

# Shifting the Paradigm: From Overpopulation to Population Management

## Outline

### 1. Introduction

### 2. Modern world is shifting the paradigm from overpopulation to population management

- i. Resource management issues <sup>are</sup> not prevalent there
- ii. Promises better development as in modern <sup>and developed</sup> countries

### 3. <sup>is need of this</sup> What the paradigm shift?

3a. Population management is necessary to cater the needs of already present population.

Better resources management and allocation in third world countries.

3b. This paradigm shift will help in providing the population of better food resources. Better food resources will solve health problems mainly malnutrition.

3c. It promises for recovery of dwindling economic conditions of the developing nations.

Case Study: China's two-child policy

3d. Population management will help in fulfilling the energy needs of the developing nations successfully.

Relief for the state to save money on increasing energy demands.

3e. It will <sup>make states</sup> ~~be~~ able to provide quality education for all children who then form the youth of the nation.

i. Decrease in out-of-school children

ii. Pakistan has about 25 million children out of school in 2023. (UN Report)

3f. Population management will overall result in the development and progression of developing nations.

Asia's emergence as a great power on the global map overall.

4. Developed countries of West have already managed their population and emerged as Great Powers.

USA, Canada, UK and Australia etc.

5. Ways for managing population:

5a. Spreading awareness and educating masses about impacts of population growth.  
Awareness regarding early marriages' impacts and importance of education.

5b. Accessible and affordable family planning services will manage population.  
Access to Contraceptives and Counselling

5c. Government policies can play an important role.

Policies for minimum age of marriage and incentives for smaller families.

5d. Tackling cultural and religious barriers for managing population.

Role of clergy and cultural leaders

6. Conclusion

Population management is necessary for the world for better resource consumption and increased development. The developing nations along with their better policies and major leaders need to step forward to take the world to new heights of success.

### ESSAY

Is the Earth, the only planet, given to humans able to accommodate the continuously growing population? This question has struck the Earth and the nations have started working to find accurate solution. Some have figured out that overpopulation in today's date is more of a burden rather than a resource. They have started managing their population in more better ~~ways~~ ways as compared to those who are <sup>in their</sup> developing stage. Modern world including Great powers of the world e.g. USA, China and other western countries have ~~not~~ successfully controlled their population for better living standards and successful resource management. This shift of paradigm though is important for developing nations and third world countries, they are yet to work on this aspect. World has understood that it is the need of the hour to manage the populations effectively for increased chances of growth and development. Economy, food, energy, education and technology, the main organs of a state can be made more better and consumed efficiently when the masses are in a controlled number. Overpopulation, had affected the world and the world witnessed the crisis of 2000s. Population management is necessary for the world for better resources <sup>consumption</sup> and increased development. The developing nations along with their better policies and major leaders need to step forward to take the world to new heights of success.

Modern world today understood the gravity of the issue beforehand and took the necessary steps to manage their population. It is now the best example of developed nations. West and other <sup>emerging</sup> superpowers of the world today face no issue

of resource management today. Why? It is because of the awareness they gave to their masses about family planning. USA and China are the countries where family planning, contraceptives usage and birth control pills are not a taboo anymore. Rather, they understood that these innovations and strategies could relieve their economies and make their living conditions better. Today, the whole world gives their example and they play as superpowers in the world economy. Developing nations need to implement such strategies too to make the best for themselves and their future. Modern nations have become a role model for the world to handle this serious issue of overpopulation. Overpopulation is a bug that has the ability to eat away a country's economy and so it is a high time to handle this issue.

Population management is necessary for the third world and developing nations. The overpopulation in these countries is a huge burden on economy. Taking, Pakistan as an example. Pakistan is a home to world's 5th largest population and its dwindling economics has led to take an IMF loan. This shows the resources are not being managed and allocated properly due to this huge population. A country needs to have a population it can support on its own. There are several other examples where countries have a huge burden of a big amount of people and major chunk of this population are not living in worse conditions e.g. slums. They live in such conditions because state is unable to take care of them and provide them with their fundamental resources to live. In such conditions, if population still keeps on increasing, what do you expect for the future of the country? The government could go bankrupt and collapse making more difficulties and adding to the troubles of the people. The only solution to this problem is population management if the country wants to move forward and not march backwards.

Countries with overpopulation and already deficit of food resources will miserably

fail to provide their new masses. The newborns along with their mothers will be ~~malnourished~~ malnourished. This would only add more burden on the state rather than relieving. Population management will produce reserves of resources which will help people to consume these resources efficiently for better health conditions and proper nourishment. The condition of Sudan where food resources are already depleting and population multiplication there in war crisis can provide the pregnant female and the newborn with no essential nutrients. Let's say Sudan has been facing all of this because of civil but what about Indian population. The economy is booming yet people face poverty and continuous overpopulation can result in communities with no resources. For a country to effectively grow with all of its individuals healthier and nourished, proper allocation of food resources is the essential requirement. This requirement can only be fulfilled when limited size of communities exist and work together with healthier minds and bodies for the development of the nation.

Another major problem faced by the third world is the weakening economy of the countries. Economic resources are spent for the betterment of the citizens but when proliferation of citizens exceeds a limit, economic resources ~~still~~ are not able to cater to the population. It can be seen when China faced the problem of overpopulation with a continuous decline in its economy, the government of China took an initiative of two-child policy. It started controlling its population to stabilize economy. For this purpose, the family size was limited to and only two children were allowed. This resulted in the rise of China with a managed population and one of the strongest economy of the world today. This asserts that population and economy are ~~indirect~~ inversely proportional. The economic conditions can be strengthened and the country can make its position in front of the world when the problem of overpopulation is managed. ~~and~~ Population management is so the requirement of the countries with the weakening economies.

The list of problems do not end there and the next problem for a country which is afflicted by the overpopulation is the increasing energy demands. As the population increases, the need of electricity, gas and other demands continuously increase.

For the countries, who do not have oil and natural gas resources and can not meet the energy demands by itself will have to suffer more. For the impact of these resources, more money will be spent which empties the government's pocket. In case of Pakistan, along with extra spending on these resources, when the ~~implem~~ ~~entation~~ consumption and usage is inefficient, it all weighs down on the government. People steal each other's resources, refuse to pay their bills and side by side, because no family planning awareness, plays their role in overpopulation. This impacts the strengthening capability of the country and ~~the~~ pressurizes the state to spend more on the resources. Only if population is managed properly, the extra wealth government is spending on energy resources can be saved and used to build dams ~~f~~ within the country to make the country self-producing in regards of these resources. Therefore, population management is essential for developing nations to spend the saved wealth of ~~of~~ on any other problem's solution.

Next in the list is the problem of children who are found out of the schools and are unable ~~to~~ to afford quality education. Population management is the ultimate need for the countries to lessen the number of out-of-school children and provide them with quality education. These children are the youth of the country and education is very important for them to lead the country successfully in the future. Pakistan has around 25 million out-of-school children in 2023 according to a United Nation's Report. This fact asserts that quality education to all the children of the country can only be provided when the children are limited i.e. there is a limited number of children. ~~and~~ Education is the most important

pillar for the growth and development of nation. It can only be ensured to every child only when a paradigm shift takes place from overpopulation to population management. Hence, all of these factors being linked are entirely

dependent on the controlled and properly managed population.

The developing nations including Bangladesh, India, Pakistan, Nepal, ~~and~~ Afghanistan and others have to immediately take an action to control and manage their respective overburdening populations. If these developing nations are successful in doing so, they can revive their economy and work together to strengthen each other. The initiatives and organizations like South Asian Association and Regional Cooperation (SAARC) can be revived. This will help the South Asian countries to grow together and rise as a power on the world map. The potential lies in this area which was exploited by the British during the colonization. Overpopulation, weak economy and harsh problems are faced by these countries till today. The control of these problems can help the South Asia rise again and showcase its potential to the fullest. For the growth and development of developing world, cooperation and coordination is what is required for overcoming the burgeoning population and hold the population for better allocation, management and steering of resources.

Developed countries like China, USA and other western countries had already figured out the problem a lot earlier. They managed to implement their resources well and aware their masses for the impacts of overpopulation on family, society, community and nation as a whole. They did not cease to talk about what is regarded as taboo in our society. This is one the major solution to their problems. Developing nations can take them as ideal to solve their some & such issues too. China, being the major example has proved that strong will is needed only to eradicate the problem and pull it from its roots. Overpopulation ~~also~~ slows down the rate of progression which third world can not afford. So, it needs to establish a strong will to get this problem and then the strategy towards population management. Developed nations are a step forward and we can catch up on them when we solve this root cause problem of countries on their way towards development.

Population management has to do with the masses including all sorts of individuals be they educated, uneducated, aware or unaware. The first step towards solving the problem of overpopulation is the spreading of awareness and education of masses about this sensitive and personal matter. Masses and everyone from the lower class to elite class should be made aware about the grave and harsh impacts of increasing population on the country. They should be made aware about the importance of education especially females as their education can lead to a balanced families in most cases. Early marriages of the girls should be talked about to make masses understand the impact it has on the individual's life and the state. Education of the female in most of the cases is stopped after the marriage and early marriage leads to early pregnancies which has a lot of negative impacts on the female's health and also plays the role in overpopulation of the country. Population management, thus can be taken forward when masses are all aware and understanding.

Another way to manage the population is normalizing about family planning services and medications. In Pakistan, most of the families think of it as taboo to talk about family planning service, birth control pills and contraceptives. They think of it as wrong and ~~not~~ do not allow women to use these products.

These family planning services needs to be normalized and talked about by every doctor in every district of the country. Only then, a significant ratio of people can be seen talking about them and using them for creating a balanced and small sized family. These products and services are continuously and efficiently used within the developed nations and so they were able to control their population. Population management has its initial steps which are difficult because people are conservative and not fully aware about the repercussions of the problem. So, there is a dire need to educate them and talk to them about these services to make them use it and play their role in managing population.



Furthermore, government policies always play a significant role in eradicating a problem. Similarly, for managing populations, government can ~~announce~~ design and implement certain policies to manage population effectively. Like China, certain policies can be implemented. Alongside, some incentives can be announced for smaller families as they helped government in its initiative to control population. This will motivate other families especially young people and they will play their role in this national cause. Government can distribute resources more efficiently when the population size is limited and this will cause progression of the nation. Government policies will also play an important role in promoting a positive image among other countries and hence will motivate the government. People and government need to ~~not~~ stay side by side and play their respective roles in eradicating the problem and implementing its solution.

Moreover, in countries like Pakistan, Bangladesh and other religious countries with overpopulation have to face a barrier of religion and culture. This problem can be tackled by taking the cultural and religious leaders in confidence and asking for their help to overcome the issue. In Pakistan, e.g. people are of the view that the incoming child brings his food and 'rizq' (wealth) with him as it is also mentioned in Quran. They so do not talk about family planning and consider it a taboo. But with verse, they forget about the responsibilities of themselves as parents and rights of children for good education, good food, and a better life style. This sensitive topic is not talked about much in Pakistan but to control the issue of overpopulation and providing people already present with the best of resources, it is the need of the hour to talk about. The clergy of the nation here can play its role effectively by addressing people and making them understand the consequences of this issue in the near future. Clergy along with other cultural leaders also have to step in to make the solution easier to implement.

In a nutshell, everyone including government, people and other leaders of the country have to step forward together as a nation along with other developing nations to combat this issue of overpopulation. This issue has intense consequences on the resource allocation and economy of a country. It is evident from the example of China that population management is necessary to improve economy and for the progress and development of the state. Modern nations have figured out the solution to this problem of burgeoning population <sup>and</sup> have already taken necessary steps to improve the condition and lifestyle of their masses by managing population. Their action has shifted the paradigm in the whole world from overpopulation to the population management. The world overall can progress and develop together to new heights of modernity, only if they are able to provide its masses the best of resources and control and manage the existing population efficiently.