ^{the} education out of reach.

Similarly, population explosion has created ~~education~~ health crisis in Pakistan. Health sector of Pakistan is in huge crisis; hospitals are outdated, shortage of medicines, lack of proper facilities in hospitals, and experienced doctors are out of reach to public.

The government approach is also seems irresponsible, where the recent budget of 2025-26 allocated only 0.8% to the health sector. A country where quality hospitals and treatment are hard to find, such minimal budget allocation to health sector is quite concerning.

Moving forward, population explosion has also increased unemployment and made people underemployed. Unemployment rate is increasing day by day and opportunities are also shrinking. Above all, population growth rate is increasing. The current unemployment ratio of 7.1% is highest in the region. A younger

, despite quality education and skills, is unable to get an employment.

This unemployment results in decline of GDP per capita ration and results in many other socio-economic problems.

Moreover, population explosion has also created food insecurity in Pakistan. owing to increase in population size, there is huge imbalance of demand and supply. Food production is declined in the country because of climate disasters and other issues, on the other side there is continues rise in the demand of food. This compelled the government to import the food, where in the first months of 2025, the government has imported the food of 2.5 billion dollars. Similar trajectory ~~had~~ been seen in the recent years. If the current population growth continues, the food security becomes more challenging than today.

lastly, population explosion results in decline of ^{the} GDP-per-Capita ~~ation~~ where people's purchasing power is also depleting. The current average per capita income of 1700\$ is much lower than India and Bangladesh. This decline in per-Capita income not only challenging the average pakistani; but also weakening the macroeconomic statistics of Pakistan. A average pakistani is unable to meet day to day expenses and even unable to buy imperative commodities and household items. The poor is becoming more poor and middle class is becoming poor class. This population growth has resulted in shortage of resources and decline in purchasing power.

These above mentioned statistics highlighted that how unregulated and unchecked population growth threatened the economy of Pakistan. However, these are the globally applied and

experienced policy measures to counter this population explosion.

Among them, first is the provision of public awareness. Awareness campaigns can be run through televisions, societal campaigns and through educating youth. Social organizations and NGOs can play beneficial role in this regard.

Moreover, Pakistan can effectively implement awareness campaign through clerics, tribal leaders, teachers, and prominent personalities of society. In a society and culture like Pakistan, the leaders of clans, tribes, and sect are more influencing than a government on people. This government should also take them into confidence to effectively get the outcome.

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The government can provide subsidies or tax free Contraceptive medicine so that it becomes easily accessible to an average citizen. A recent statistics show that almost 34 percent of females of Pakistan donot have any idea about the use of Contraceptive items. Easy availability and awareness for protection items could bring notable result.

Thirdly, government can also introduce national birth policy. Many countries have implemented this sort of policies and achieved desired outcomes. Government can provide financial assistance to those who adopt this policy in order to ^{attract} more and more people. Financial assistance to those families who contribute in this campaigns and Contraceptively strict policies for adversaries. By utilizing harsh policies, government must keep in mind about social and religious backlashes. In order to minimize these

Chances of backlashes, government can prioritize awareness at initial stage.

Lastly, government should promote women's education to control population explosion. Women play important role in reproductive process, they should be educated to utilize the medically available opportunities. A recent study shows that 34 percent of women in Pakistan are unaware of contraceptive items. They should be educated to divorce their role from reproductive to productive and ^{by} exploring the career opportunities. Pakistan ranks 148th out of 148th in global gender gap index which further highlights the women marginalization in Pakistani Society. Birth rate in rural areas is much higher than in urban areas, merely because of education and awareness among women. The government should consider this to prevent population explosion.

To conclude, there is no doubt that population explosion has threatened the economy of Pakistan by several socio-economic challenges. However, there are key policy measures to adopt in order to counter this population explosion. Pakistan's population is growing very rapidly and if this continues, there would be more serious economic challenges near in the future. This youth bulge has strained economic resources, made education sector more vulnerable, health crisis are increased, unemployment ratio is also alarming, food insecurity has risen, and an average purchasing power is decline of a normal resident. It is up to the policy makers of Pakistan, whether they take immediate and decisive action today or wait for the saviour to come and protect the country from this population surge.