

A large, diverse crowd of people walking in a public space, with a white text box overlaid in the center. The crowd is dense and fills the entire frame, with people of various ages and ethnicities. The background is slightly blurred, emphasizing the foreground individuals.

Population

Population is the number of people living in a specified area

1. Total population of pakistan is 235.8 million
2. Pakistan ranks number 5 in the list of countries (and dependencies) by population.
3. Population, female (% of total population) in Pakistan was reported at 49.56 % in 2022.
4. Highest population of pakistan is in the city of karachi followed by lahore
5. Meanwhile punjab is the most populated province of pakistan

Terms:

- ❖ **Birth rate** : The average number of births per thousand people
- ❖ **Death rate** : The average number of deaths per thousand people
- ❖ **Rate of natural increase** = Birth rate (minus) Death rate
- ❖ **Overpopulation** : When an area's population is too large to be supported by its available resources like wealth, food, fresh water and land
- ❖ **Demographic transitional model** : Graphs suggesting sequence of change in relationships between birth and death rates over a period of time
- ❖ **Population structures**: It is the percentage of males and females in different age groups. Depends on the population's birth and death rates and life expectancy of a particular area. It is divided into age groups for both males and females
- ❖ **Population pyramids**: It is the graphical representation of population structures

Reasons for Pakistan population growth

Economical

- Pakistan has a high rate of population growth because most families in Pakistan are poor and thus need a source of income. Hence, the children serve as labour (child labour), so large families are preferred.
- Pakistan has a high birth rate because rural areas have a high infant mortality rate (number of deaths of infant under 2 per 1000 infants). So people have more children in hope that some of them will eventually survive and will be able to earn for them eventually

Social

- There's a high illiteracy rate for women in rural areas, thus they are not aware of the problems caused by high birth rates. Education is key to birth control and social awareness
- There is a strong desire for sons in the country's social setup as most of the population lives in villages where the prime source of income is from agriculture and sons are required to carry out farming activities.
- Children are desired as they are expected to take care of their parents when they are old.

- The deadly affects of climatic hazards such as floods, droughts and diseases etc, have been reduced tremendously due to scientific advancements and development in country's infrastructure (therefore the infant mortality rate has dramatically been reduced)

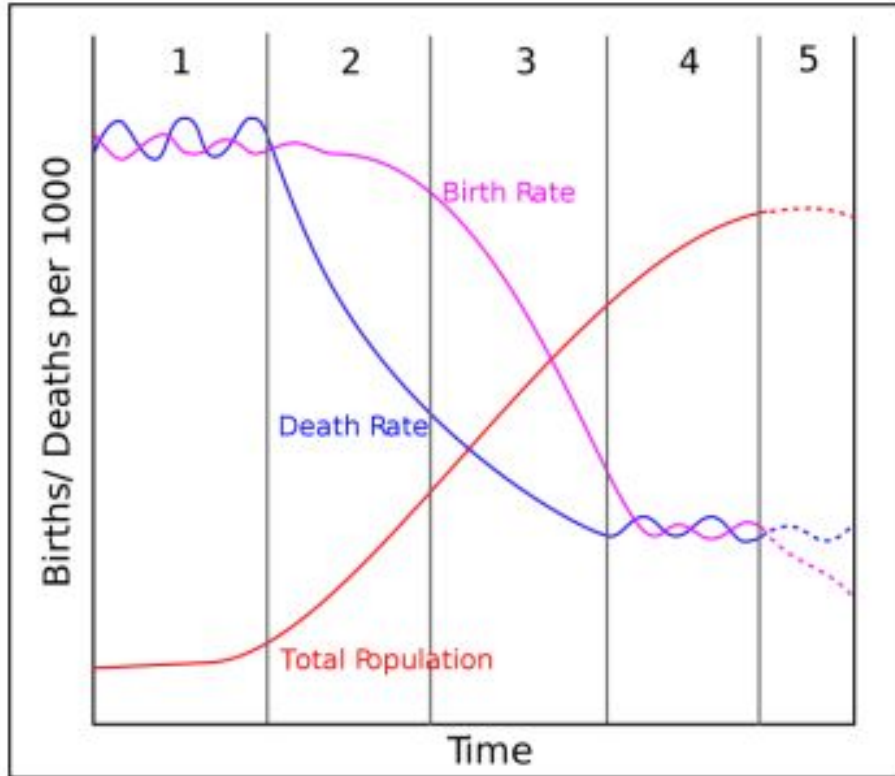
Religious

- Some people believe that God gives 'rizq' to everyone so there is no need to control population as God accounts for all their needs. No matter how many children they will have they would be able to feed them
- Disapproval of birth control measures and family control projects on religious grounds

Political

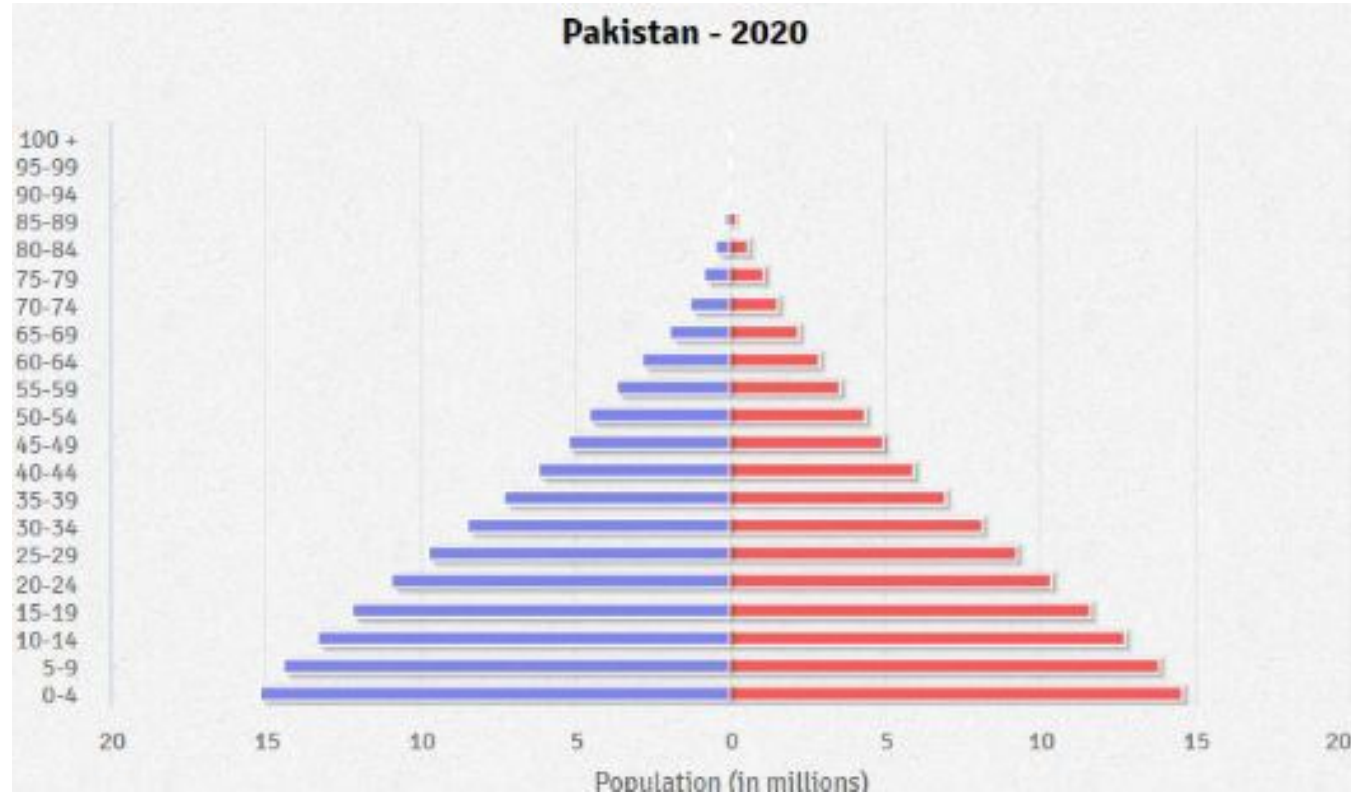
- Frequent change in government leads to change in population control projects, thus diverting resources and attention from this important issue
- The entry of large number of refugees from Afghanistan after 1979 due to war, political instability and drought into Pakistan has given rise to a huge increase in population. Refugees were considered brothers and welcomed here by other tribesmen along a porous border

Death and birth rate demographics



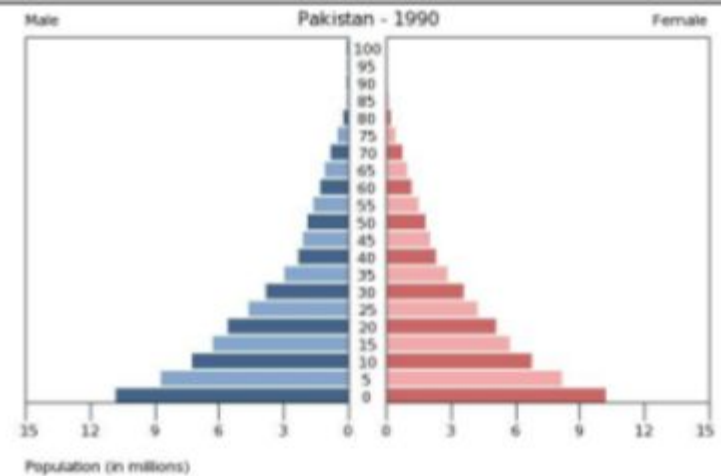
Population pyramids

Year	Population
1990	118,816,188
2000	152,429,036
2010	184,404,791
2025	228,385,138
2040	269,151,265
2050	290,847,790



Change in trend of pyramid

In the 1990's there existed a very high birth rate, which accounts for the wide base of the pyramid. The following trend shows that the birth rate will continue to decrease. The number of people who are in the independent group (14-65) will continue to increase throughout the 50 year period. Furthermore, there will be a rise too in the dependant group (65 and above), because most middle aged people at present would then become old aged and would require attention from the independent group. Overall the shape of the chart will become less and less pyramidal, with the pinnacle still at the top but the wide base now moving up into the centre positions.



Reasons for low birth rates/ ways to control population

1. Delayed Marriage and Parenthood: People are marrying later and delaying starting families.
2. Education and Careers: Higher education and career goals lead to postponing or fewer children.
3. Economic Pressures: High costs of living and economic uncertainty deter people from having children.
4. Urbanization: Urban living often means smaller living spaces and higher costs, discouraging larger families.
5. Contraception Availability: Easy access to contraception allows better control over family size.
6. Changing Family Structures and Social Norms: Evolving societal norms and family structures influence decisions about having children.
7. Work-Life Balance: Balancing career and family responsibilities affects decisions about family size.
8. Health and Environmental Concerns: Awareness of health risks and environmental impacts can lead to smaller families.
9. Government Policies: Policies like family planning initiatives and parental leave influence birth rates.
10. Cultural and Religious Influences: Cultural and religious beliefs shape attitudes toward family size.
11. Technological Advancements: Reproductive technologies offer alternatives to natural conception, affecting family planning decisions.

Reasons for high infant mortality rate

1. Limited Healthcare Access.
2. Maternal Health Issues: Complications during pregnancy and childbirth.
3. Nutrition: Inadequate infant nutrition.
4. Infectious Diseases: Lack of clean water, sanitation, and vaccination programs.
5. Premature Birth and Low Birth Weight: Increased risk of complications.
6. Socioeconomic Factors: Poverty, lack of education, and unemployment.
7. Environmental Factors: Pollution and unsafe living conditions.
8. Limited Family Planning: High fertility rates and short birth intervals

Problems with overpopulation

1. **Loss of Natural Habitats:** Deforestation for alternative income sources harms ecosystems and may reduce tourism.
2. **Increased Agriculture Spending:** More funds allocated to agriculture for food production, limiting development in other sectors.
3. **Rising Illiteracy:** Education funding decreases, leading to fewer schools and higher illiteracy rates.
4. **Decline in Elderly Living Standards:** Reduced pensions and healthcare facilities affect the elderly population.
5. **Decreased Life Expectancy:** Deteriorating health services lead to higher disease vulnerability.
6. **Rising Unemployment and Child Labor:** Unemployment grows, forcing children into low-paying jobs, exacerbating poverty.
7. **Environmental Pollution:** Increased waste production strains waste treatment capacity, leading to pollution.
8. **Dependency on Imports:** Inadequate local production leads to increased imports, decreasing foreign exchange reserves.
9. **Growing Poverty:** Job creation decreases, poverty rises due to debt repayment prioritization.
10. **Increased Crime Rates:** Unemployment drives people to crime to meet basic needs.

Continued problems

Inflation rises because of the high difference between high demand and low production. So the goods becomes more expensive

The working population has to carry more burden of the dependant population in various forms such as taxes etc

Poverty forces people to live In temporary houses and this leads to formation of slums
Uneven distribution of wealth occurs as the rich and wealthy can adapt to conditions while the poor cannot (like generators to deal with loadshedding, so businesses owned by the rich can still function)

Government may have to employ more people than required (overstaffing) to reduce unemployment. These extra people are paid from an institution's annual income (thus inefficiency increases) Traffic increases which leads to other issues such as people more roadside accidents (and deaths) and road jams

Migration (reason for population growth)

It is the migration of mostly young and middle aged people (16-40) from rural areas to urban areas. These people are mostly males and thus alter the population pyramids of cities and rural areas. They do send some of their money back to their rural homes or their families also move with them into the cities

Reasons for migration

1. Lack of employment opportunities in rural areas
2. Limited education
3. Waterlogging and salinity ruining farms
4. No law and order
5. Poor standard of living
6. Less access to healthcare
7. less access to telecommunication gas electricity
- 8.

Consequences

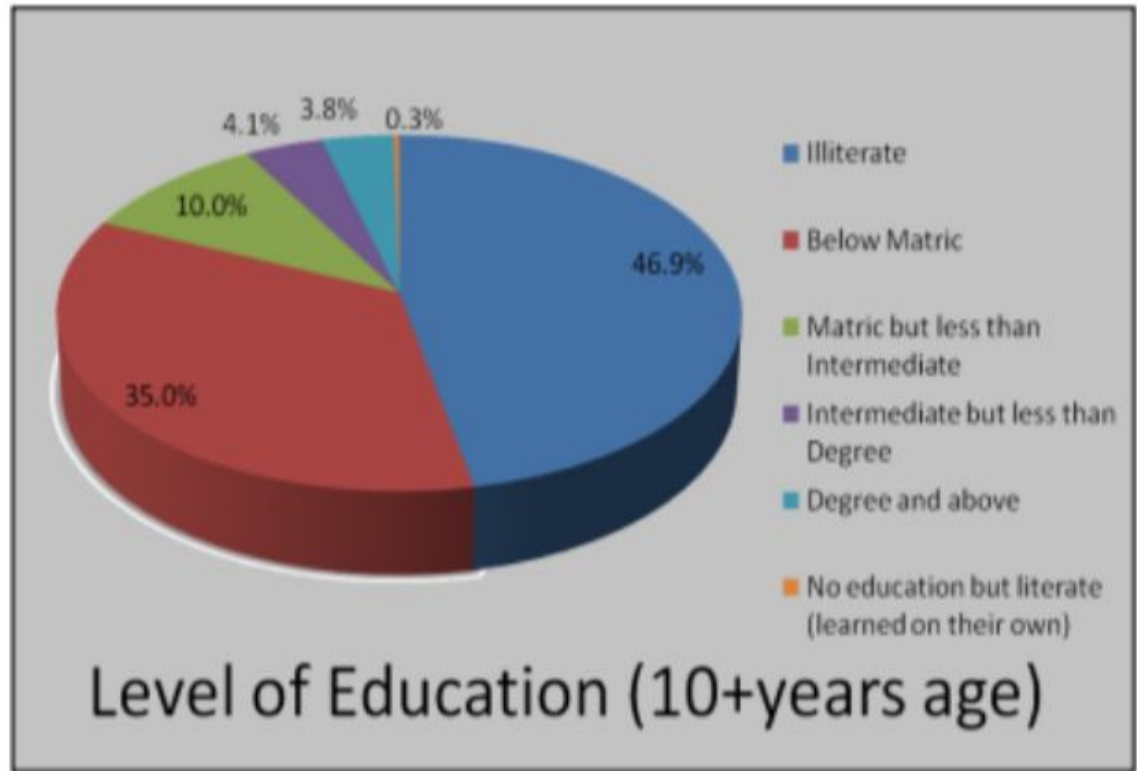
1. Burden on the economy
2. Increased pollution
3. Traffic issues
4. Increase in crime rate
5. Formation of slums
6. As rural population decrease the government shift their attention away from rural areas
7. Change in distribution and composition of population

Reasons for immigration from pakistan

1. Better education opportunities abroad
2. Expectations of getting a job
3. Chances for higher wages
4. Political stability and insecure environment of Pakistan may motivate people to shift
5. Terrorism activities in Pakistan develops insecurities among people about fate of their children
6. To indulge in a less culturally bound manner of life
7. Medical reasons as some diseases are likely to be better treated abroad
8. Also some people may wish to support families in Pakistan by earning better abroad

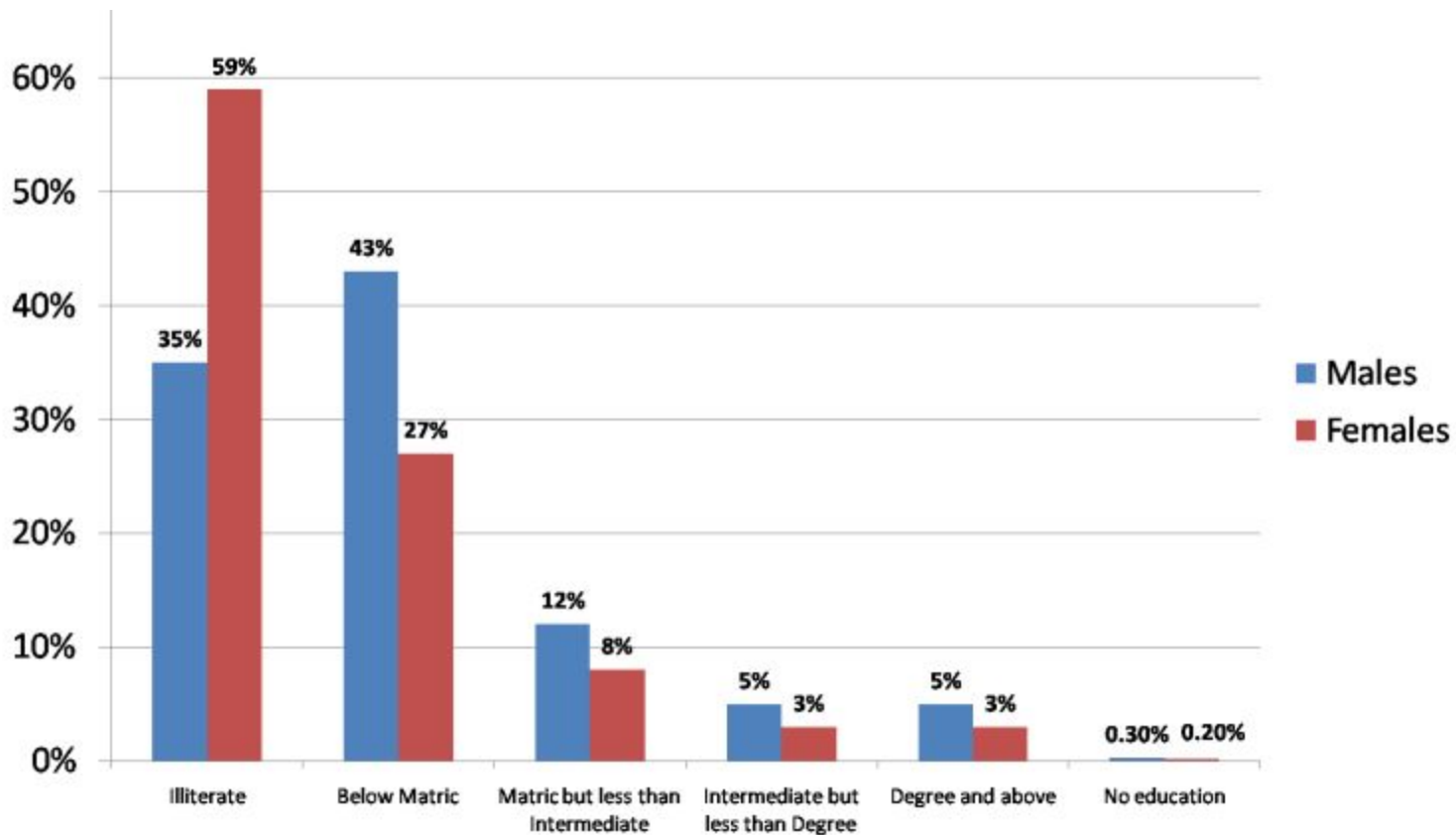
Low Literacy

1. Lack of investment on the government's part in educational projects
2. Child labour results in children leaving education for work
3. Lack of priority given to education in rural areas
4. There is also a lack of schools and colleges in rural areas
5. Poverty results in deprivation of children of education as parents fail to pay for the fee
6. Private schools are very expensive
7. Lack of teaching staff and lecturers in Pakistan
8. Large section of the population are located in the rural areas
9. Education is not provided in remote areas
10. Large number of remote areas exist.



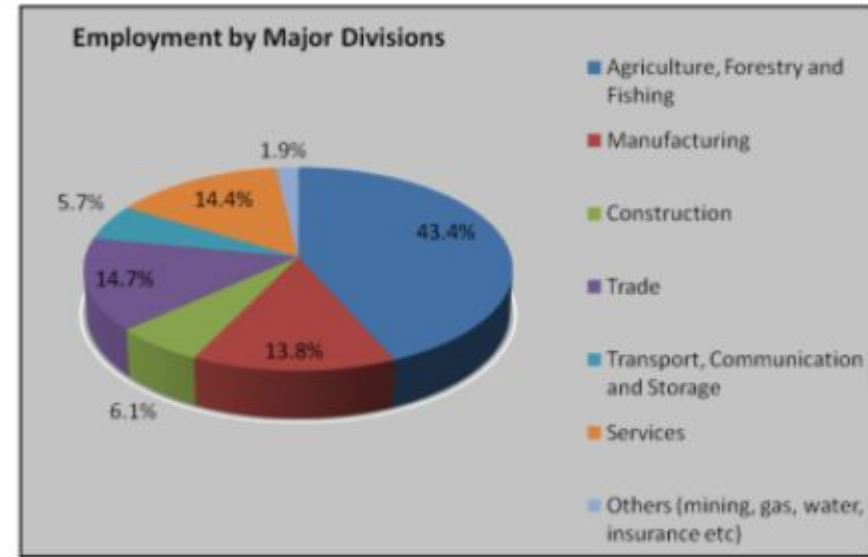
Low literacy of females

1. Lack of public institutions for girls
2. Parents maybe not be in favour of a co- educational school and may not send their girls to get educated
3. Poverty results in people choosing to educate boys in preference over girls
4. Traditional attitudes influence people in rural areas such as the role of a women was to stay home and that it results in a male dominated society so fewer girls were given schooling



Employment

1. Pakistan has a labour size of over **53.8 million**. Most of this labour is involved in agriculture (43%), industry (20.3%) and services (36.6%); with some data incomplete



Employment in primary sector

1. Working in Primary sector usually simpler skills in comparison to other sectors such as manufacturing and tertiary
2. Some people may inherit land and hence become a part of agricultural activities
3. A very large percentage of people live in the rural areas.
4. Also many people in rural areas are illiterate, thus they can't enter into jobs in the secondary and tertiary sector.

Reasons for employment in tertiary sector

1. People who work in the service sector of an economy usually earn higher and so priority is given to jobs in this sector
2. Working conditions in this sector are often better
3. Growth of country means more requirement in hospitals hotels banking teachers etc.

Causes of unemployment

Lack of investments in Pakistan due to political instability hence, foreign businesses don't exist and no extra jobs are created

High rate of population growth, limited jobs available

There is a mismatch in the demand and supply of labour in form of skills, gender, age etc required by the employer.

With mechanized farming becoming popular such as tractors etc few people are required on the farm

Illiteracy of those who migrate from rural areas

Factors affecting population

1. Topography
2. Climate
3. Infrastructure and facilities
4. Resources
5. Politics

FACTORS	LOCATIONS			
	Punjab and Sindh Plains	Balochistan Plateau and Northern Mountains	Indus Delta	Thar Desert
Topography and Drainage	<ul style="list-style-type: none"> Flat plains with no steep slopes 	<ul style="list-style-type: none"> Steep slopes with deep narrow valleys 	<ul style="list-style-type: none"> Marshy area with few flat areas Land is swampy 	<ul style="list-style-type: none"> Sand dunes are present along with interdunal valleys
Water supply and other resources	<ul style="list-style-type: none"> Ample water is available throughout the year from a network of rivers and canals 	<ul style="list-style-type: none"> Water is only available during the rainy season (Balochistan Plateau) Water is available throughout the year (Northern Mountains), although sometimes rivers may be frozen 	<ul style="list-style-type: none"> Water is salty and polluted due to industrial waste Groundwater is not fit for crop growth 	<ul style="list-style-type: none"> Water table lies too deep. Suitable water is only available during the rainy season

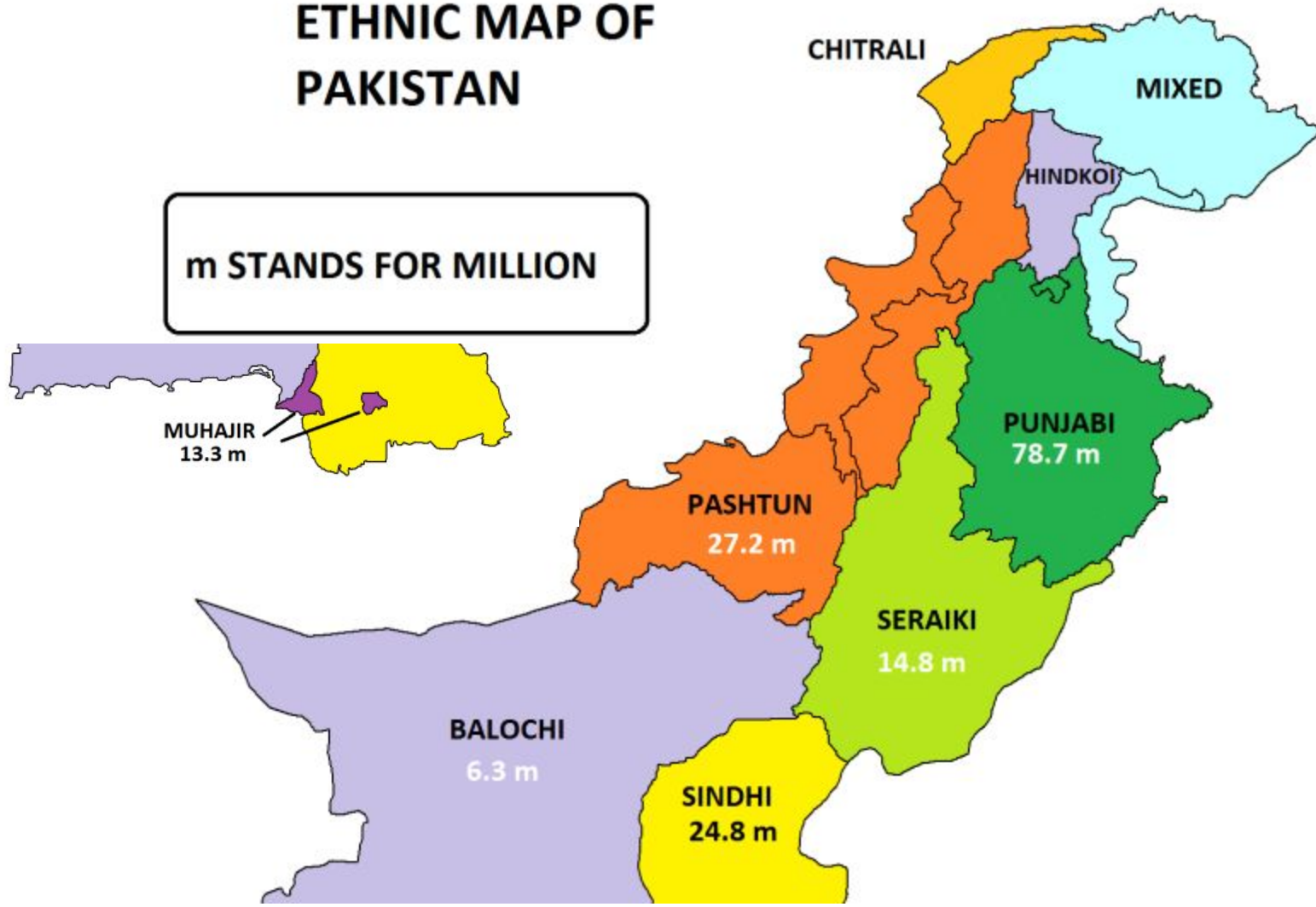
Infrastructure

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|---|--|---|--|
| <ul style="list-style-type: none">• Large numbers of factories provide employment to millions of people• Gas, water and electricity supply is available to both homes and industry• Roads, railways and airports are present for transporting people, raw materials and products• Good health and education facilities | <ul style="list-style-type: none">• Gas, water and electricity supplies are only limited to some populated areas. Thus the number of industries is low• Road, railway and air network are limited due to the harshness of terrain and the building costs.• Less number of healthcare and educational facilities. | <ul style="list-style-type: none">• Gas, water and electricity supplies are only limited to some populated areas• Road, railway and air network is limited due to the semi-inundated terrain (no firm foundation). | <ul style="list-style-type: none">• Gas, water and electricity supplies are almost non-existent• Road, railway and air network is almost non-existent too• Few schools and hospitals |
|---|--|---|--|

Climate

- | | | | |
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| <ul style="list-style-type: none">• Two main weather systems are present, thus bringing rainfall throughout most of the months of the year• Temperatures are bearable in winters, although in summers shade is a must | <ul style="list-style-type: none">• Northern mountains also have two main weather systems, which bring ample amount of rainfall throughout most months of the year. Balochistan Plateau is very much dry• Temperatures in both areas are low in winters (food can't be grown and needs to be stockpiled) and mild in summers.• Avalanches in northern areas can cause problems by disrupting trade and transport | <ul style="list-style-type: none">• Rainfall occurs during the monsoon season. Amount is low• Temperatures are moderate in summers and winters due to affect of the sea but humidity remains high | <ul style="list-style-type: none">• Low amount of rainfall occurs from the monsoons• Temperatures are very high in summers and bearable in winters. Sand storms blow in summer months and may cover crop areas (encroaching farming land) causing desertification |
|--|--|--|--|

ETHNIC MAP OF PAKISTAN



m STANDS FOR MILLION

MUHAJIR
13.3 m

CHITRALI

MIXED

HINDKOI

PUNJABI
78.7 m

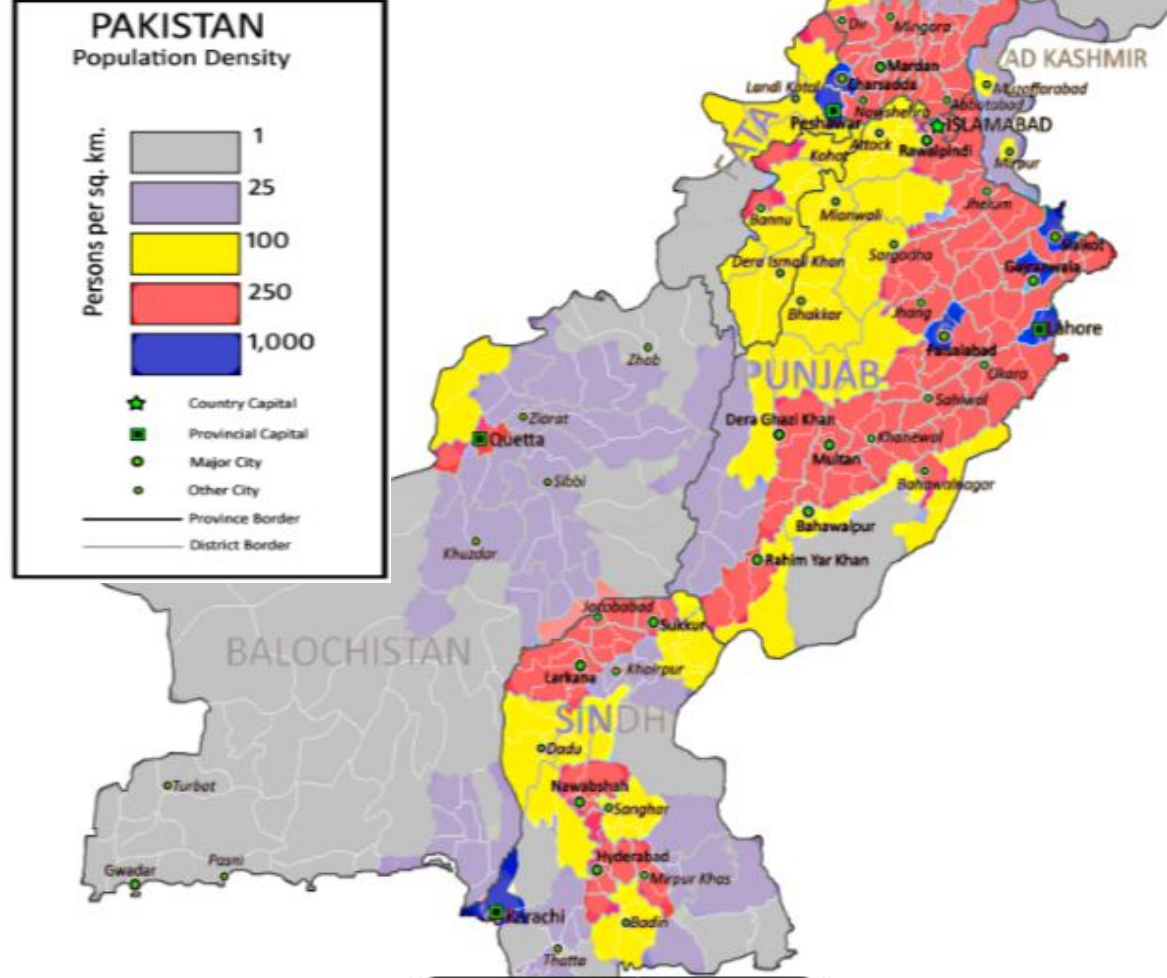
PASHTUN
27.2 m

SERAIKI
14.8 m

BALOCHI
6.3 m

SINDHI
24.8 m

Population density



1000 people per sq km

The densest districts are Karachi, Lahore, Faisalabad, Gujranwala, Sialkot, Peshawar and Charsadda. In Punjab there are 4 densest districts, then Khyber-Pakhtunkhwa with two and one in Sindh. No region in Balochistan has a density of 1000 people per square kilometre

250 people per sq km

The districts are found mainly in Punjab in between the doabs which are east of Sindh Sagar doab. Some districts in northern and central Sindh also have this density. Capital territory and most parts of eastern Khyber Pakhtunkhwa also have many districts with same population density

100 people per sq km

The regions with 100 people per sq km are found mainly in western Punjab, central Sindh, western parts of both Khyber Pakhtunkhwa and Balochistan

25 people per sq km

The districts are mainly found in Balochistan either along the eastern Makran coast or near Quetta district. Other districts are in south-eastern Sindh and parts of Kashmir

1 person per sq km

The districts are found mainly in Balochistan (south west, centre and northwest). Other regions include parts of Gilgit-Baltistan and parts of the Tharparkar desert

Globalisation

Globalization is a term used to describe how trade and technology have made the world into a more connected and interdependent place. Globalization also captures in its scope the economic and social changes that have come about as a result.

globalization brings many advantages—including lower prices and higher standards of living

At present, the country is more a recipient of globalization than a participant. There is a need to shift the terms of engagement from passive to active involvement. Particular effort is needed to encourage foreign companies already present in Pakistan to integrate activities with their global operations.

Pakistan can take advantage of the growing private financial flows and integration with financial markets by maintaining an open trade policy, macro economic stability, and a conducive environment for foreign investment flows. Globalization can contribute much to poverty reduction both directly and by accelerating growth

Globalization is like making the whole world a smaller place by connecting people, businesses, and cultures from all over. It's when things like trade, communication, and travel happen on a global scale, making countries more interdependent and interconnected. It's like when you can enjoy food from different countries in your own neighborhood or when you can easily chat with someone on the other side of the world through the internet.

Globalisation in pakistan

1. **Economic Integration:** Pakistan's economy has become increasingly connected to the global market through trade agreements, foreign investment, and participation in international organizations like the **World Trade Organization (WTO)**.
2. **Cultural Exchange:** Globalization has led to the spread of Western culture and values in Pakistan through media, technology, and popular culture, influencing lifestyles, fashion, and entertainment.
3. **Technology Transfer:** Access to global technology and information has expanded in Pakistan, leading to advancements in sectors such as telecommunications, IT services, and digital commerce.
4. **Challenges and Opportunities:** While globalization has opened up opportunities for economic growth and development, it has also brought challenges such as economic inequality, cultural homogenization, and environmental degradation.
5. **Policy Responses:** Pakistan has implemented policies to leverage the benefits of globalization while mitigating its negative impacts, including trade liberalization, investment incentives, and efforts to preserve cultural identity and social cohesion. (Pakistan tries to benefit from globalization while protecting its culture and people through policies and rules.)