

# Shifting the Paradigm: From Overpopulation to Population Management.

## "Outline"

### ① Introduction:

Overpopulation puts everyone at risk. At the beginning of the 19th century, the total world population crossed the threshold of 1 billion people for the first time in the history of the homosapiens. Since then, growth rates have been increasing exponentially. Total world population reached 7 billion just after 2010 and is expected to count 9 billion by 2045.

However, this doesnot have to be the permanent path to be followed. ~~A~~ Looking towards the direction of the future, a shift is needed to focus on solutions that help decrease the population as every human deserves clean water, air and space to live.

These solutions include educating and spreading awareness of preventive measures, providing affordable family planning

services and giving reproductive rights to women.

② Overpopulation and its core regions.

a- background

b- regional stats

(Pakistan Bureau of Statistics, United Nations data).

③ Consequences of overpopulation

a- increased demand for food, water, space.

b- Damaging the environment and planet

c- imbalance of in resources.

(UNICEF)

④ Paradigm shift and solutions to overpopulation.

a- Population control - overview.

b- worldwide practices to tackle overpopulation.

c- A notable example is Bangladesh.

d- Similarities between Bangladesh and Pakistan.



- ⑤ Measures to be taken by Government
- a- Formulate a ~~new~~ national action plan.
  - b- Awareness and education through media, scholars and celebrities
  - c- lower tax incentives for smaller families.

- ⑥ Prioritizing women and girls first.
- a- impacting population through education and financial security (UNESCO)
  - b- Stopping child marriage
  - c- Giving women sex education and reproductive rights.

- ⑦ Impacting population with contraceptives and family planning.
- a- easy access to birth control options
  - b- family planning agencies that prioritize health and well being of women. (WHO)
  - c- funding family planning programs.

⑧ Need and reasons for population control.

a- Fewer people, smaller footprint (IPCC report)

b- Stronger economies, with fewer people looking for employment would lead to higher wages and salaries.

c- Greater human rights, women empowerment, higher levels of gender equality, higher value on immigration.

⑨ Conclusion:

a- moving in the right direction

b- Countries and economies will prosper when the number of people on the planet stabilises



## "The Essay"

Overpopulation puts everyone at risk. At the beginning of the 19th century, the total world population crossed the threshold of 1 billion people for the first time in the history of the homo sapiens. Since then, growth rates have increased exponentially. Total world population reached 7 billion just after 2010 and is expected to ~~increase~~ count 9 billion by 2045.

However, this does not have to be the permanent path to be followed. Looking into the future, a shift is needed to focus on solutions that help decrease the population as every human deserves clean, water, air and space to live.

These solutions include education and spreading awareness about preventive methods, providing affordable family planning services and giving reproductive rights to women.



To begin with, "Overpopulation is the state of the population when there are more people that can live on the earth in comfort." - George Morris.

The current world population is 8.2 billion with a growing <sup>at a</sup> rate of 0.85% per year in 2025. The world population has doubled (100% increase) in 40 years from 1959 to 1999.

It is now estimated that it will increase by 50% in the subsequent 40 years.

More than half of the global population is living in Asia, while <sup>the</sup> other quarter resides in Africa. Three out of five

of the most populous countries in the world are located in Asia including

India, ~~Pakistan~~ China and Indonesia while Pakistan with a population of 241.9 million. (Pakistan Bureau of Statistics).

A major impact of ~~the~~ overpopulation is ecological damage. As the world's population has ~~adversely~~ grown exponentially, the Earth has suffered. The rise in urbanisation has adversely affected the



natural habitats, ruining the habitat.

The increase in agriculture has been a prime culprit in habitat destruction. More people need more food and the expansion of farming has come at the cost of major deforestation. Water supplies are depleting faster than they can be regenerated.

In some areas like, Middle East and

North Africa water reserves are already drying up. According to UNICEF, "Even in countries with rich water resources, water scarcity is <sup>not</sup> uncommon." Vital

natural resources are being used up to meet the need for non-essential goods. In turn, many of these products release harmful emissions that ~~affect~~ <sup>disrupts</sup> the

atmosphere. The scarcity caused by overpopulation has the potential to

cause serious problems that may lead to violence. Due to the increasing demand of food brought by overpopulation,

serious disruptions in global food chains have catastrophic aftereffects like

the war in Ukraine caused serious problems in Middle East due to

Signature \_\_\_\_\_

\_\_\_\_\_

No. \_\_\_\_\_



halts in food exports. Wide spread youth unemployment leads to desperation, a driver of crime and violence. Therefore, overpopulation is like an uncontrolled monster that harms the planet as well as exacerbate social unrest. It is important to cage it before it engulfs the Earth.

Population control or management is one effective reverse strategy for overpopulation. Population management is the practice of regulating the growth or decline of a population. This practice leads to maintain stability and improve the environment. Population management is a challenging but also possible, as seen in the case of Bangladesh which had a population of around 70 million in 1971. Noticing the rapid increase in its population, the policy makers in Bangladesh introduced a "National Family Planning Program" which provided accessible and affordable family planning services. This program helped reduce Bangladesh's fertility rate from 7.5% in the 1970s to

Signature \_\_\_\_\_

No. \_\_\_\_\_



1991 in 2024. Given the similarities between highly populous Asian countries and Bangladesh, population explosive countries can adopt similar practices to bring down their fertility rates. This notable family planning programme introduced by Bangladesh is one of the best adopted practices to address overpopulation.

To add in population management strategies adopted by government, formulating a national action plan can be a vital solution. This plan should include result-oriented family planning services, reproductive health education programs and free and compulsory quality education. Collaboration with NGOs can also help bring fruitful results. Spreading awareness and educating the citizens about benefits of family planning with the help of Media, religious and social personalities should be added in the plan. Another strategy that can be



effective is that government can also offer tax incentives to families who have fewer children and can fund health programs so that fewer children die infancy.

Secondly, overpopulation cannot be managed if women and girls are not put first. Population growth is high because women don't have equal rights and opportunities. The issue of uneducated girls is widespread. UNESCO reports the over 960 million illiterate adults in the world, two thirds are women. This impact is not only felt by women but also has ripple effects on the broader community. According to UNICEF, when women are educated beyond primary education, rates of child marriage, maternal and child mortality decrease. Women who pursue successful careers gain independence and are better equipped to help their communities. As an effort to tackle over population, child marriages must also be stopped. Girls with no

Signature \_\_\_\_\_

CG

No. \_\_\_\_\_





life experience and basic life skills are more likely to experience physical or sexual intimate partner violence. This leads to a cycle of low social status and poverty for women. Beyond education, women face many other obstacles. It is time to give women reproductive rights to break the cycle of low status of women. It is vital for communities, families and individuals to be educated about contraceptive methods and family ~~practicing~~ planning practices that effectively prevent unplanned pregnancies. By giving women their due rights improve a woman's ability to pursue her dreams and ~~choose~~ establish a healthy community.

In addition to the population management strategies, the proper availability and use of preventive measures is one of the easiest ~~and~~ yet mostly ignored ~~strategy~~ practice. Some people choose not to use



contraception due to religious and cultural pressures. Providing access to contraception to ~~all those~~ those who would like it, would make a dramatic dent in population numbers. There is a need to build a world that prioritizes the health and well being of a mother and ensures that every child is wanted. Access and use of contraceptives and family planning is the most comprehensive solution available. The WHO reports that, 74 million women in low income countries have unintended pregnancies every year. This is one of the major root causes of the population explosions witnessed worldwide. It is now the need of the hour that well-funded family planning programs are run, especially in low and middle income countries so that individuals can make informed decisions about if and when they want children. This dramatically impacts the healthcare and education for children.

Signature \_\_\_\_\_

No. \_\_\_\_\_



Lastly, the needs and reasons for population management strategies to be implemented are far more than the impacts of overpopulation.

Firstly, as population growth slows around the world, the climate crisis will also begin to slow. As humans have needs and use Earth's resources, especially by burning fossil fuels. As mentioned in the IPCC report, "Greenhouse gases have increased with the increase in economic and population growth. And are now higher than ever." With a steady population growth the impact on the environment could also stabilize the 1.5°C effect caused by human industrialization. A complete recovery might not be a possibility but a steady population growth will definitely lead to a healthier planet for future generations.

While economists live by this theory, many researchers have also suggested that slower population growth has economic benefits. The

Signature \_\_\_\_\_



No. \_\_\_\_\_



economy can work for a decreasing population as there will be fewer people in need for employment which will also result in high wages and salaries. Japan has seen one of the most rapidly decreasing populations in the world over the past fifty years.

Possibly the most impactful aspect of slower population growth is the positive effect it has on human rights around the world. Slower population growth should lead to higher levels of gender equality by giving women ~~the~~ more chance to pursue education and making decisions about their lives. Slower population growth will also place a higher value on immigration. If unemployment continues to fall, developed nations will seek to take in more number of immigrants and refugees. This will improve the lives of billions seeking a safer and better life.



Date \_\_\_\_\_

In conclusion, it's time to flip the script. It's time to put focus on where it needs to be in order to stop the population growth. Mandating the rights of women is a human rights imperative and a global sustainability imperative. The world still has a way to go before population growth stabilizes, especially in countries that have higher fertility rates than <sup>global</sup> average. The health of the planet and future of all Earth's species depends on it. None the less, the benefits of slower population growth - a healthier planet, greener economies and greater human rights show that the world is on the right path. The process may be challenging at times but economies and countries will prosper when the number of people on the planet steadies.