

Basic Concepts in Population Planning

Demography

Simply the term can be defined as the scientific study of population is called demography. Expanding the definition, it can be stated that the study of both quantitative and qualitative aspects of human population. Quantitative aspects include composition, density, distribution, growth, movement, size, and structure of the population. Qualitative aspects are the sociological factors such as education quality, crime, development, diet and nutrition, race, social class, wealth, wellbeing.

Family Planning

A health service that helps couples decide whether to have children, and if so, when and how many. A system of limiting family size and the frequency of childbearing by the appropriate use of contraceptive techniques/

A method for controlling the population growth by controlling the timing, spacing and number of children.

Over Population

The condition of having a population so dense as to cause environmental deterioration, an impaired quality of life, in other words it can be explained as If a country or city, etc. is overpopulated, it has too many people for the amount of food, materials, and space available there.

Birth Limiting: Refers to when men or women have completed their family size and do not plan to have any more pregnancies.

Birth Spacing: Refers to when men or women have not yet completed their family size but desire to postpone their next birth.

Population Explosion

The rapid increase in numbers of a particular species, especially in the world's human population, attributed to an accelerating birthrate, a decrease in infant mortality, and an increase in life expectancy.

Population Density

The number of people living per unit of an area (e.g. per square mile); the number of people relative to the space occupied by them.

Population Growth Rate (PGR):

The net change in population after adding births, subtracting deaths and either adding or subtracting net migration

Population Growth Rate (PGR) = Births - Deaths + - Net Migration

Zero population Growth

A situation in which population is not changing in size from year to year, as a result of the combination of births, deaths and migration.

Urbanization

The process by which an increasing proportion of population lives in cities/ The concentration of population in urban areas is called urbanization.

Population Census

An official enumeration of an entire population, usually with data as to age, sex, occupation and other population characteristics

Fertility

Fertility is the natural capability to produce children and lack of fertility is known as infertility.

Fertility Rate

The number of children that average women bears is called fertility rate.

Mortality

The number of deaths in particular period of time in a given population

Mortality Rate

A mortality rate is the number of deaths during a particular period of time among a particular type or group of people

Infant Mortality

The death of children before reaching their first birthday/Death during first year of life is called infant mortality.

Migration

The movement of a person from one geographical location to another one with the intention of permanent residence there/ The process of permanently changing residence from one location to other.

Emigration

The process in which one person leaves one geographical location with the intention of changing residence to any other place

Immigration

The process in which a person joins one geographical location with the intention of residence.

In- Migration

The movement into different regions of the same country or territory

Out- Migration

The movement of a person from one country or territory to another one

Net Migration

The difference between immigration into and emigration from the area during the year (net migration is therefore negative when the number of emigrants exceeds the number of immigrants).

Life Span

The longest period over which the life of any organism or species may extend, according to the available biological knowledge concerning it.

Life Expectancy

the length of time that a living thing, especially a human being, is likely to live/ The average no. of years that a person can expect to live from birth

Dependency Ratio

The proportion of population of non-working age (Generally less than 15 years and above 65 Years) in a population

Total Fertility Rate (TFR)

The average number of children that would be born alive to a woman (or group of women) during her lifetime if she were to pass through her childbearing years conforming to the age-specific fertility rates of a given year. This rate is sometimes stated as the number of children women are having today.

Unmet Need

Unmet need for family planning is defined as the percentage of women who do not want to become pregnant but are not using contraception.

History of Population Welfare in Pakistan

Population growth in Pakistan has shown continued increase since the 1940s due to reduced mortality and persistent high birth rates. The country's population grew from nearly 33 million in 1947 to about 120 million to date—an increase of almost six times since the year of independence. Continued rapid growth in population has ranked Pakistan sixth in world and the third biggest contributor to world population growth. With a very young age structure, and a large number of people about to enter the reproductive years, the population has the potential to grow rapidly in the near future, even though fertility is expected to fall substantially. The **Population Welfare Programme** is a social development activity aimed at reducing population growth rate which is a necessity for developing countries like Pakistan.

The First Decade (1950-1959) The Programme was launched independently in 1953 through an NGO, the Family Planning Association of Pakistan, and focused on advocating and facilitating small family norms. According to the 1951 census, the population of Pakistan was 75 million, with 33.7 million residing in West Pakistan and 42 million residing in East Pakistan with every married woman bearing around 6-7 children. Three years later, as part of the first 5-year plan (1955-60), the government offered a small financial assistance to the Family Planning Association to establish clinics in selected cities for providing family planning services. In 1958, it was realized that an active family planning program was the need of the moment.

The Second Decade (1960-1969) The second 5-year Plan (1960-65) was proposed for 20 years, after which sufficient awareness, motivation, and resources were anticipated to ensure continuing family planning without increased government support. It was primarily designed to influence social attitudes and practice in favour of family planning. Because of the limited reach of the Family Planning Association of Pakistan to cover population on a large scale, family planning services were initially provided through the outlets of the Health Department. To oversee these activities, small independent units were established in the Ministry of Health and Provincial Health Departments. The social research projects were initiated through donors as a support activity. At the end of 1964, there were 1589 family planning clinics functioning within the setup of health dispensaries, hospitals and maternal care centers. On the basis of a national study, the

government endorsed use of the IUCD for women as a major method for future use in its national program. In 1964, an evaluation revealed that the services were not reaching the target population through the health outlets as these were overburdened with the existing health needs of the people. In 1965 an autonomous body — the **Family Planning Council** — was created under the Ministry of Health and Social Welfare to exclusively launch family planning activities that would have a wider area of coverage and more autonomy in operation. Furthermore, the **National Board of Family Planning** was formed to Advise Government Policies. The Council was later renamed as the **Population Planning Council**.

Later in March 1968 a separate **Administrative Division** was created, mass scale information, education and communication (IEC) activities were launched, and a service delivery network was established with a target of providing family planning services to 20 million couples in the country. In spite of 19 years of organized family planning efforts, supported by 14 years of active official support the results of the 1968-69 National Impact Survey highlighted the dismal performance of the Programme where only 6 percent of eligible couples were reported to be using contraceptives. However, success was noted in the spread of contraceptive knowledge as majority of married women were reported to have the knowledge of at least one method of family planning.

The Third Decade (1970-1979) It was presumed that by 1970, about 18 percent of married women would be practicing contraception and this rate was expected to go up by 34 percent by the end of 1975. In late December 1971, the population was estimated at 65.2 million. The period between 1970 and 1978 was in fact, marked by the non-existence of a plan formulated specifically for Pakistan after the separation of East Pakistan from the country in 1971. In 1977, after the change in political set up in the country, the program met with severe criticism from the political and religious leaders, which led to the suspension of all program activities until 1979. The shutdown of activities effected the functioning of the program adversely. By 1975, it was revealed that the CPR was as low as 5.2 percent.

The Fourth Decade (1980-1989) In 1980 the Population Division, formerly under the direction of a minister of state, was renamed the Population Welfare Division and transferred to the Ministry of Planning and Economic Development. This agency was

charged with the delivery of both family planning services and maternal and child health care. Community participation had finally become a cornerstone of the government's policy, and it was hoped that contraceptive use would rise dramatically. The population by 1980 had exceeded 84 million. The process of organizational changes continued and the field activities and provision of services were transferred to the provincial governments, while finance and policy making was left with the federal government. The Pakistan Demographic Survey (PDS) of 1984-87 estimates indicated the crude birth rate at 43.3 per thousand and the total fertility rate (TFR) at 6.9 children per women. During this period The National Institute of Population Studies (NIPS) was established and the role of nongovernmental organizations (NGOs) was institutionalized through the NGO Coordination Council (NGOCC). However, largely, the programme withered during this time due to reluctance of its leaders to provide strong support.

The Fifth Decade (1990-1999) With the end of the Zia regime in 1989, the population program saw strong political support from the highest levels and during the 1990s, the governments strong and explicit support to family planning program gave it a turning point. On 27th of June 1990 the Ministry of Population Welfare was created to look after the affairs of Population Welfare. The Federal Government was responsible for the overall execution and entire funding of the Population Welfare Program through this Ministry. An Inter-Ministerial Committee consisting of Ministers for Planning and Development, Education, Health, Information and Population Welfare was set up for effective implementation of Population Welfare Programme. Pakistan became a signatory to the ICPD plan of action and therefore the Reproductive Health Package was introduced to target population through the department. For expanding coverage a new infrastructure of village based family planning workers was created to take the services to the door steps of the people.

The Sixth Decade (2000-2009) In 2001 an Ordinance on "Transfer of Population Welfare Program (Field Activities) (Amendment) Ordinance, 2001" was promulgated, inter-alia, declaring all Population Program employees as civil servants of the respective Provincial Governments. **The Population Policy of Pakistan was launched in July 2002** with the vision to achieve population stabilization by 2020 through the expeditious completion of the demographic transition that entails decline both in fertility and

mortality rates. During 2004, the Standing Committee of the National Assembly desired that service delivery points of the Population Welfare Program have ISO Certification so that their QOC would be recognized as per international standards and protocols. The programs countrywide network of outlets is mandated to deliver FP services, keeping special focus on QOC. The MOPW is the first ever public sector organization to have (ISO) 9001:2000 Certification for its service delivery outlets, through the United Registrars of Systems (URS), UK.

The Seventh Decade (2010- Present) In 2010 as a consequence of the 18th amendment in the constitution, the Ministry of Population Welfare ceased to exist and its functions were devolved to the provinces under Population Welfare Departments. The Secretariat of the Provincial Population Welfare Department Punjab is headed by an Administrative Secretary and funded from the Provincial budget. On the other hand, the Provincial Directorate is a federally funded programme, being funded through the Federal PSDP. It is headed by Director General and implemented in the field through 34 District and 117 Tehsil Population Welfare Offices, which in turn ensure quality service delivery through 119 Family Health Clinics (previously Reproductive Health Services Centers), 1500 Family Welfare Centers, 117 Mobile Service Units, 1665 Male Mobilizers, and 54 RHS B Centers. The total sanctioned strength of employees, ranging from BS 1-20, of the Department, is 10635.

Causes of Higher Population Growth in Pakistan

There are many causes of higher population growth in Pakistan. When it came into existence, it was 13th most populous country of the world with 34 million population, but now it is 6th most populous country with 170 million population. A number of factors have contributed towards this rapid growth of population, mainly they are following.

1-Control over Infant Mortality.

In the modern age, with the invention of latest treatment methods and availability of these facilities has reduced infant mortality. Now more maternity centers, children clinics, midwives and trained Dias are available for treatment. Now a days new caring and rearing of children are being adopted by the children. Moreover general health education has also increased. All these factors have helped in decreasing infant mortality.

2-Introduction of Modern Medicines

Introduction of modern medicines have decreased mortality, and hence a factor contributing towards higher increase in population. Now there are patent medicines for various diseases which were previously considered incurable. The insecticides have also helped a lot in decreasing the death rate and indirectly affected the natural increase in population.

3-Religious Teachings & Leaders

One of the basic reasons of such a higher rate of population growth is opposition of and hurdles in the implementation of family planning programme from religious leaders. There are certain hadiths which support religious leaders and they are very much influential in masses. They preach that family planning methods are unislamic and unlawful according to teachings of Islam. They are of the view that family planning methods are conspiracy against Muslim Ummah to decrease their no. in world. Some of the religious leaders are say that over population is not problem, it is only due to inequitable distribution of the wealth, So there will be no need to plan the population when there will be equal distribution of wealth.

4-Illiteracy

Illiteracy of the masses and especially among the women folk is also a cause of high population. Our masses are unable to understand the family planning programme and its objectives.

5-Absence of Planned Parenthood

There is least aspiration for higher living standard and general contentment of masses also adversely affects the idea of Planned Parenthood. The masses are fatalist and have firm belief that whatever has been written in their fate could not be changed by the efforts of human beings. They hate and discourage the idea to achieve higher living standard at the cost of small number of children

6-Factions and Feuds

In most of the rural areas due to the faction and feuds, large family is regarded as a matter of prestige and power. A family with large number of males is feared and respected in rural areas.

7-Geographical Environment

Geographical environment also plays significant role in giving stimuli to the high birth rate. The climate of Pakistan is hot and pleasant which is quite favorable for high rate of fertility.

8-Desire for a Male Child

In our society, the urge for a male child, is generally a felt need. So the parents of the female children go on giving birth to a large no. of children in the hope of a male child. Such attitude has worsened the situation.

9- Better Sanitation.

With the overall development in material culture, the standard of sanitation and general cleanliness standard has improved. There are proper arrangements of the water supply for drinking and efficient drainage system in urban areas. At different socio-economic and cultural gathering, there are arrangements for vaccination such and other preventive measures by different government and private agencies which help in decreasing the rate of diseases. Health and Health Education Department are playing their role in curing and preventing different fatal diseases.

10- Control over Natural and other Calamities.

In the past, floods, wars, famine and epidemics were natural checks on population growth which have now been controlled to great extent. Obviously, control over natural calamities has resulted in saving the lives of many people. Now-a-days, with the development of natural sciences and modern transportation and communication

systems, natural calamities can be anticipated well in time and suitable steps can be taken for safety.

11-Lack of Awareness about Family Planning Programme.

Although Family Planning Programme in Pakistan started soon after it's coming into existence, yet it failed to properly project it into masses and make a clear image in the public as despite 50 years of its existence, still there are many misconceptions and misunderstandings in the public.

12- Philosophical Myths

There are certain philosophical myths that are against Family Planning Programme. Many of the people are of the view that man is above all other creation and he should not be used as a means to other ends. Secondly, he should not be denied of the enjoyments and luxuries through contraceptive methods and other practices such as late marriage etc. this type of support has lead to rapid growth of population.

13- Political Power

Some people believe that the greater no. of people are associated with manpower in a country, so they don't bother about high birth rate

Effects of Over Population on Economy

1. Low Per Capital Income

The population growth reduces per capita income of the people because national income is divided by a big size of population. Per capital income of Pakistan is \$ 1254 during 2010-11.

2. Unemployment, Under-employment and Disguised unemployment

It is impossible to provide jobs to such highly growing population in Pakistan. It results in unemployment, under-employment and disguised unemployment. Rate of unemployment in Pakistan is 5.6%.

3. Low Growth of Agriculture Sector

Very fast growth rate of population is a pressure on land. It caused to use of agricultural products at domestic level, increase in the landless workers and shortage of food. Growth rate of agriculture sector is 1.2%.

4. Low Saving and Low Investment

The rapidly increasing population increases the expenditure of government. It reduces the saving and investment. Low level of saving & investment means economic backwardness. Domestic savings are 9.5% of GDP and total investment is 13.4% of GDP during 2010-11.

5. High Rate of Inflation

There is more demand for goods due to more population. More demand results in more prices and inflation in the country. Rate of inflation is 14.1 % in Pakistan.

6. Pollution

There is not any effective system to control the pollution. Capitalists install industries with billion dollars of resources but do not install treatment plants of million rupees. The rapid growth of population creates pollution, unplanned colonies and environment problems.

7. Backward Social Infrastructure

Rapidly growing population creates economic and social problems such as housing, education, health, transport, water, power etc.

8. Vicious Circle of Poverty

Very high rate of population growth lowers the per capita income, which caused in low saving and low investment that result in low rate of capital formation. All this form the vicious circle of poverty.

9. Low Living Standard

Rising population cannot be provided the basic facilities of life in developing countries like Pakistan. So, rising population means low living standard. About 21 % population is living below poverty line.

10. Adverse Balance of Payment

Over populated nation has to import various items to support a huge population. On the other hand their export decreases. Due to over population our balance of payment is unfavorable in case of Pakistan. At present value of deficit in balance of payment is \$ 8.3 billion.

11. Reduction in Wage Rate

High growth rate of population is caused in more labour force and unemployment. There is absence of skill and training that leads to low wage rate.

2. Increase in Dependence Ratio

Rapid rise in population growth increases the dependency ratio of unemployed population to employed population. Labour force is 54.92 million of the population in Pakistan and remaining population is depending upon them.

Measures to Control Over Population

Following measures are suggested by the people and experts to check the rapidly raising population:

1. **Control on Birth Rate**

The high birth rate i. e., 2.1% should be discouraged to reduce the population size. Effective and successful family planning should be introduced.

2. **Use of Medicines**

More contraceptive medicines should be introduced to people. By using these medicines; people will control the birth rate.

3. **Trend of Late Marriages**

Marriages should take place in late age to control the rapidly rising population. It will be helpful to control the over population.

4. **Availability of Health Centers**

Government should open the health clinics in all the regions of the country. These clinics will be useful for reducing the high birth rate.

5. **High Literacy Rate**

Government should provide the more educational facilities to the backward population. This will provide the true picture of the economy, resources and population growth rate. Literacy rate is 57.7% in Pakistan.

6. **Women Employment**

Only 29 % women take an active part in the economic activities in Pakistan. They live full time at home and have no opportunity cost to have a baby.

7. **Family Planning**

Government should introduce the family planning to the population to control the high growth rate of population.

8. **Increase in Employment**

More employment opportunities must be provided to the young, talented, trained and educated population. It will be helpful to decrease the fast birth rate.

9. **Provision of Credit Facilities**

Government should provide the easy credit facilities to population to adjust the existing population in economic activities. It will lead to reduce the population explosion.

10. Growth of Small Scale and Cottage Industries

Growth and development of small-scale and cottage industries is also necessary to reduce the pressure on land. It will provide more jobs to men and also to women.

Conclusion:

High growth rate of population creates unfavorable effects on the economic development in the developing countries like Pakistan. High rate of population growth in Pakistan means poverty, illiteracy, low living standard, absence of prosperity and vicious circle of poverty.

Effects of Over Population on Economy

The economists have co-related the standard of living with the size of population. All the problems prevailing in our society whether political, ethical, educational or even ecological are coloured by population factor. All the efforts and strategies will undermine if population will be growing faster than the economic growth. Population growth and Economic growth are inter-related and interlinked with each other. Following are adverse effects of overpopulation on the economy.

1- Unemployment

If population of a given country is increasing rapidly and economy is not keeping pace with it, then definitely there will be unemployment in the large scale. Unemployed people are burden over the economy on two grounds, first they are dependent on others, and they can't earn their living and become the part of dependent ratio of the population. Secondly, if they have been given employment their energies are channelized and their potentials are explored, and they contribute positively towards the economy and country. Another factor that is last but not least is that if there will be massive unemployment in any country, crime rate will increase and the governments already with the poor economy needs to spend much budget on crime control, hence another burden on economy.

2-Poverty

Some of the economists are of the view that poverty is the result of over population. Poverty has been defined differently by different experts on the subject. Some experts say that if a person is earning less than one US Dollar, he is extreme poor. If someone if someone is earning more than one but less than two dollar in a day, he is considered as living below the poverty line. Keeping in view, all these definitions, it can be stated that a country with a developing economy will definitely face poverty in the massive level. It is clear that most countries of the world with over population are economically poor, because according to Malthus, Populatipon increases in arithmetic way and resources increases in geometric way, so as a result of unchecked and rapid increase in the population adversely effects the economy of the country.

3-Inflation

When population of any country goes unchecked and all the required goods are not being manufactured according to the demand and consequently that item will be available at higher prices when the quality and quantity remains the same but the prices go higher, this situation is called inflation. In the context of Pakistan, we can see that a huge increase in the inflation rate is due to rapidly increasing population.

4-Upset in the Supply Demand Relation

When manufacturing capacity of a country remains the same, while due to increase in rapidly growing population demand increases, then supply and demand relationship gets disturbed, every new individual needs food, health facilities, clothing, shelter and other necessities of life. But if the productivity is not being increased with the same pace, then demand will increase and existing supply will not meet the requirements, this results in so many other problems.

5- Over Exploitation of Natural Resources

All the natural resources and carrying capacity of this earth is limited and can support only a limited number of human being, but if population increases gigantically, then ultimately one day natural resources such as mines, water, metals, petroleum, forests and mountains etc will come to an end, if we want to preserve something for the coming generations, we must control our population, so that depletion of natural resources may be avoided.

6-Low per Capita Income

As a result of increasing population, per capita income of the country goes low. In the context of under developing countries, we can see that they have very low per-capita income as compared to developed countries which have controlled population. Pakistan has 650 US Dollar per person per annum as compared to USA which has 25,000 US dollar per person per year.

7-Foreign Debts

To provide basic needs and necessities to its entire population is impossible for a country having poor economy and rapidly growing population. Definitely, then it will be inevitable for a country to depend on foreign loans and debts to run its economy. After

sometimes, the country must repay principal amount as well as interest and it will add to its socio-economic problems.

8- Increase in the import and decrease in the export

If population of any country is growing unchecked and rapidly and manufacturing of different goods is not increasing, then all produced goods will be consumed locally and instead of exporting different things, there will be needed to import so many things for its population.

9-Shortage of Food

Now a days, the whole world is facing food crises because past century or so has witnessed a huge increase in population on the planet earth, Millions of people are suffering from malnutrition in different regions of the world. When our cultivating land will not increase, while there will be permanent increase in demand of food, then resultantly there will be shortage of food.

10- Low Saving

If the population of any country is growing faster than its economic activities, then there will be no savings and low savings are very important to accelerate economic activities. When the no. of individual will increase, there will be more expenditures and no savings and hence no capital to establish new industries and other economic activities and it adversely affects the economy of any country.

Why Population Programme of Pakistan failed to achieve its Objectives?

Following are the Factors that have contributed towards failure of Family Planning Programme in Pakistan

1- Male Dominant Society

In the Indo-Pak region of the world, decision making lies in the hands of male, A women has no or little role in the decision making of family matters. It is understood that bearing and rearing of the children is the sole responsibility of the women. Now if the girl wants late marriage, delay in the first pregnancy, spacing between successive children or in limited no. of children. She is totally dependent on his husband and other in-laws. If they will not permit, she can't do anything. Women in our society are economically dependent on their male partners, and they have secondary or no role in all decision making within the family or outside the family.

2-Lack of Incentives from Family Planning Programme

Family Planning programme of Pakistan offers no incentives for those couples who are practicing contraceptive methods, for example, In China, there is one-child policy and couples are offered incentives and concessions for the first baby and that baby is given free education, health and certain other facilities, but if that couple has second baby, all the incentives will be taken back and taxes will be imposed on them.

3-Perception of Low Status of Women in the Society.

We know that in our society, women have low prestige. If any women bear a male child, she is given much more respect and honour form family. So, in the search of a male child, sometimes a woman gives birth to so many children. As birth of a son is considered a symbol of honour and respect, so a woman with no male child will always pay a deaf ear to Family Planning and other birth control programmes.

4- Non-Availability of Family Planning Services

One of the basic reasons of the failure of this programme is non availability of family planning services for motivated couples. In Pakistan 98 percent of eligible couples are aware about contraceptive methods, but due to lack of services, only 36 percent are practicing such methods. According to Census 1998, 67.5 Percent of our population is living in rural areas and family planning services are mainly available in the urban areas. We have poor infrastructure to provide services to whole of our population.

5-Discontinuation of Population Policies by the Successive Govts.

If we overview the history of family planning programme in Pakistan, we will find that there was no consistency in population policies by successive Govts. Every new regime changed the population programme according to its own vision and adopted entirely different strategies to achieve the targets. A glance at the history of population planning programme will make it clear that no two successive governments have followed same policies and strategies regarding population planning programme. So, time and again change in policies and strategies resulted in wastage of time and resources and the programme couldn't achieve its objectives.

6-Lack of Support from Religious Leaders

One of the basic hurdles in the implementation of family planning programme is opposition and hurdles from religious leaders. There are certain hadiths which support religious leaders and they are very much influential in masses. They preach that family planning methods are un-Islamic and unlawful according to teachings of Islam. They are of the view that family planning methods are conspiracy against Muslim Ummah to decrease their no. in world. Some of the religious leaders are say that over population is not problem, it is only due to inequitable distribution of the wealth, so there will be no need to plan the population when there will be equal distribution of wealth.

7-Lack of Supervision, Guidance, Evaluation and Monitoring

In our population planning programme, there are no proper check and balance system. For the successful completion of any programme supervision and evaluation is very important. In our programme red tapism has also played adverse role. Another important factor is that our policy makers are from the elite classes and they do not know actual and factual position on grass root level. So, whenever such policies will be implemented, these will not achieve set targets because they were not need based.

8- Fatalism

Majority of our population is fatalist and they blindly believe that whatever is happening is from ALLAH and they have nothing to do with it. They strongly believe that "No one could avert the decree of fate". They don't believe that "A man makes his own fate" Birth of child is considered purely the will of ALLAH and they can't do something.

Need for New Trends and Behaviour regarding Family Planning Programme.

Before discussing need for new trends and behaviors regarding Family Planning, it is necessary to discuss existing ones.

- 1) Fatalism
- 2) Early age marriage
- 3) Preference of a male child
- 4) Poly gamy
- 5) Large family size
- 6) No spacing between children
- 7) Early first pregnancy.

Following new trends should be introduced and adopted.

1) Late Marriage

In our society, marriage at an early age is trend, As a result of this, when both male and female are at peak fertility time, they start producing children and this lasts till late forties, so they avail maximum time of fertile age. To replace this trend with the late marriages is the need of the hours, so that the number of the children per couple may be reduced.

2- Gender Equality

In our society, male baby is given much more preference over the female. Until and unless a couple has a male child, they continue to produce more and more children. A couple seeking for male child may produce a number of female children thus increasing the total number of children per women. This is also due to the fact that we have an agri-based economy, and there is need of manpower in form of male child. If we want to remove this concept, we should ensure gender equality. When there will be little difference between a boy and a girl regarding financial support to the parents and the social status of the parents having female children, people will pay little attention to have male issue.

3-Nuclear Family System

We have a trend of extended or joint family system in our society. With so many advantages, it has some disadvantages as well. One major negative aspect of this joint family system is that member of the family don't bother about their job and earning.

So they don't think about the expenses of their children, so there is a need to introduce nuclear family system in which parents will manage to produce children according to their available resources and by this way, number of children per women may be limited to 2 to 3 children, which is objective of Family Planning Programme.

4-spacing between children

In our society, there is no trend of spacing between the children and every year there is addition of another child in total members of family, so such couple produces maximum children in their fertile age. This trend should be replaced with the spacing between successive children through use of different natural and artificial contraceptives.

5-Late First Pregnancy

Our existing trend is that after the first year of marriage, married couple bears a child. There is no concept of delaying first pregnancy. For the reduction of population, we should introduce first late pregnancy.

6-Monogamy

In Islamic societies, there is trend of polygamy and this way, the no. of children per male increases without keeping in view a balance between resources and children, so there is need to introduce monogamy so that population may be reduced.

7-Planned Parenthood

About 68 percent of our population is living in rural areas and there is no concept of Planned Parenthood. Our masses do not plan before bearing children that how many children, they may bring up properly.

Role of Social Worker in Population Planning

Social Work is profession with many faces and is not limited to one or two fields; it intervenes in all social aspects of human life and aims at bringing positive changes. All social problems are multidimensional and leave negative impacts on whole society. In Pakistan, population is increasing at a gigantic rate and all the efforts for development go waste. Almost all the problems are coloured directly or indirectly by over population. Our country is unable to adjust such a large no. of individual every year and our masses are compelled to live in miseries. Such odd circumstances call for the intervention of professional Social Workers who possess the knowledge and expertise to address this issue. Role of Social Worker is determined by the situation in which he gives his services, anyhow major role of in the field of population are as under.

1) Changing the Attitude of People (As a Motivator)

To change the attitude of people, social worker motivates the masses and plays his role as a motivator working in the different organizations. The focus of social worker is to convince and motivate people to practice family planning methods so that population may be controlled. Social Workers deploy different techniques to motivate the people according to situation.

2) Creating Awareness in Masses about Family Planning

One of the most important roles of social worker is to create awareness about the different methods of the population control. There are different techniques of raising awareness at individual, group, community and mass level.

3) Coordination Between Agencies Working on Population Planning

As a coordinator, the social worker coordinates among different agencies which are working on family planning programme. Basically, coordination means to work systematically or carry out the activities in logical sequence.

4) To Strengthen the Participation of Key Persons.

Social Workers are aware about the fact that key persons are opinion makers at local level and also role of influential persons in the field of social development in general and in population planning particularly. So he makes efforts to seek their support for fruitful results of this programme.

5) Clarification of doubts on the part of people.

Majority of our population is living in rural areas and is illiterate, so they don't possess the capability to analyze the facts. They blindly believe in whatever has been told to them. At times, they get doubts about new things, here the role of social worker is to remove the misunderstandings and clarify the doubts in the minds of the people.

5) To study the nature of the problem

Due to the population growth, many other problems prevail and become the cause of prosperity. So social workers working for the welfare of the people try to know the actual and factual causes and nature of the problem.

6) To serve as a member of a Team.

Social Workers mostly serve as a member of the team and sometimes as a team leader. While working within a team, social workers perform many jobs such as mobilizer, organizer, coordinator etc.

7) As an advocate

In our country, there is widespread misunderstanding on the part of masses and social workers serve as advocate for the family planning programme. Advocacy campaign is devised to build and sustain adoption of the small family norm. Awareness is raised about population and development issue by engaging change agents to communicate on the impact of runaway population growth on the lives of the individual, family and communities.

8) As a Trainer

Social work is a profession for those with a strong desire to help improve people's lives. Social workers assist people by helping them cope with issues in their everyday lives, deal with their relationships, and solve personal and family problems. Some social workers help clients who face a disability or a life-threatening disease or a social problem, such as inadequate housing, unemployment, or substance abuse. Social workers also assist families that have serious domestic conflicts, sometimes involving child or spousal abuse. Some social workers conduct research, advocate for improved services, engage in systems design or are involved in planning or policy development. Many social workers specialize in serving a particular population or working in a specific setting. *Child, family, and school social workers* provide social services and assistance to improve the social and psychological functioning of children and their families and to maximize the well-being of families and the academic functioning of children. They may assist single parents, arrange adoptions, or help find foster homes for neglected, abandoned, or abused children. Some specialize in services for senior citizens. These social workers may run support groups for the children of aging parents; advise elderly people or family members about housing, transportation, long-term care, and other services; and coordinate and

monitor these services. Through employee assistance programs, social workers may help people cope with job-related pressures or with personal problems that affect the quality of their work.

In schools, social workers often serve as the link between students' families and the school, working with parents, guardians, teachers, and other school officials to ensure students reach their academic and personal potential. In addition, they address problems such as misbehavior, truancy, and teenage pregnancy and advise teachers on how to cope with difficult students. Increasingly, school social workers teach workshops to entire classes.

Child, family, and school social workers may also be known as child welfare social workers, family services social workers, child protective services social workers, occupational social workers, or gerontology social workers. They often work for individual and family services agencies, schools, or State or local governments.

Medical and public health social workers provide psychosocial support to people, families, or vulnerable populations so they can cope with chronic, acute, or terminal illnesses, such as Alzheimer's disease, cancer, or AIDS. They also advise family caregivers, counsel patients, and help plan for patients' needs after discharge from hospitals. They may arrange for at-home services, such as meals-on-wheels or home care. Some work on interdisciplinary teams that evaluate certain kinds of patients—geriatric or organ transplant patients, for example. Medical and public health social workers may work for hospitals, nursing and personal care facilities, individual and family services agencies, or local governments.

Mental health and substance abuse social workers assess and treat individuals with mental illness or substance abuse problems, including abuse of alcohol, tobacco, or other drugs.

Such services include individual and group therapy, outreach, crisis intervention, social rehabilitation, and teaching skills needed for everyday living. They also may help plan for supportive services to ease clients' return to the community. Mental health and substance abuse social workers are likely to work in hospitals, substance abuse treatment centers, individual and family services agencies, or local governments. Other types of social workers include social work administrators, planners and policymakers, who develop and implement programs to address issues such as child abuse, homelessness, substance abuse, poverty, and violence. These workers research and analyze policies, programs, and regulations. They identify social problems and suggest legislative and other solutions. They may help raise funds or write grants to support these programs.

Work environment. Social workers usually spend most of their time in an office or residential facility, but they also may travel locally to visit clients, meet with service providers, or attend meetings. Some may meet with clients in one of several offices within a local area. Social work, while satisfying, can be challenging. Understaffing and large caseloads add to the pressure in some agencies. To tend to patient care or client needs, many hospitals and long-term care facilities employ social workers on teams with a broad mix of occupations, including clinical specialists, registered nurses, and health aides. Full-time social workers usually work a standard 40-hour week, but some occasionally work evenings and weekends to meet with clients, attend community meetings, and handle emergencies. Some work part time, particularly in voluntary nonprofit agencies.