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PAPER : Essay Writing

Topic : Growing aging population:
Challenges and remedies

Outline:

1- Introduction:

In Pakistan, population is growing in an unprecedented way and it has created many challenges. The huge population contains number of changes challenges and these are many seasons behind challenges. However, by making robust policies and positive measures, the challenges related to growing population can be diminished.

2- Growing aging population: challenges and remedies

3- Growing aging population and its challenges:

- a- Poverty and food insecurity
- b- Child labours and growing illiteracy
- c- More consumption, less production and closure of industries
- d- Unemployment and growing crime rate
- e- Environmental catastrophic events, economic loss and suffering of huge populations

- f- Gender disparity
- g- Current account deficit, more imports and less exports; and inflation

4- Causes of growing aging population:

- a- unawareness and illiteracy
- b- Less focus paid towards problems by state institutions
- c- Neglected female reproductive healthcare

5- Remedies to overcome challenges related to growing aging population

- a- Investment on human resource
- b- Public awareness through media
- c- Framing continuous and robust policies for population control
- d- Need to revolutionized agricultural sector
- e- Budget allocation for education should be enhanced and special initiative should be taken for research
- f- Transfers to non-renewable energy resources

6- Conclusion

Globalization is the fact of 21st century, where advancement of technologies in every field become a true reality. Similarly the advancement in health sector reduces death rates in the world, resultantly population is growing in an unprecedented way. So, this growing aging population has many challenges. However challenges can be mitigate by positive remedial measures. The growing population has number of challenges like food insecurity and poverty. Child labours is growing in order to meet family needs resultantly enhanced illiteracy abuse as a major challenge. Similarly, industrial closure is another challenge in the form of more consumption and less production. Moreover, unemployment and growing crimes are scourges due to growing aging population. The environmental catastrophe hampered growth and large number of people suffered from it. Like wise gender disparity increases because of double work load for females to meet the family needs. In the same way economic crisis in the form of current account deficit, debt trap and inflation poses

another challenge. These are reasons behind these challenges growing population like unawareness, illiteracy, ignorance, female reproductive healthcare and less focus paid by governmental institutions towards the problem. However, challenges of growing aging population can be best out by taking positive measures like investment on human resource and public awareness through media. Likewise government can frame robust and continuous policies for population control. Moreover, there is need to revolutionized agricultural sector and to enhanced budget allocations for education. Similarly there is need to transfer to non-renewable energy resources. In Pakistan, population is growing in an unprecedented way and it has created many challenges. The huge population contains number of challenges and there are reasons behind these challenges. However, by making robust policies and positive measures, the challenges related to growing population can be diminished.

The **Malthusian theory of population (1798)** states that growing population create challenge

for food supply. According to maintain
there should be balance between
population and food. So, growing
population arouses challenge not
only for food insecurity but
economic and social as well.
According to **UN report** Pakistan
is the fifth largest populous
country in the world. The problems
of growing population is faced
by both the government and
people. The government has to
face administrative problems and
people have to face food
insecurity, poverty and inflation.
According to **World Bank report**
2023, in Pakistan 40% people
are living below the poverty
line. Similarly according to **World**
Food program, 36.9% of population
are experiencing acute food crises
in Pakistan. However, challenges
can be mitigated by inception
of advanced agricultural sector
for more production and less
reliance on imports.

The poverty and food
insecurity is a significant challenge
of growing population. In Pakistan
vast number of people suffer from
poverty and food insecurity. Due to
over population and less food production

People have to face poverty and food insecurity. The **Integrated Food Security Phase Classification (IPC)** indicates that in Pakistan approximately 10.5 m people from 43 districts in vulnerable provinces of the country are facing acute food insecurity. Within this population, around 2.1 m individuals (2%) are in emergency phase and 8.4 m individuals (23%) are in crisis phase. Hence, the growing population present challenge of food & insecurity and poverty.

The second significant challenge of growing population is child labour, resultant literacy loss of child. People get involve their children in daily wages in order to fulfil their daily needs. Although **Article 25A** of the constitution states that "free and compulsory education" but still **22.5 m** children are out of school in Pakistan. This is because of unawareness and huge population. According to **UN** report agriculture traps million in child labour across South Asia. Hence, child labour due to overpopulation owing to family needs is a

catastrophic event have long lasting impact. According to **Intergovernmental Panel on Climate Change**, between 2010 and 2020 human mortality from floods, droughts and storms was 15 times higher in highly vulnerable regions, compared to regions with very low vulnerability. Similarly the recent 2022 flood has created economic loss of \$30 bn. of infrastructure unfortunately government is unable to cover such huge economic loss because of lack of resources, resultantly population have to bear hard circumstances. So, environmental catastrophes also poses great challenge for a country resultantly affecting great number of population.

Gender disparity increases by the growing population. In order to meet challenges females have to be part in the ~~econom~~ labour force. In the scenario of Pakistan female is considered as home maker and male is considered as bread winner. So, here gender specified roles exist and when female have part in labour force in order to meet fulfil family's need, she has to suffer

double work load. Moreover females are exploited at workplace, offices and social places. Similarly females are victims of domestic violence by their males partners.

According to **United Nations Development Programme** women in Pakistan spent 4.4 hours per day on unpaid care work. Hence growing aging population poses challenge of gender disparity in the form of double work load for females.

Another significant challenge of growing population is economic crisis in the country. Because of growing needs of huge population, the country has to go for imports. The more imports and less exports create current account deficit and country has to face debt trap.

Moreover, less production in the country and more reliance on imports create inflation. According to **Gallup survey report 2023** 89% respondents think that inflation is a big problem. In the same way, according to State Bank Pakistan the imports of Pakistan are 1209177 million rupees and exports are 675,280 million

surges. Hence economic crisis is a challenge of growing population.

The growing & aging population has different causes, one of them is unawareness and illiteracy. In Pakistan, rural community is mostly illiterate and do not aware about challenges of overpopulation. According to

Pakistan Statistics of Berez,

in Pakistan 40% people are illiterate. The dilemma of situation is that illiterate

people do not send their children to schools and forced them

for labour. Hence a significant reason behind growing aging population is unawareness and illiteracy.

Another big reason of growing aging population is lack of ~~paid~~ focus paid towards population control and lack of continuation of policies. Unfortunately, state institutions' main focus did not remain population control and human resource development. This is the reason that Pakistan's population is growing in an unprecedented way. **Population Council** released data on

World Population Day (11 July 2023)

that Pakistan has the highest population growth rate in Asia. Overpopulation proved to be a threat for women and children. The Population Council's data revealed that 11,000 mothers die during childbirth in the country every year, while 62 out of every 1000 children die before they turn one.

Hence, state institutions' lack of focus towards policy implementation regarding population control is an important reason of growing population.

The third important reason of growing population is neglected female reproductive healthcare.

In Pakistan, females' health care is neglected resultantly serious problems like unsafe abortions, unwanted pregnancies and side effects of pills are existed.

The neglect of female's reproductive healthcare lead towards huge growth in population. The reason of the neglect is that Pakistani society

is patriarchal society where female is considered inferior and their role is limited to home making.

Earlier this year (2023) UNFPA reported 32% of women in Pakistan have suffered cruelty, hence the neglected female reproductive healthcare is another main reason of growing population.

The challenges arouse by population growth can be mitigated by taking robust measures, one of the such measure is investment on human resource development. It is the need of hour to give focus on human resource development because once human resource would be developed many problems related to population growth resolved.

In **Human Development Index 2023** Pakistan ranked 161 of 191 countries. This, shows that Pakistan should enhanced its investment on human resource development.

Moreover government of Pakistan should take initiatives for technical education of youth. The focus on skills development would be helpful for youth to mitigate economic challenges in the future. The investment on human resource development would be also helpful in diminishing poverty and social

insecurity. Hence, investment on human resource development can be a positive remedial measure to meet challenges of growing population.

The second suggestion to overcome challenges due to growing population is public awareness through media. Media can play its crucial role by promoting awareness among people about population control. In this way population can be overcome.

Moreover media can also raise an issue regarding female reproductive healthcare and its significance. Both print and electronic media can bring awareness about population control and problems can be sorted out. Moreover social media can be utilized for this purpose because in this globalized world the access of social media is in the range of every body.

Another remedial steps is the continuous of policies and framing robust policies regarding population control. Government of Pakistan should take lessons from Chinese population policy, of one child. In this way Pakistan would be able to overcome scourge of over population.

and its challenges. Moreover good governance is needed for the continuation and robust policies. Hence, continuation of policies in this regard would be helpful to mitigate challenges of growing aging population.

Another remedial steps is the need to revolutionized agricultural sector. Agricultural is the back bone of our country's economy. But unfortunately agricultural is declining because of conventional methods. No doubt, Pakistan has the potential to boost its economy through agricultural sector. Agricultural sector need to be revolutionized through technological advancement. In the **Global Innovation Index**, Pakistan was ranked 87th among 132 economies. This shows that Pakistan is still lacking in innovation and technology adoption. So, Pakistan should enhanced its technological advancement especially in agricultural sector in order to boost economy as well as to mitigate challenges of food insecurity and poverty. Similarly by revolutionizing agricultural sector, country can increase its production to meet its its population's

requirement and increased production can be expect. In this way economic crisis can be mitigate.

The recent initiative of **Green Pakistan** in this regard is a positive step. Hence, by revolutionizing agricultural sector, challenges of growing populations can be diminished.

Another remedial step is the enhanced budget allocation for education and special initiative to for educational research. Government of Pakistan should develop and establish more schools and research centres and promote significance of research.

Similarly government should make accessible school buildings to students especially for girls by initializing transport facilities. According to economic survey **2022-2023**,

the total expenditure spent on education is 1.7% of GDP which is too low, in the

region. Moreover Pakistan needs to promote research based education, so that university graduates

can do something great in practical lives. Hence, there is utmost need of enhancement of budget for education in order to

get useful and skill based youth.
one more significant
remedial measure is to transfer
to non-renewable energy resources.
Pakistan rely on hydrocarbons
for power generation which it
need to be imported. In this
way government of Pakistan has
to face great economic cost
and also come under the
influence of debt trap. In
Pakistan **60%** electricity is
produced from hydrocarbons which
we have to be imported. ~~and~~
The more cost on hydrocarbons
impact on energy crisis as well
as high tariffs of electricity.
If Pakistan transfer its to
energy non-renewable energy
resources, the need of growing
population can be mitigated
and it also contain less
cost. So, Pakistan should
develop conducive environment
for both internal and external
investors for the establishment
of non-renewable energy resources
in Pakistan. **CPEC** is a good
initiative in which non-renewable
energy projects are contained. Moreover
STFC (Special Investment Facilitation
Council) is also a positive initiative

For economic development of country.

In a nutshell, the growing aging population has many challenges, several and can be overcome by positive remedies.

These are number of challenges like food insecurity and poverty, Economic crisis, Industrial closure due to less production and more expenditures, child labors in order to fulfill economic needs of

family, economic & environmental factors - refugee crisis, and its impacts on huge populations, gender disparity and unemployment.

These are different reasons behind growing population like illiteracy and unawareness, less concern by state institutions and neglect of female healthcare by patriarchal society. However some

remedial & measures can overcome challenges of growing population.

The remedial measures include investment on human resource development, awareness through media, advancement in agricultural sector, shift to non-renewable energy resources, enhanced budget allocations for education department, and formation of robust and continuous policies.