

Q5) Growth of population in Pakistan;

As of 2023 census, the population of Pakistan is 241.49 million making Pakistan the fifth most populous country in the world. This gigantic rise in the population of a country that has numerous problems to deal with, has far reaching effects on the socio economic sphere. This Islamic south asian country is seeing enormous growth in its population due to certain factors.

Factors contributing to population growth in Pakistan:

(1) High Birth rate:

Birth rate is high in Pakistan, with an average of over 2.5 children per woman. This is largely due to the cultural and societal factors that emphasize larger families.

(2) Limited awareness and access to family planning:

Access to family planning and contraception is limited in many parts of Pakistan, especially in rural areas. This lack of access contributes to unwanted pregnancies and larger family sizes.

(3) Cultural and religious norms:

Cultural and religious norms often encourage having

larger families. Some believe that having more children is a sign of prosperity and security in old age.

(4) Gender Inequality:

Gender inequality in Pakistan is a significant factor in population growth. Women mostly have limited control over family planning decisions leading to larger families.

Socio economic Implications of Overpopulation:

These factors contribute to the over population of the country leading to certain socio economic implications. Although a large labour force is an asset for developed and developing countries with better performing economies. Manpower is an asset for western countries which they have severe shortage of but for Pakistan where majority of the chunk of the population resides in rural areas, are uneducated, unskilled and belong to low income group. These attributes of Pakistan's population make population a liability for Pakistan.

Many mouths to be fed, patients to be ~~care~~ treated and people to be sheltered. Unfortunately, giving birth to numerous socio-economic problems.

(i) Resource Scarcity:

The rapid population

growth places immense pressure on limited resources, such as land, water and food. This leads to increased competition for basic necessities.

(2) Unemployment and underemployment;

The growing population results in a large and youthful work force. However, the economy often fails to create enough jobs to absorb this workforce, leading to higher rates of unemployment and under employment.

(3) Poverty;

Population growth exacerbates poverty in Pakistan. Bigger families mostly struggle to meet their basic needs and a significant portion of the population lives below the poverty line in Pakistan.

(4) Healthcare and Education;

Over population exerts strain and pressure over the healthcare and education. This leading to shortage of schools, educational institutions and hospitals just like in Pakistan.

(5) Environmental degradation;

The growing population of Pakistan causes environmental degradation due to deforestation for urban and agricultural purposes, pollution and unsustainable land use

practices are often result of the growing population's demands as happening in Pakistan.

(6) Political and social Instability;

The socio economic challenges stemming from over population can lead to political instability and social unrest. The unemployed youth can be mostly a potential source of discomfort.

(7) Hindrance to economic development;

The over population can outpace economic growth, hindering the nation's ability to invest in infrastructure, human capital and other development areas.

Over population has devastating effects on the country if not utilized efficiently and effectively.

Tackling the challenge of Overpopulation  
The overpopulation of a menace of overpopulation can be addressed by proper family planning programmes, women empowerment, investment in education and health care and by implementation of better economic policies to utilize the manpower.

For Pakistan, the journey for conversion of overpopulation from liability to asset is time taking but not impossible but the fruits outcome will be prospecting.