

OVERPOPULATION: Is It Good or Bad???



Sankar Chakraborty

Student, M.Sc., 2nd Year
Department of Environmental Science
Asutosh College
sankar2001chak@gmail.com

Overpopulation can be defined as an undesirable condition where the existing human population on the earth exceeds the actual carrying capacity of this planet. Over the past fifty years, the growth of the population on this planet has boomed by a considerable level and it has now turned into overpopulation. The birth and death rates are no longer able to balance each other. Studies reveal that developing countries experience more trouble due to overpopulation as compared to developed countries. As the governments fail to take adequate measures for population control, it keeps on multiplying the count of people living within an area. Overpopulation can be caused by various reasons and it affects the overall quality of life of every person.

❖ Causes of overpopulation

- Lack of women's education and early age marriage are the main reasons. The high rate of illiteracy of women also causes population growth as they are unaware of the birth control methods.
- The lifespan of people has increased by a considerable level. The new medical treatment facilities are increasing the life expectancy of people nowadays.
- The lack of awareness about family planning among the people increases the birth rate rapidly. Moreover, the birth rate has increased than the death rate.
- Poverty is also a reason for the overpopulation. Several poor people think of their child as an asset who earns to support

their family income at an early age.

- Several families demand a male child that leads to an increase in the birth rate.

❖ Impacts of overpopulation

- The overpopulation impacts the natural resources and the social and economic development of the country.
- It increases the unemployment problem as the demand for jobs also increases with increase in population. The rise in unemployment gives rise to crimes such as theft, robbery, kidnapping etc.
- Overpopulation also adversely affects the availability of good food, healthy living conditions, better sanitation facilities and nutrition for every person.
- Due to overpopulation, there is overuse of coal, oil and natural gas, which has started imposing harmful effects on our environment. Moreover, the exponential rise in the number of vehicles and industries has badly affected the quality of air.



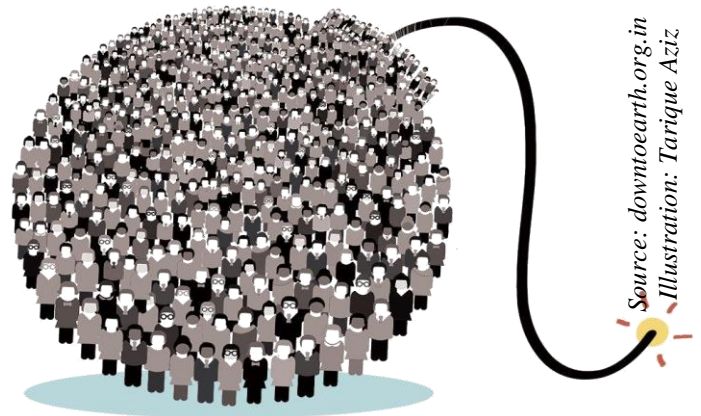
Source: Aljazeera.com
[Rafiq Magbool/AP Photo]

- As the difference between demand and supply continues to expand due to over. Population, it raises the prices of various essential goods like food, shelter and healthcare. This means that people have to pay more to survive.

The impact of overpopulation on the world's wildlife is severe. As demand for land grows, the destruction of natural habitat such as forests become common.

❖ Prevention of overpopulation

- Raising awareness among people regarding family planning and letting them know about harmful after-effects of overpopulation can help curb population growth.
- By organizing family planning and safe motherhood programs in primary healthcare systems.
- Restricting child marriage and raising the legal age of marriage to minimum 21 years.
- By making population and environmental



Source: downtoearth.org.in
Illustration: Tarique Aziz

- issues and sex education part of the basic educational curriculum.
- By giving tax breaks to families with a low count of children will encourage a lower count of births.
- In order to reduce the adverse impacts of overpopulation, mitigation measures such as spreading awareness and education about overpopulation, executing birth control measures and regulations, providing access to birth control devices to everyone and family planning counselling must be taken.