

# Overpopulation in Pakistan — Essays & Paragraphs

## 50-Word Paragraph

Pakistan's population crossed 241 million in the 2023 census and may reach 300 million by 2050 [PBS][UN]. Fast population growth is straining schools, hospitals, and clean water supplies. Over 20 million children remain out of school [HIES]. Educating families and encouraging smaller family sizes can help secure a better future for Pakistan.

## 100-Word Paragraph

The Holy Prophet (PBUH) said, "The best of you is the one who is best of his family." To be best to family means to give them food, education and a good life. However, in overpopulation, big families cannot give all these things to every child. Our population crossed 240 million in 2023 [PBS]. By 2050, it may reach 300 million people [UN]. With more people, our resources are getting less. More than 20 million children are out of school [HIES]. Many people do not get clean drinking water. In cities like Karachi and Lahore, there is too much traffic and pollution. If we have small families and educate everyone, Pakistan can have a better future for all.

## 150-Word Paragraph

Overpopulation is a situation in which the population become so large that it creates problems. Pakistan is facing this big problem today. According to recent data, the population of Pakistan is more than 240 million [PBS]. Every year it increases by about 2% [PBS]. This means almost 4 million more people are added every year. According to the study / estimate, the Pakistan's population may cross 400 million by 2050 [UNFPA].

Because of overpopulation, we face many problems. There is not enough food, clean water, and proper houses for everyone. Schools and hospitals become very crowded. Traffic, pollution and cutting of trees increase. Many people cannot find jobs and poverty grows.

To solve this problem, we must teach people about small families. Government should provide better health facilities and jobs. We should also use green technologies like a solar energy to save resources. If we control population, growth now we can give our children a better, clean and happy future.

## 200-Word Paragraph

Overpopulation in Pakistan has emerged as a major challenge to economic development and social stability since independence. In 1947, Pakistan started its journey with a population of about 32 million people [WION].

According to the 2023 digital census the population was 241.49 million [PBS]. Just after three years, Pakistan's population has crossed 254 million in 2026 [Worldometer]. Due to this, Pakistan is now the world's fifth largest country by population [Worldometer]. The main cause of this rapid growth is a high

birth rate of 3.6 children per woman [WION].

There are several causes behind this quick growth. The most important reasons are lack of awareness and illiteracy, high birth rates, early marriage customs and cultural belief. Poverty is also a major reason, as poor families believe that more children will help them earn.

This fast increase in population has caused a serious shortage of resources. Urbanization and housing societies are eating up cultivable land, reducing food production. Water availability is approaching shortage. Social indicators are equally impacted; the national literacy rate stands around 62% [PBS], and close to 40% of children under five suffer from poor growth due to food shortage [NNS]. To control this problem, we need a strong political commitment to female education and widespread family planning services.

### Five Facts About Overpopulation in Pakistan

- 1 Pakistan's population crossed 241 million in the 2023 census [PBS].
- 2 Population may reach 300–400 million by 2050 [UN][UNFPA].
- 3 Over 20 million children are out of school [HIES].
- 4 Fertility rate is about 3.6 children per woman [WION].
- 5 Nearly 40% of children under five suffer from stunted growth [NNS].

### Sources

- PBS — Pakistan Bureau of Statistics, 7th Population and Housing Census 2023 (pbs.gov.pk)
- HIES — Household Integrated Economic Survey, cited in Business Recorder
- UNFPA — Ministry of Planning & UNFPA, “Population Projections 2023–2050”
- NNS — National Nutrition Survey 2018, Aga Khan University
- UN — UN Population Division projection
- WION — WION News, citing UN population data
- Worldometer — Worldometer, Pakistan Population (2026 elaboration of UN data)