

## **POPULATION WELFARE**

### **OBJECTIVES**

The course is designed to help the students to understand that social work has a significant responsibility to contribute to population planning activities. It is further to help the students to recognize that the problem of population planning requires entire professional activity or approach.

### **CONTENTS**

#### **Mid Term**

1. Definition, meaning and elaboration of family planning, population planning and population welfare.
2. Importance of population welfare as a discipline for social workers
3. Historical background of population planning in Pakistan
4. Population structure and characteristics including;
  - a. Age and sex
  - b. Gender and marital status
  - c. Educational status
  - d. Ethnic and religious composition
  - e. Occupation/economic condition
  - f. Urban-rural
5. Religious perspectives about population Welfare
6. Population welfare policies with special reference to Pakistan

#### **Final Term**

7. Factors affecting population welfare including;
  - a. Birth rate
  - b. Death rate
  - c. Growth rate
  - d. Fertility
  - e. Mortality
  - f. Migration
  - g. Natural and man-made calamities
  - h. Cultural patterns
8. Theories of population including;
  - a. Malthus Theory
  - b. Demographic Transition Theory
9. Over population and under-population as social problem
10. Traditional and modern contraceptive methods
- 11 Approaches to population control
12. Role of Professional Social Work practitioner in population welfare

## RECOMMENDED READINGS

1. Ahmed, S. (2003). *Muslim attitude Towards Family Planning*. New Dehli: Sarup& Sons.
2. Bell, M. M. (2007). *Barriers in the Provision of Family Information from Social Workers to Their Clients (PhD Thesis)*. Ann Arbro: ProQuest.
3. Coontz, S. (2013). *Population Theories and their Economic Interpretation*. Oxon: Routledge.
4. Daugherty, H. G. (1995). *An Introduction to Population*. New York: Guilford Press.
5. Iqbal, M. A. K. (1985). *The Population Welfare Programme in Pakistan*. Islamabad: National Institute of Population Studies.
6. Jones, G. W. & Karim, M. S. (2005). *Islam, the State and Population*. London: C. Hurst & Co. Publishers.
7. Lundquist, J. H. Anderton, D. L. & Yaukey, D. (2014). *Demography: The Study of Human Population*. Long Grove: Waveland Press.
8. Ministry of Population Welfare (1993). *8th 5 Year Plan: Population Welfare Programme 1993-98*. Islamabad: Ministry of Population Welfare.
9. Namboodiri, K. (2013). *A Primer of Population Dynamics*. New York: Springer Science & Business Media.
10. Omran, A. (2012). *Family Planning in the Legacy of Islam*. New York: Routledge.
11. Rehman, A. (1994). *Involvement of NGOs in Population Welfare Programme of Pakistan*.
12. Sharma, A. K. (2012). *Population and Society*. New Dehli: Concept Publishing Company.
13. Sharma, R. K. (2004). *Demography and Population Problems*. New Dehli: Atlantic Publishers & Dist.
14. Zastrow, C. (2009). *Introduction to Social Work and Social Welfare: Empowering People*. Belmont: Cengage Learning