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# PRACTICAL

Serial No. 363952

BOARD OF INTERMEDIATE & SECONDARY EDUCATION,  
SUKKUR, SINDH.



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Growing aging population: challenges and remedies



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Outline

Introduction

Thesis statement: Growing aging population has certain challenges, which need proactive remedies. High fertility rate, lack of family planning, and promotion of awareness are few among evidences.

However, some proactive strategies will curb growing population explosion.

2- A bird's eye view on 'growing population explosion'

3- Contemporary challenges to growing aging population

a) High fertility rate contributing to population

b) Lack of awareness of family planning

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- c) Rise of poverty as a driving tool of population
- d) Unconsciousness of women about contraceptiveness
- e) Growing trend of early child marriage
- f) Misinterpretation of religious knowledge
- g) Ineffective role of governance in controlling population
- h) Refugee crisis promoting population explosion

#### 4- Proactive remedies to curb growing aging population

- a) Promote quality of education including population theme
- b) Increase awareness among women regarding reproduction
- c) Frame family planning policies to contain population
- d) Discourage early child marriages at the global stage.
- e) Improve socio-economic conditions
- f) Engage in religious conferences promoting role of religious scholars
- g) Positive role of media giving awareness

about population

h) Decrease fertility rate in the world

i) Encourage civic engagement to curb challenges of population

## 5- Conclusion



## Essay:

"In a globalized world, the most neglected factor - population is a severe risk to the sustainability of the world" (Thomas Friedman, *The World is Flat*, 2005). Undeniably, the world has caught in a muddle of population explosion, which is facing frequent challenges and needs proactive solutions. The growing population explosion is one of the most dangers. This world is facing increasing challenges regarding population, and high fertility rate is on the top of the list. Not only this, but lack of awareness about family planning, and rise of poverty are also tools of growing population in the world. Along with these, unconsciousness of contraceptive use, and early child marriage as a growing trend have also posed challenges to population. Other challenges include, misinterpretation of religious knowledge, ineffective governance, and refugee crisis are also paving a way for population aging. However, some rational remedies will curb these



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challenges - Among them, education on population controlling importance, and awareness among women play a very crucial role. Moreover, effective family planning policies, discouragement of early child marriage, and improved socio-economic conditions will also prove as proactive measures. Furthermore, effective role of religious scholars, and positive role of media are also other rational remedies. Undoubtedly, the above recommended remedies will control growing aging population. Growing aging population has certain challenges, which need proactive remedies. High fertility rate, lack of family planning, and promotion of awareness are few among evidences. However, some proactive strategies will curb growing population explosion.

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Growing aging population has become a stark reality of the world. In fact, the whole globe is facing this

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growing population dilemma. As a result, a massive record has been noted in global demographic phenomenon. According to the latest report by the United Nations, "Approximately 1 billion population is increased since 2010, and only 12 billions are in November, 2022." (The United Nations, 2023). This stark reality highlights that the world has caught in a growing aging population.

Undoubtedly, several challenges are responsible for population explosion, among them high fertility rate contributing to population is a chief challenge. Fertility rate is growing day by day, which adds oxygen to population explosion. As a consequence, the infant ratio has reached at peak. According to the report, "In Pakistan, a single woman is responsible for about 3.3 pc of child-birth." (The International Demographic Report, 2022). This indicates that high fertility rate contributing to population is a big challenge to pop-



ulation explosion.

Along with high fertility rate, lack of awareness of family planning is another challenge to growing population. Unfortunately, family planning has been removed from lives of people; which contributes to population explosion. This unconsciousness of family planning is a driver of growing ageing population of the world. "Family planning has been neglected among the global issue, particularly in developing countries." (Pew Research Centre, 2022). Thus, lack of family planning is a huge challenge to growing ageing population.

Further, rise of poverty as a driving force of population has become a great challenge to growing ageing population. No doubt, growing poverty is a global issue, and the world is facing this rise of poverty as a driver of population explosion. As a result, people move towards more hands to



earn income. As per Pakistani proverb, "More hands result more income" (The Famous Pakistani proverb). This indicates that rise of poverty as a driving force of population has contributed to growing aging population.

Furthermore, unconsciousness of women about contraceptiveness is another challenge to growing aging population. Women in the world lack proper knowledge of contraceptive in order to curb population. This rising unconsciousness among women is leading to growing population aging in the world. "About 34pc of women have knowledge of contraceptive as caring their health." (The World Health Organization (WHO), 2022). This is beyond any doubt that unconsciousness of contraceptiveness among women is posing a challenge to growing aging population.

Moreover, growing trend of early child marriage is one of



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challenges to growing aging population. Early children marriage has become a common trend in the world. This trend has massively contributed to growing population of the world. As per the latest update, "About 40pc of children in South Asia, and 17 pc in the Middle East are getting marriage at early age." (The United Nations Human Rights Council (UNHRC) 2023). This is a proven fact that early child marriage as a common trend is responsible for growing aging population in the world.

Similarly, misinterpretation of religious knowledge has also posed a challenge to growing aging population. Exploitation and misconception about religion and religious norms is a great challenge to population explosion. People, no doubt, are rushing and following the

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thing that happening around them, rather than true information. "In Muslim countries, people just focus on the concept of four-marrriages as Sunnah, without caring of true aspects of religion." (Dr. Israr Ahmed, a great Muslim scholar, 2022). This statement shows that misinterpretation of religious knowledge has paved a way for growing aging population.

Not only this, but ineffective role of governance in controlling population has posed a challenge to growing aging population. In fact, poor governance is itself is a serious challenge to population explosion. As a consequence, the population grows up, which has far global consequences. As per the latest update, "Population in Pakistan is equal to 2.99% of the world population." (The United Nations, 2023). Hence, ineffective role of governance is also posing a serious challenge to growing population aging.

Additionally, refugee



crisis promoting population explosion is leading to growing aging population. Undeniedly, refugee crisis is a global dilemma, a major contributing factor to population. Resultantly, shift in global population is increasing rapidly. "Approximately 75pc of population in Pakistan had increased during two great wars in Afghanistan." (Pakistan Bureau of Statistics, 2022). Besides this, refugee crisis in the world has also contributed to the population shift in Russia-Ukraine war. 'About 14 millions of people have become IDPs in Russia-Ukraine conflict.' (The BBC, 2023). Thus, refugee crisis promoting population explosion is a leading challenge to growing aging population.

However, this growing population aging needs proactive remedies and quality of education promoting theme of 'population' is on the top of the list. Giving quality of education focusing on current challenges and issues will pave a way for effective solution. This



approach will curb growing aging population in the world. "Education is a tool, which one can use to change the world." (Nelson Mandela, A great African leader, ). This statement highlights the importance of education, which can be a tool to curb growing aging population.

In addition to the above, increasing awareness among women regarding reproduction will also be a positive remedy to curb growing aging population. Women are the most vulnerable to reproduction, and lacks knowledge to care about health. Reproduction awareness among women will definitely control growing aging population across the globe. "In the late 1970s, women demanded reproductive protection globally, which controlled population rise." (The WID concept, 1976). This historic evidence is a proven fact that reproduction awareness among women will curb growing aging population.



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Moreover, effective family planning policies to contain population will also curb growing aging population. Family planning is a necessary strategy to make the better livelihoods. This approach will not only curb population, but will also make population beneficial for development. As per report, "China has reduced fertility rate at 0.35pc and Iran at 1.22pc by promoting successful family planning." (The News, Growing population dilemma, 2022). Thus, effective family planning policies to contain population will curb growing aging population.

Along with family planning, discouraging early child marriage at the global stage will also curb growing aging population. The world needs to discourage marriages at early ages of children in order to curb population explosion.



As a consequence, reduction in population will pave a sustainable world order.

"There must be respect to the supreme law to avoid early child marriage trend in the world." (Al-Jazeera, 2022). Thus, early child marriages should be discouraged to curb growing aging population.

Further, improving socio-economic conditions will also reduce growing aging population. No doubt, socio-economic factors are effective tools to curb rise of population. This remedy will be an active tool to solve population crisis and will reduce population explosion. "Answering to social and economic factors is an answer to population explosion." (Zubaidou Mustafa, A Pakistani analyst, 2023). Hence, improving socio-economic conditions will also reduce growing aging population.

Furthermore, engagement in religious conferences will promote



role of religious scholars to curb growing aging population. Fortunately, role of religious scholars shapes mindsets of the youth, which paves a way for population control. This step will definitely control population explosion globally. "In a complex world, rights of humans, including parents, husband-wives, children, and other relatives, have become difficult to follow, which needs a consensus dialogue to curb a huge muddle of population in the light of 'ijtihad'." (Dr. Hameed-ur-Allah, A religious scholar). This indicates that role of religious scholars in promoting religious conferences will pave a way for growing population reduction.

Similarly, positive role of media giving awareness about population will reduce growing population explosion. Media has a definite power to change mindsets of public, and has a power to play its crucial role to control growing aging population. Media can promote importance of population control by promoting effective



advertisements, which will reduce population explosion. As per survey, "Approximately 69% Americans believe role of media is a keystone to population fall" ([www.cfr.org](http://www.cfr.org), 2022).

This serves as a clear demonstration that positive role of media giving awareness about population will reduce growing population aging.

Besides above, decrease fertility rate in the world will also reduce growing population. High fertility rate should be decreased all over in the world. This will reduce risk of rising population explosion, contributing to the sustainable future. As per report, "South Korea has broken its own record in the lowest fertility rate country." (The World Bank, 2023). This highlights the importance of lower fertility rate in contributing to reduction in population explosion.

Last but not the least,



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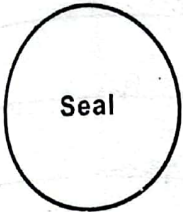


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Encouragement of civic engagement to curb challenges of population will also reduce growing aging population. No doubt, civic engagement is primary step in controlling population rise. This approach will not only address the issues of population, but will also control population rise. According to the report by Pew Research Centre, "About 19% of people have engaged in active civic cooperation, which has curbed population crisis in Pakistan" (Pew Research Center, 2023). Therefore, civic engagement to curb population will also reduce growing aging population in the world.

In conclusion, growing aging population has certain challenges, which need proactive remedies. Among challenges, high fertility rate contributing to population explosion, lack of awareness of family planning, and rise of poverty etc.

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a driving tool of population are on the top of the list. Other challenges include, unconsciousness of contraceptive among women, growing trend of early child marriage, and misinterpretation of religious knowledge etc. However, these challenges demand proactive strategies to curb growing aging population. Promoting quality of education, making 'population' as a chief theme, increasing awareness among women regarding reproductive care, and framing family planning policies are rational remedies to reduce growing population. Moreover, discouraging early child marriage, improving socio-economic condition, and engaging religious conferences to curb growing aging population are the most important remedies. Resultantly, the above recommended remedies will be proactive tools to contain growing aging population for sustainable future. "Indeed! a man is rewarded by what he strives; no doubt, a man gets what he plants." (Surah, Al-Najm; 39).