

**UNRAVELING OVERPOPULATION IN PAKISTAN: THEMATIC
ANALYSIS ON THE EFFECTS OF OVERPOPULATION AND ROLE OF
MEDIA POLICY MAKERS IN THE AWARENESS OF OVERPOPULATION
IN PAKISTAN.**



UMT

Submitted By:

Kanza Ameer

S2022167001

Supervisor: Dr. Muhammad Jawed Aslam

Co-Supervisor: Muazzam Ali Khan

Department of Mass Communication School of Media & Communication

Studies (SMCS) University of Management and Technology, Lahore

2022-2024

**UNRAVELING OVERPOPULATION IN PAKISTAN: THEMATIC
ANALYSIS ON THE EFFECTS OF OVERPOPULATION AND ROLE OF
MEDIA POLICY MAKERS IN THE AWARENESS OF OVERPOPULATION
IN PAKISTAN.**



UMT

Submitted By:

Kanza Ameer

S2022167001

**Submitted in partial fulfillment of the requirements of the
Degree of MPhil in Media & Communication.**

Supervisor: Dr. Muhammad Jawed Aslam

Co-Supervisor: Muazzam Ali Khan

Department of Mass Communication School of Media & Communication

Studies (SMCS) University of Management and Technology, Lahore

2022-2024

DECLARATION

I, Ms. Kanza Ameer ID: 2022167001 Student of M.Phil. Media & Communication at University of Management and Technology, 2022-2024, hereby declare that the matter printed in the report title Unraveling overpopulation in Pakistan: Thematic analysis on the effects of overpopulation and role of media policy makers in the awareness of overpopulation in Pakistan. Is my own work and has not been printed, published and submitted as research work dissertation or publication in any form in any university, research institution etc. in Pakistan or abroad.

Signature of Deponent:

Dated: _____

PLAGARISM UNDERTAKING

I solemnly declare that research work presented in the dissertation titled **“Unraveling overpopulation in Pakistan: Thematic analysis on the effects of overpopulation and role of media policy makers in the awareness of overpopulation in Pakistan”** is solely my research work with no significant contribution from any other person. Small contribution or help wherever taken has been duly acknowledged and the complete dissertation has been written by me.

I understand the zero-tolerance policy of the HEC and University of Management & Technology towards plagiarism. Therefore, I as an Author of the above titled dissertation declare that no portion of my dissertation has been plagiarized and any material used as references properly referred or cited.

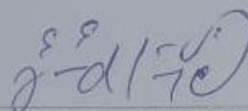
I undertake that if I am found guilty of any formal plagiarism in the above titled dissertation even after award of MPhil. Degree, the University reserves the rights to withdraw or revoke my MPhil. degree and that HEC and the University has the right to publish my name on the HEC/ University Website on which names of students are placed who submitted plagiarized dissertation

Kanza Ameer

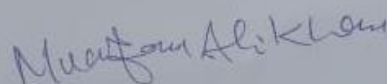
Dated:_____

CERTIFICATE OF APPROVAL**Certificate of Approval**

The thesis titled "Unravelling overpopulation in Pakistan: Thematic analysis on the effects of overpopulation and role of media policy makers in the awareness of overpopulation in Pakistan" (ID. No. S2022167001) has been accepted by The School of Media and Communication Studies, University of Management and Technology, Lahore in partial fulfillment of the requirements for the degree of M.Phil. in Media and Communication.



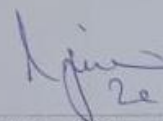
Dr. Muhammad Jawad Aslam
Principal Supervisor



Muazzam Ali Khan
Co-Supervisor



Dr. Atif Ashraf
External Examiner



Prof. Dr. Anjum Zia
Dean, SMCS

CERTIFICATE BY SUPERVISOR

I certify that I have read “**Unraveling overpopulation in Pakistan: Thematic analysis on the effects of overpopulation and role of media policy makers in the awareness of overpopulation in Pakistan**” by Kanza Ameer, and that in my opinion this work meets the criteria for approving a dissertation submitted in partial fulfillment of the requirements for the Master of Philosophy degree at the University of Management and Technology.

Supervisor: Dr. Mian Jawed

Co-Supervisor: Muazzam Ali Khan

SIMILARITY REPORT

University of Management and Technology, Lahore

Similarity Report

Turnitin Originality Report

Unraveling Overpopulation in Pakistan: Thematic Analysis on The Effects of Overpopulation and Role of Media Policy Makers in The Awareness of Overpopulation in Pakistan by Kanza Ameer

From Quick Submit (Quick Submit)

- Processed on 12-Sep-2024 13:51 PKT
- ID: 2451839960
- Word Count: 12690

Similarity Index

9%

Similarity by Source

Internet Sources:

8%

Publications:

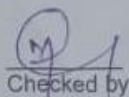
2%

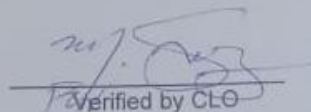
Student Papers:

4%

Sources:

1. 2% match (Internet from 06-Apr-2024)
<https://admin.umt.edu.pk/Media/Site/ila/SubSites/DLC/FileManager/NEW/Dissertation%20Guidelines.pdf>
2. 2% match (Internet from 12-Oct-2022)
<https://admin.umt.edu.pk/Media/Site/lrc/FileManager/Thesis/APA%2020-09-2021.pdf>


Checked by


Verified by CLO

Note:

- Sometimes the overall similarity index may be a smaller than the repository percentages combined. This would be due to overlapping text within the repositories.
- It is a system generated report.

THESIS VIVA VOICE EXAMINATION REPORT

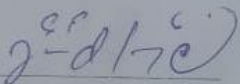


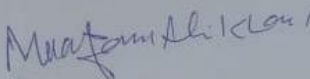
University of Management & Technology
School of Media and Communication Studies
Department of Media and Communication


Date: 01/10/2024

M.Phil. Media and Communication Thesis Viva Voce Examination of Kanza Ameer
{UMT ID. No. S2022167001}

The Viva Voce Examination of **Kanza Ameer** (UMT ID. No. S2022167001) for M.Phil. Degree in Media and Communication was held today at 12:00. After a brief presentation by the candidate, a question /answer session was held. The scholar answered the questions the internal and external examiners asked. Based on his satisfactory presentation and defense of the thesis, we declared the candidate passed and approved his thesis entitled "**Unravelling overpopulation in Pakistan: Thematic analysis on the effects of overpopulation and role of media policy makers in the awareness of overpopulation in Pakistan**" for the award of a degree M.Phil. in Media and Communication.


Dr. Muhammad Jawed Aslam
Principal Supervisor


Muazzam Ali Khan
Co-Supervisor


Dr. Atif Ashraf
External Examiner
Assistant Professor
FMCS, University of Central
Punjab


Prof. Dr. Anjum Zia
Dean,
School of Media and
Communication Studies,
University of Management
and Technology, Lahore.

ACKNOWLEDGMENT

First of all, I would like to thank the University of Management and Technology, Lahore and School of Media & Communication, UMT for giving me opportunity to conduct and complete this research project.

I was able to complete this thesis with the support of large number of people. First, among them is Prof. Dr. Mian Jawed, who supervised me in this project. Prof. Dr. Mian helped me in conceptualizing Overpopulation in Pakistan, explained to me the intricacies that I needed to target, suggested solutions to deal with the difficult population focusing on the aim of the project and much more. He was constantly a source of encouragement to make me work on this difficult time and helped me to comprehend the ground realities of Overpopulation in Pakistan. This research report would not have been accomplished without his wisdom and critical review on this project.

I would also like to pay my deep regards to Sir Muazzam Ali Khan, Co-Supervisor of this project who always gave discrete and constructive criticism to this project. He continuously provided the moral support that helped overcome the barriers in the project. He was always able to foresee the issues and challenges the project and researcher could experience and assured the completion of this research project.

I am also grateful to all the faculty and staff members of SMCS, UMT for bearing with me and listening to me during the different phases of the project from time to time.

Last but not the least, I would like to thank and appreciate all the Interviewees who are the major source of education in my project.

Kanza Ameer

SMCS, UMT

TABLE OF CONTENT

DECLARATION	ii
PLAGARISM UNDERTAKING	iii
CERTIFICATE OF APPROVAL.....	iv
CERTIFICATE BY SUPERVISOR	v
SIMILARITY REPORT	vi
THESIS VIVA VOICE EXAMINATION REPORT	vii
ACKNOWLEDGMENT.....	viii
TABLE OF CONTENT	ix
ABSTRACT.....	xi
Chapter – 1	1
Introduction.....	1
1.1 Importance of Topic	5
1.1.2 Resource management	5
1.1.3 Economic impact	5
1.1.4 Creating awareness	5
1.1.5 Environmental impact.....	5
1.1.6 Urbanization.....	5
1.1.7 Social Issues.....	5
1.2 Statement of the Problem	6
1.3 Objectives	6
1.4 Research Questions.....	6
Chapter 2:.....	7
Literature Review.....	7
2.1.1 Causes of Overpopulation.....	7
2.1.2 Role of Religion	9
2.1.3 Effects of Overpopulation.....	10
2.1.4 Role of Media in awareness	15
Chapter – 3.....	18
Methodology	18
3.1 Research Method	18
3.2 Data Collection	18

3.3 Data Transcription	18
3.4 Data Analysis.....	19
3.4.1 Familiarization with the Data:	19
3.4.2 Creating Initial Codes:	19
3.4.3 Finding Themes:	19
3.4.5 Examining Themes:	19
3.4.6 Defining Themes:.....	20
3.4.6 Writing Up:	20
3.5 Data Presentation.....	20
3.6 Ethical Considerations	20
Chapter – 4.....	21
Analysis and Discussion	21
4.1 Coding Sheet.....	21
4.2 Themes.....	25
Chapter - 5.....	36
Results and Findings	36
5.1 Findings	37
Chapter – 6 Conclusion and Recommendations	39
6.1 Conclusion	39
6.2 Recommendations.....	41
REFERENCES	43
LIST OF APPENDICES	46
Appendix A: Interviewee profiles.....	46
Appendix B: Documentary Script.....	47
Appendix C: Screenplay	51
Appendix D: Budget	53

ABSTRACT

Pakistan is considered 5th most populous country in the world. This drastic increase in population affects all the activities happening around us. Pakistan, being an underdeveloped nation where half of the population is illiterate creates diverse problems. The continuous growth in population can lead to several problems, affecting the environmental sustainability. This study examines the effects and causes of Overpopulation in Pakistan and identifies the role of Media in creating awareness and making policies for the awareness of this issue. With the help of interviews this research sheds lights on the societal strains created by overpopulation, it also discusses how religion can be a cause of overpopulation in Pakistan. The study investigates the myths regarding to family planning created by our society. The study includes suggestion and precarious measures, improving education and catering economic opportunities to mitigate the effects of Overpopulation.

Keywords: Overpopulation, Poverty, Fundamentalism, Religion, Social problems, Family planning's, Myths about religion, Policymakers, Media awareness, Media manipulation, Persuasion.

Chapter – 1

Introduction

The word 'Population' means the inhabitants of a particular area; it is derived from late Latin word 'populationem' which meant *a multitude or a people*. Overpopulation is a term referred to 'the rise of population to an extent which exceeds the capacity of ecological setting'. Overpopulation is a global issue that needs to be addressed urgently. With the rise of population globally, different challenges are arising. In the heart of South Asia, Pakistan has the persuasive issue of Overpopulation. With a population bursting to 240 million and counting, Pakistan is facing multiple consequences varying from agricultural resources, climate changes to poverty and malnutrition. Abid (2013) explained economic development factors like Population density, resources and infrastructure, economic impact and quality of life Pakistan is considered Overpopulated. With the rate we are growing its predicted that we will soon cross India. The aim of this study is to shed light on the causes and effects of Overpopulation in Pakistan and to investigate the role of media policy makers in awareness of this issue. This study will present the role of media in the coverage of these causes, and how much responsibility media is taking to portray this drastic issue. The purpose is to make the viewer's aware of this 'Bomb of Problems.'

Pakistan is a densely populated country where 90% of the population are Muslim. One of the main reasons why the concept of Family planning is still considered as a taboo in Pakistan is considered religious views. (Zia, 2008) narrated that due to unguided and improper implications of Islam around Pakistan people do not know what they are doing, most of them are blindly following their ancestors. According to Islam, planning your family is not an obstacle however there are some things that we need to keep in mind. Pakistan's literacy rate is 59.13 pc, due to this

lack of education and intellect we are facing this bomb of population.

One of the most prominent effects of Overpopulation is the depletion of Agricultural resources in Pakistan. United Nations Fund for Population Activities (UNFPA) talks about how increasing population is causing inappropriate farming practices which leads to reduced vegetation and soil erosion. Moreover, the process of urbanization in the previous years has increased rapidly. Abid & Muhammad (2022) discussed how increase in population can led to rapid urbanization and environmental degradation affecting agricultural output in Pakistan. In most developing countries with rapidly increasing population, globalization, and urbanization the biggest threat is loss of arable lands and soil fertility.

One of the primary reasons of Overpopulation is high fertility rates and declining mortality rates. Cultural factors, Religion and lack of availability of contraceptives increase family sizes. Cultural factors such as gender disparities, where norms mostly want men to be heirs can cause larger families.

Another major effect of Overpopulation is extreme weather changes over the past years in Pakistan. Pakistan is also expected to experience extreme weather conditions in the upcoming years. Between 1992 and 2021, according to the World Bank Group, climate disasters in Pakistan resulted in a total of US\$29.3 billion (about \$90 per person in the US) (about \$90 per person in the US) of economic losses from damage to property, crops, and livestock, equivalent to 11.1% of 2020 GDP. Now these are not just numbers, they also affect society in many ways. Pakistan faced a major flood in 2022 which caused loss of lives and around 8 million people (about half the population of New York) were displaced. Moreover, the changes in climate and weather are causing health problems like viral infections, malaria, and dengue. The change in climate also impact the quality of air and water in certain areas of

Pakistan. Lahore has been affected by Smog which is a mixture of fog and smoke. These climate changes have been growing rapidly and the root cause is Overpopulation.

Societal problems also take birth whenever we are referring to overpopulation. While our resources are in decline, society is also declining. According to World Bank in 2023, Pakistan's poverty has increased from 35% to 39.4% and 40% of the population is now below poverty line. People in Pakistan are moving in the search of habitat and better life. Due to inflation, the companies are cutting their employees and people are facing the issue of unemployment. Lack of education is another problem in Pakistan and the reason Pakistan literacy rate is 58.9% IRFC (2023) is because of the poor educational policies and lack of awareness in the society. Due to overpopulation and poverty in Pakistan people are not able to complete their education in most of the areas of Pakistan. As mentioned above Pakistan 40% population is below poverty line and due to that children are deprived of necessities like food, water, shelter, and education. Article 25A states that '*State shall provide free and compulsory education to all the children of age five to sixteen*' but we only see this written and not implemented. According to UNICEF, every one out of three children in Pakistan are malnourished and underweight. The reason is poverty and lack of basic needs.

Socially, Overpopulation has intensified issues like growing slums in areas due to lack of resources. Saifullah (2012) believed that overpopulation also creates hurdles in the governance of any society or area. Crime rates have also surged, fueled by poverty and the breakdown of social structures. The depleting resources leads to marginalized communities bearing the burnt for crisis.

The role of media in our society plays an important role to shape public opinions. In Pakistan unfortunately the media landscape is often dominated by

political issues, entertainment and sensationalism with a less focus on important issues. Media campaigns when run effectively can cause a lasting impact on the consumers. Media can shape public opinions, debunk myths, challenge harmful patriarchal norms and portray accurate information.

Policymakers have a decisive role in implementing the rules and regulations regarding anything in the society. Pakistan's successive governments have failed to enforce comprehensive policies. The failure is due to political instability, elitist system and mutual coordination. Ahmed (2021) implied that there is often a difference between ground realities and policies leading towards poor implementation of those policies.

Overpopulation is a global issue and while every single issue is highlighted by the media and journalists, we tend to see extraordinarily little media coverage about population and family planning. Unfortunately, Pakistani media is inclined towards political issues and highlighting pros and cons of the political leaders. Due to the high rate of privatization of media, there is more commercialization and advertisement of power in society. The concept of family planning is still considered a taboo in Pakistan due to religious reasons and moral values. However, there are some efforts made in the previous years to talk about family planning and contraceptive pills for females. Social media is a great platform to inform about these issues. Population expansion in developing nations like Pakistan shows up not as widespread famines but rather as numerous little crises, little nibbles that eat away at the biodiversity of the area. This consequently limits people freedom to take in the beauty of the natural world, to gaze upon an unobstructed horizon free of microwave towers, or even to irrigate their lawns.

1.1 Importance of Topic

To aware people about the effects and causes of Overpopulation, and to investigate the role of media policy makers regarding the issue of overpopulation.

1.1.2 Resource management

Overpopulation depletes resources such as food, water, and energy. With the help of this study, we can understand the dynamics of this phenomena.

1.1.3 Economic impact

Overpopulation impacts employment rate. According to UN bureau of Statistics 24% of Pakistan's population is below poverty line.

1.1.4 Creating awareness

To study the underlying causes and effects of overpopulation we can create better ways and strategies to aware and inform people about family planning.

1.1.5 Environmental impact

Overpopulation is a global issue, and we have seen some drastic changes in the world climate. Researching about this topic can lead us to find a sustainable solution for this problem.

1.1.6 Urbanization

The rapidly increasing urbanization leads to urban sprawl and slums. To make proper urban plans we need to study the root causes of migration of people from one place to another.

1.1.7 Social Issues

This topic is important to understand the multiple effects of Overpopulation and uprising problems in the society. The issues related to overpopulation are rising day by day and unfortunately very less coverage of media is being done on this topic. This study will be an eye-opener for the viewer's regarding the issue of

overpopulation. Social issues like poverty, crime, social injustice, inequality, religious exploitation can be studied.

1.2 Statement of the Problem

The documentary aims to investigate the religious causes and devastating effects of Overpopulation in Pakistan, highlighting the socio-economic implications, urbanization, and education. The purpose is to identify the role of media and policy makers in creating awareness for this concern. By exploring the underlying causes and consequences, the documentary seeks to cater a deeper understanding of the challenges faced by overpopulation. Through comprehensive analysis, the documentary aims to promote informed dialogue on the urgent need for population control measures in Pakistan.

1.3 Objectives

- To study the interconnected causes and effects of overpopulation, with a focus on religion, resources depletion and the potential ramification of basic needs.
- To interpret the role of Media policymakers in awareness of audience towards overpopulation through electronic media.

1.4 Research Questions

- i. What are the interconnected causes and effects of overpopulation in Pakistani society?
- ii. What are the challenges faced by communities because of overpopulation?
- iii. How effective are media-driven awareness campaigns in changing societal attitudes toward family planning and population control in Pakistan?
- iv. What role do policymakers play in shaping public perspectives and attitudes towards family planning and population control in Pakistan?

Chapter 2

Literature Review

2.1.1 Causes of Overpopulation

Overpopulation is a slow yet devastating process that is a global issue nowadays. *Poverty & Overpopulation* by Laiba Shahid (2022) is a documentary that discusses the major causes of Overpopulation. The documentary is made for educational purposes and the aim is to inform the reasons of Overpopulation in Pakistan. Based on the census of 2021 in every 20 years Pakistan's population will double. The reasons described in the documentary included lack of Family planning, early marriages, and low literacy rate. The study talks about the religious reasons and how sex education is considered a taboo in our society. The documentary was based on interviews and statistics. The tone of the documentary was informative. The ideas were presented visually in a way that the audience can perceive the message easily.

Pakistan – a country on life support (2023) is a documentary by VICE news portraying a pregnant Sindhi woman with five children. The documentary highlights the lack of education and family planning around Daru –a district in Sindh. The documentary included interviews of people living around Daru explaining how they survive daily. The study shows the harsh realities of unemployment and living in slums. The documentary explained the point of view of people on the survival of their daily lives. It discussed the lack of government policies and strategies in rural areas. The tone of documentary was persuasive, and cinematography was simple yet effective.

The escalating global phenomenon of climate change has increasingly manifested in diverse regions, leading to substantial challenges, including conflicts and migration. Pakistan, like many other nations, is not immune to these effects, as

observed in the study conducted by Ali (2018). The authors delve into the multifaceted consequences of climate change, emphasizing the intricate relationship between environmental shifts and conflicts.

Faizan & Tooba (2018) highlighted the vulnerability of climate change refugees in Pakistan. The study indicates that individuals affected by climate-induced changes face victimization, in situ mitigation, or migration, each carrying its own set of consequences. The article underscores the need to comprehend the direct and indirect security threats posed by climate change, emphasizing the potential economic losses for Pakistan. Resource depletion and overpopulation emerge as significant drivers of conflicts in the Pakistani context. In the realm of climate change and conflicts, qualitative methods dominate, relying on surveys, visits, interviews, literature reviews, multidisciplinary assessments, and on-site examinations. The study seeks to quantify the relationship through statistical analysis of the gathered data, exploring the intricate interplay between climate change, socioeconomics, and conflicts. Surveys and interviews conducted in the study significantly support the notion that the frequency of climate-related disasters, such as droughts, heatwaves, floods, and diseases, has increased in the study area, significantly impacting local communities. Overpopulation, economic competition, land acquisition, and migration emerge as major contributors to conflicts in the region. While some associations are statistically significant, the article highlights the nuanced complexities of the issue. Ground realities and site examinations suggest a substantial risk and potential for climate change-induced conflicts in the study area. The data presented in the study underscore Pakistan's elevated risk for conflicts and human exposure to these risks. The literature review establishes a significant causal relationship between climate change, migration, and conflicts, with overpopulation and resource depletion serving

as catalyzing factors. Despite data gaps, the study asserts the reality of climate change-induced migration and conflicts in Pakistan, posing substantial economic risks for the nation in the future.

Mother: caring for 7 billion (2009) sheds light on the question ‘What fuels overpopulation?’. The documentary is a great depiction of depletion energy resources and environment. Mother (2009) covers all the aspects of population crisis. The study talks about the barriers of contraceptives, pandemics, and resources depletion.

Sathar (2001) investigated the trends influencing the rise in population. The study depicts a historical overview of fertility patterns, focusing on significant declines in fertility rates over past few decades. Sather added how continuing social and societal norms can cause decline in the fertility rates for future.

2.1.2 Role of Religion

Nazir & Farhana (2013) investigates the perceptions of religious leaders towards contraceptives and family planning. It explores different communities in Pakistan like Islam, Hinduism, and Christianity to depict the difference of opinions. The leaders play a significant role in shaping public opinions and beliefs. The study concludes that individual's knowledge regarding family planning and religion is particularly important.

Wajiha (2013) explains how misconceptions and religious beliefs led families and healthcare workers to believe that family planning is prohibited. The study also mentions that ideal family size will be achieved if there are fewer restrictions on women to achieve education.

Waheed (2020) discussed how different religious scholars and researchers have issues numerous *Fatwas* on this issue. The study shows how government and media has disseminated and discussed this issue in different schemes and shows. The

aim of this research was to discuss how Islam as a religion is not an obstacle towards family planning but different school of thoughts and sectarianism is a major cause of overpopulation. Another major reason is gender inequality and limited educational opportunities for women hinder their abilities to make sane choices. Unfortunately, still in this era people want their child to be a 'son.' This gender inequality leads to population growth as the parents try for son.

Ali & Shafayat (2020) explains how religious beliefs in different sects shapes public opinions on contraceptives and family planning. The analysis explains how the misinterpretation of Islamic teachings causes hurdles for family planning in Pakistan. The results concluded that media coverage is biased towards demographics and teachings which complicates the efforts to promote family planning.

2.1.3 Effects of Overpopulation

Naz & Tariq (2023) addressed the pressing challenges of Overpopulation in Pakistan. The study talks about rapid growth in population and its effects of infrastructure, resources and quality of life. The authors suggest a multi-pronged strategy, including expansion of Family planning programs, educational reforms particularly for women. The study talks about the implementation of policies appreciating smaller family sizes.

Is Overpopulation really a problem? – a documentary by CW Documentaries (2021) discusses the effects of Overpopulation on **Climate change**. The theme of this documentary is based on the question *How many is too many?* The study started with the historical reference of the Mughals and how they celebrated the birth of people in their era because they wanted more people for work. The documentary talked about how different countries catered the population bomb through different policies like China had one child policy. According to this study Earth is carrying 7 billion of total

human population while its capacity is 4 billion. The documentary talked about how nations like America is more responsible for carbon gases and why their lack of strategies is affecting developing nations like India and Pakistan. The documentary portrayed the comparison of wealthy and developing nations through a persuasive tone.

Pakistan Endless Economic Crisis – a documentary by Bloomberg Organization (2023) explored the societal problems causes by overpopulation. The documentary discussed the economic, social, land and political crisis faced by people of Pakistan in different areas like Sindh, Punjab and KPK. The study defined the increase in inflation of 36.5% this year. The visuals of the documentary included the interviews of people looking for better employment opportunities and how everyone in the circle is running abroad for better jobs. The documentary ended with a message that Pakistani's are living beyond its means.

Is Earth overpopulated – a documentary by BBC (2012) is a portrayal of how perspective can change your point of view on overpopulation. The industrial revolution changed the dynamics of the population. The study talks about how the population is still the same, but the only difference is the betterment of health and society which leads to the longevity of life. The documentary talks about the emergence of family planning and strategies like sustainable development and plastic eradication to control the side effects of overpopulation.

The documentary leads the audience to think differently about the perspective of overpopulation and poverty. It explains how there are distinct levels of poverty and how we perceive it as important. The documentary included interviews of different people around the world taking different measures to control the bomb of overpopulation.

Shamsheer & Basit (2021) delves into the intricate relationship between the burgeoning population and the natural resources of the Cholistan Desert. As a region facing ecological challenges, the Cholistan Desert in Pakistan becomes a focal point for understanding the repercussions of population growth on its delicate ecosystem. The study scrutinizes multiple dimensions influenced by population growth, notably the heightened stress on water sources. With an increasing populace, demands for water escalate, leading to over-exploitation of existing sources. Consequently, this puts a strain on the sustainability of water supply, potentially resulting in water scarcity issues that impact both the environment and the local communities.

Another aspect that the article may address is the concerning issue of land degradation. As the population expands, the demand for land for housing, agriculture, and other purposes rises. This increased utilization of land often leads to soil erosion and degradation, compromising the overall health of the ecosystem. *Land degradation* can have far-reaching consequences, affecting not only the environment but also the livelihoods of those dependent on agriculture in the region. Moreover, the article is likely to discuss the depletion of biodiversity due to the expanding population. Human activities, driven by the need for sustenance and economic development, may contribute to the loss of plant and animal species, disrupting the delicate balance of the desert's ecosystem. This depletion can have cascading effects, impacting the resilience of the ecosystem to natural fluctuations and climate change.

Natari – a story of Climate migrants (2021) is a showcase of life of a man Ayub Sethi living in Goth Ramzan Setho. It is a fact-based narration of the migration of Ayub and his 13 children from Sindh to Goth Ramzan Setho due to flood. The study portrays the hardships of Ayub's daily life. It shows how his sons must travel to the city to earn some bread. The shooting of the documentary portrays the lifestyle of

people living in camps due to the loss of their homes in floods. The showcase of infertile land and low water levels around the area depicts the poor management of government in that area. The documentary portrayed how overpopulation can cause Climate changes and how it can affect people of Pakistan.

Doris & Sophia (2019) sheds light on the persistent issue of overpopulation and its profound consequences on the **environment**. Spanning from prehistoric times to the contemporary era, the paper explores the historical context of overpopulation and the continuous growth of the global population. Despite interventions such as the invention of the birth control pill and attempts at population control through eugenics, the population has continued to surge, grappling with ongoing diseases. Migration emerges as a significant contributor to the rising population, posing substantial threats to the environment. The paper identifies urbanization as a key factor in this scenario, as it leads to the destruction of natural habitats and exacerbates carbon dioxide emissions, subsequently contributing to climate change and global warming. The repercussions are dire, with species facing extinction and humanity itself standing on the brink of self-imposed threats. Global inequalities play a pivotal role in aggravating the impacts of overpopulation. Uneven distribution of natural resources, financial disparities, and unequal individual rights contribute to poverty, food scarcity, water shortages, and inadequate education. The paper asserts that this global culture, despite the efforts of international organizations and agencies, is characterized by greed, perpetuating a cycle of issues that further fuel overpopulation. The root of potential solutions lies in the collaborative efforts of national institutions aligning their policies with guidelines from international organizations dedicated to the well-being of the global community. The paper contends that within this interconnected global network, individual actions often prioritize personal interests, perpetuating extreme poverty and

scarcity for others. The resultant inequality, both within and among nations, becomes a breeding ground for issues that amplify the challenges associated with overpopulation, posing a threat to the continuation of humanity.

Breaking Boundaries – the science of our planet (2021) talks about the effects of overpopulation and industrialization on our planet. It talks about how world was in the state of Holocene and now its facing anthracene. The documentary depicts how population has affected the climate by rising the sea levels. It further explained how four biospheres of our planet are disturbed from the past 50 years. The research showed how normal things are not working normally anymore.

Johan (2021) says that we need 3000 liters (about 792.52 gal) of water to carry out our daily activities and with the rate we are growing on we would not have sufficient water and food in next 30 years. Furthermore, it discusses how we have successfully destroyed the ozone layer which causes harmful diseases like cancer.

Pakistan grapples with the implications of its vast population, which not only consumes a significant share of financial and natural resources but also poses a considerable hindrance to development.

Afzaal (2021) underscores the critical nature of the population growth challenge for the Pakistani economy. The escalating population places an increased demand on expenditures related to health, education infrastructure, and basic provisions of life. Furthermore, it contributes to the **depletion of natural resources**, including food and water. These factors collectively impede the allocation of resources towards developmental initiatives, leaving little room for progress. While development is recognized as the core of economic activities, the abstract contends that its impact is compromised when it fails to bring positive changes to the lives of the masses. The abstract draws attention to studies highlighting the negative effects of

population growth on the development process. In the context of Pakistan, the situation is exacerbated as the issue has not received adequate attention, resulting in a complex, multi-dimensional challenge. Despite some governmental efforts, the fertility rate remains high, hindering the achievement of a stabilized and desirable population growth rate. The empirical analysis presented in the thesis reinforces the hypothesis that population growth is inversely related to factors crucial for sustainable economic development. The large population, lacking essential healthcare, education, and employment facilities, imposes a significant burden on an economy that struggles to progress at a slow pace. The abstract implies that addressing population growth is pivotal for fostering sustainable development in Pakistan.

Mohsin (2020) describes how **poverty** is a multidimensional global phenomenon prevailing most in developing countries. The study showed how in Pakistan people are deprived of basic livelihood. The research showed how people are reluctant to get treated from private hospitals due to lack of money. Almost 62% of employees are underpaid in Pakistan which leads to increase in crime rate.

2.1.4 Role of Media in awareness

Dr. Bakht (2000) compared the content of 'Jang' and 'Dawn' newspapers in 1999 to find out about the amount of awareness created on family planning practices. The study showed that there were no editorials, columns or articles related to family planning practices. These newspapers are the most read in Pakistan and there is no sign of awareness in any of them. Print media is considered especially important in terms of these issues as Pakistan media policies have some censors on visualization of these issues. The study revealed that there were only five advertisements in the year 1999 in both newspapers.

Shams Ul Haq (2010) wrote about how poorly the media is aware the audience about this bomb of problems. The study talks about several reasons why Pakistani media is not focused on the awareness of environmental issues. One of the reasons mentioned in the study is lack of technical background. Media policies are another major reason the channels and print media do not focus on environmental issues. The research compares the policies of environmental issues of west with Pakistan to get a broader view about where Pakistani media lacks.

Thummala Chetty et al. (2017) exposed how men in Uganda had no or less knowledge about contraceptives pills because they are considered as a taboo. Among various obstacles in family planning practices in Pakistan Haque (2001) discussed how less awareness and lack of knowledge about practices is the major cause.

Kabir (2020) suggested that among all mediums radio and TV channels are most effective for the advertisement of Family planning practices. It is also calculated that women who have more exposure to media has higher rate of acceptance towards family planning practices.

Shah & Khan (2021) provide an analysis of Pakistan's population growth trends and policies associated with them. The authors compared the policies with other countries in South East Asia Region (SEAR). The articles describe the historical context of population growth in Pakistan. The paper examines the policies implemented by Pakistan's government to manage population growth. It discusses educational initiatives, health intervention and family planning programs done in the past. The articles compare the population growth trends in Pakistan, Bangladesh and Sri Lanka. The authors contend that overcoming these obstacles calls for an all-encompassing strategy that boosts family planning initiatives, expands educational

opportunities, especially for women, and creates financial incentives for smaller families.

Kashif & Idrees (2022) investigates about Population policy of Pakistan and how media is playing its role in creating awareness. The study talks about how population plays a vital role in the development of any country. The article indicates how social media networks and Tv channels can play a massive role in the information diffusion of contraceptive pills and birth control.

Ashraf & Sana (2023) discusses how recently media has started on the awareness of environmental issues. The study talks about how different mediums in media can make people aware. Malick & Bajpai (2019) tells us how important it is to portray everything through media. Different mediums like electronic media and print media create awareness differently. The article talks about the concept of Eco-schooling, it is a concept of sustainable development in schools and colleges. The article used a quantitative approach to explore the role of media in creating awareness about the environment. The medium used includes electronic, print, and social media. The results showed that 45.6% of media is creating awareness on diverse levels about overpopulation and its ripple effects.

Chapter – 3

Methodology

In this research we are examining the role of Media policymakers in creating awareness for Overpopulation with the help of interviews of related personas. Furthermore, this study concentrates on the effects and causes of overpopulation for which the documentary discusses the myths and realities of overpopulation. The data is transcribed to extract themes of the study to generate Qualitative Thematic analysis. This methodology provides an in-depth picture of the study to understand the problems addressed in documentary. This design has been chosen for the exploration of visuals and to understand deeper meanings behind it.

3.1 Research Method

The research method used in this qualitative research. Bailey (2014) discussed that qualitative research provides a framework to study and examine the given problem in depth. Thematic analysis to extract a deeper meaning of the visuals. It provides us with codes and themes being discussed in the documentary to understand the core concept behind a word.

3.2 Data Collection

The data collection method used in this research is qualitative method. Frey (2000) described how interviews helps to build a narrative with open discussions. The interviews conducted are semi-structured to follow a pre-defined set of questions but with flexibility.

3.3 Data Transcription

Visuals transcribed into textual data to conclude and draw results from the data. This step allows to draw conclusions from visuals easily.

3.4 Data Analysis

Thematic Analysis is chosen for the method of Data analysis, this method provides an in-depth study of words and visuals making it easier to conclude findings Clarke (2014) narrated how this method helps to analyze the research material deeply in social sciences. The process is systematic which organizes themes and sub-themes that relates to the Research questions. This report uses manual coding methods to provide a guideline for visuals.

3.4.1 Familiarization with the Data:

In order to fully comprehend the documentary's content, it was watched several times. Important parts about policy talks, media attention, and public awareness campaigns were noted.

3.4.2 Creating Initial Codes:

To create preliminary codes, noteworthy documentary segments that touched on policy intervention and media influence were identified. Terms like "media campaigns," "policy reforms," "public awareness," and "government initiatives" are included in these codes.

3.4.3 Finding Themes:

To find overarching themes, the coded data were analyzed. Themes such as how public perceptions of overpopulation are shaped by media campaigns and how policymakers' actions or inactions affect population management initiatives emerged. Clustering related codes into more general thematic categories was the task of this stage.

3.4.5 Examining Themes:

To make sure they fairly depict the data, the identified themes were examined. This required ensuring that the themes were coherent and that they covered important

aspects of the documentary's content. To better capture the complexities of the roles played by the media and legislators, themes were adjusted.

3.4.6 Defining Themes:

Every theme was given a precise definition and name that captured its main ideas. One theme, "Media as a Catalyzer for Change," examines, for instance, how public perceptions of overpopulation are influenced by media initiatives to increase awareness. "Policy Gaps and Initiatives," a different theme, looks at the strengths and weaknesses of the policies that are emphasized in the documentary.

3.4.6 Writing Up:

The final report shows how the documentary depicts the roles of policymakers and the media by integrating the thematic findings. This analysis sheds light on the ways in which these entities either help or impede efforts to manage the overpopulation problem.

3.5 Data Presentation

The themes are represented visually in the form of Documentary, and then transcribed into textual form to make a coding manual for data.

3.6 Ethical Considerations

Ethical considerations are an integral part of this research, ensuring that all participants consent was taken to avoid any conflicts. Data sourcing is mentioned in visuals to avoid plagiarism.

By applying thematic analysis, this study seeks to illuminate the complex interplay between media representations, policy decisions, and public awareness in the context of overpopulation in Pakistan.

Chapter – 4
Analysis and Discussion

4.1 Coding Sheet

Word	Themes	Codes	Connections to the Documentary
Overpopulation	<ul style="list-style-type: none"> • What is Overpopulation? • Emphasis on ‘If Pakistan is overpopulated?’ • Investigating facts of Overpopulation in Pakistan. 	<ul style="list-style-type: none"> • Introduction to Overpopulation in Pakistan 	<ul style="list-style-type: none"> • Explains the dynamics of overpopulation in Pakistan. • Discusses the facts of rapid growth rate of population in different classes and areas.
Imbalance	<ul style="list-style-type: none"> • Effects on overpopulation on Eco-system. [OBJ] • How is Overpopulation causing disruption in 	<ul style="list-style-type: none"> • Effects of Overpopulation on Environment 	<ul style="list-style-type: none"> • Portrays the effects of Overpopulation

	Environmental sustainability?		Pakistan
Urbanization	<ul style="list-style-type: none"> • Effects of Overpopulation on Agricultural land of Pakistan • How rural-urban migration in Pakistan is causing loss of agricultural land in Pakistan. 	<ul style="list-style-type: none"> • Resources depletion 	<ul style="list-style-type: none"> • Focuses on how increase in Population has caused urbanization.
Price hikes	<ul style="list-style-type: none"> • Effects of Overpopulation • Targets how the rise in population is causing hikes in prices of necessities. 	<ul style="list-style-type: none"> • Poverty 	<ul style="list-style-type: none"> • Investigates the problems of poor people in the society.
Fundamentalism	<ul style="list-style-type: none"> • Religion as a cause of Overpopulation in Pakistan. • Discusses how 	<ul style="list-style-type: none"> • Causes of Overpopulation 	<ul style="list-style-type: none"> • Explains the patriarchy of religion in Pakistan.

	<p>people follow what they have heard in the past from their ancestors.</p>		<ul style="list-style-type: none"> • Talks about people who have believed in myths created by us about Islam.
Azal	<ul style="list-style-type: none"> • Family Planning method in Islam 	<ul style="list-style-type: none"> • Solutions in Islam 	<ul style="list-style-type: none"> • Tells about the common practices done in Islam from the time of the start of Islam. • Sheds light on myths created by our society regarding Islam.
Family planning	<ul style="list-style-type: none"> • Solutions for Overpopulation • Creating awareness in society regarding FP through 	<ul style="list-style-type: none"> • Solutions for Overpopulation 	<ul style="list-style-type: none"> • Sheds light on the concept of Family Planning in Islam. • Talks how Family planning is important for the health of mother

	Islamic teachings.		and child.
Persuasion	<ul style="list-style-type: none"> • Defines the role of Media. • Discusses how Media can manipulate and shape the minds of audience if they want to. 	<ul style="list-style-type: none"> • Role of Media 	<ul style="list-style-type: none"> • Sheds light on the role of media in persuading people and shaping their opinions.
Awareness of Media	<ul style="list-style-type: none"> • Depiction of how aware Pakistani media is. • Talks about how Pakistani media always highlights the issues that are not related or in favor of an ordinary man. 	<ul style="list-style-type: none"> • Media Awareness 	<ul style="list-style-type: none"> • Talks how media also needs to be aware about the ongoing issues.
Door to door	<ul style="list-style-type: none"> • Creating awareness in areas where there is no or 		<ul style="list-style-type: none"> • Suggests to create door to door

awareness	less access to education <ul style="list-style-type: none"> • Aware people about the pros and cons 	<ul style="list-style-type: none"> • State Awareness 	awareness in areas which has limited access to technology.
Societal Strains	<ul style="list-style-type: none"> • Discuss the societal strains increased through overpopulation. • Emphasis on Societal strains like poverty, unemployment. 	<ul style="list-style-type: none"> • Effects of Overpopulation 	<ul style="list-style-type: none"> • Concludes the effects of Overpopulation in our society.

4.2 Themes

4.2.1 Theme 1: Introduction to Overpopulation in Pakistan – Interconnected causes of Overpopulation.

As mentioned earlier in Research questions, the question explores the *interconnected causes of overpopulation*. Pakistan is a country of almost 250 million people now with very less resources and opportunities to grow as a better nation. Is Pakistan overpopulated? The answer is Yes, as it is the 5th largest growing country in the world. The increasing growth rate in population is causing many problems. This may seem like a minor issue but when studied in-depth we find that every single societal problem is related to Overpopulation.

The participants in this research shared their diverse perceptions shedding light on the importance of this issue.

Isaar Rana during his dialogue talked about how rapidly the world population is increasing and how Pakistan is also increasing. He described how population is a global issue but in Pakistan due to lack of resources and strategies people are facing multiple challenges.

Jawad Rana talks about how growing population is a threat to society in many ways. He explained how the environmental imbalance is being created in the world by the increase of population. Furthermore, he elaborated the effects of increasing population.

Dr Maimoona talks about how Pakistan is the 5th largest country in the world which is creating societal problems like poverty, unemployment and is causing various challenges for the people. She explains how people from lower class do not have awareness about the common practices.

4.2.2 Theme 2: Effects of Overpopulation

To find out the answer of our *research question we extracted themes that shows*, population growth may not only cause imbalance in society but also can negatively impact our environment as well as our society. Overpopulation in Pakistan exerts significant pressure on the country's resources and exacerbates poverty. As the population is growing rapidly, the strain on natural resources such as water, land, and energy becomes increasingly severe. The depletion of these essential resources impedes the ability to sustain agricultural production, which is crucial for feeding the population. Diminishing water supplies, for example, directly affects crop yields and food security, leading to higher food prices and reduced availability of necessities.

The environmental impact of overpopulation also contributes to resource depletion. Increased waste production and higher demand for energy result in more environmental degradation, including deforestation and pollution. These ecological issues further exacerbate the scarcity of resources and reduce the quality of life.

Poverty is both a consequence and a driver of overpopulation in Pakistan. The strain on resources leads to inadequate infrastructure and services, particularly in rural and densely populated urban areas. Poor access to quality education, healthcare, and economic opportunities perpetuates the cycle of poverty. Families in impoverished conditions often have higher birth rates due to limited access to family planning and education, which in turn contributes to further resource strain and poverty.

Overall, overpopulation in Pakistan creates a challenging scenario where resource depletion and poverty reinforce each other, making it difficult to achieve sustainable development and improve living standards. Addressing these issues requires comprehensive policies focusing on resource management, economic growth, and improved access to education and family planning services.

Masood Baig during his conversation told that how people who are studying with suffering economic conditions are looking for jobs. He explained how we disrupt the natural forces when we do something excessively. He explained how population increase is not a new issue; it starts from 1950's.

Isaar rana put emphasis on the stress in our society due to overpopulation, he explained the dynamics of unemployment and stress in the society because people do not have enough recourse to feed themselves.

Shehzad Hussain expressed how unfortunate it is that we are unable to control our population. He explained that people are moving towards other countries because of sense of insecurity in their own country.

4.2.3 Theme 3: Poverty

As discussed in *objectives and research question II*, one of the most prominent effects of Overpopulation in Pakistan is Poverty. The growing rate and decreasing resources are creating a gap for everyone and leads to unfortunate circumstances. Poverty in Pakistan not only stems from but also perpetuates overpopulation. Hence the pressure on resources coupled with poor infrastructure results in lack of access to basic services such as health and education, especially for those living in crowded urban slums or rural areas. Such lack of access feeds into a cycle of poverty where high birth rates among low-income families multiply as resources in family planning and education diminishes. Meanwhile, these families continue to live hand-to-mouth and poverty begets baby-making.

In addition to the latter, it limits economic opportunities for those ensnared in poverty traps. For example, social mobility is severely restricted in poorer communities, where people simply do not have the means to better themselves through education or access good quality healthcare so they can plan their families effectively. This in turn leads to even more births, thereby amplifying the pressure on already depleted resources — a self-perpetuating cycle of growing resource scarcity and poverty.

Respondent 1 talks about how unfortunate their living standard is, she explains how they are unable to feed their own children and bear their own expenses. She explains how unhygienic living causes health issues and they cannot even cure them.

Respondent 2 his daily challenges how it is so hard to keep up with everything. He explains how it's hard to pay for necessities because of unstable prices.

Respondent 3 emphasizes on how hard it is for a poor person to pay for fees and things. He explains his sorrows of a struggling life and a pressure of not being able to provide food.

The above findings answer our research question “*What are the challenges faced by communities because of overpopulation?*”

4.4.4 Theme 4: Resources Depletion

With *coherence of research question II*, we found out that during the last five years, Pakistan has been subject to severe resource depletion due to population growth patterns. The rapid rise in the population has placed immense pressure on water, energy, and land resources on a national scale. In particular: Water scarcity. Pakistan has a critical shortage of water as a result of an increased population rate, averaging 2.4% annually. The water level of the Indus River Basin has dropped substantially. Due to the decrease of the surface water available, extraction from the groundwater has rapidly increased, which, in turn, has caused over-extraction and replacement rates to level down. Several studies claim that the water table is already decreasing 1 to 2 meters annually in many regions, resulting in the overall scarcity of water resources. Energy demand. Energy demand has grown accordingly with the population. For Pakistan, such a population rate has resulted in considerable deficits and load shedding, with a daily deficit being 4 to 12 hours in various regions. The phenomenon is particularly concerning in the summertime when the country faces peak demand. The lack of energy impacts industrial sectors, decreases productivity, and stimulates inflation. Land and agriculture. The growth of urban areas regarding the population is one of the primary concerns for increasing the pressure on land and agriculture. Losing arable land takes away potential farmland and worsens soil health, further impacting crop capacity. Globally, resource depletion due to an increased

population in Pakistan highlights the immediate demand for sustainable development. Water management, energy supply, and land utilization are the key aspects of resource provision in the country.

Jawad Rana explained how “*resources in Pakistan are depleting because of higher rate of people. He explained how Pakistan never imported wheat but now because of Urbanization we have to import wheat which is alarming for us.*” He also explained how cities are expanding their radiuses and resources are depleting.

4.2.5 Media Awareness

To answer *How effective are media-driven awareness campaigns in changing societal attitudes toward family planning and population control in Pakistan*, Media awareness is the first step to combat these challenges of resource depletion further augmented by unmanaged rapid population growth in Pakistan. As such, the media began to cover pressing issues like water scarcity, energy deficiency and land degradation that have been brought into public consciousness over the past five years as well. Media houses should start numerous awareness campaigns to show the effect of overpopulation on natural resources. As a result, we have all probably been made aware of how unsustainable our current rate of water and energy use is (think documentaries, news stories or social media campaigns) Data regarding resource depletion are accompanied by recommendations from experts and some practical advice on how to reduce one's individual resource footprint. The media has a significant influence on policy decisions as well. According to coverage by the media on resource-access and sustainable-practicing challenges, develop pressure in front of policymakers for better following national resources regulations and protection policies. The widespread coverage of water shortages is an obvious example with many such references to lead you down the path toward government action in

developing infrastructure projects. At the end of day, media awareness is key to bridging resource challenges and public understanding which can drive both societal changes as well policy reforms in Pakistan.

Isaar rana during his conversation said that Pakistani media never focuses on the real issues it will never work for Ordinary man. He said that *“Pakistani media is working for TRP and ratings and people in the media are not emphathetic.”* He said that Pakistani media focuses on political issues rather than to aware people. He then said that Pakistani media itself is not aware of these issues.

Masood Baig communicates about how media doesn't focus on such issues. *“He said that in the previous 10 years I do not recall any Family planning campaigns that can cause awareness about this issue. He talked about the importance of family planning; he said it is important to educate our mothers and children about these issues.”* He also mentioned, that giving birth and not being able to enrich them properly is a big cause of our societal problems. He said that Pakistani's have a mindset that Allah will provide us for everything which is true to some extent. He also expressed that Pakistan will face much more social problems in future if we do not control it now.

Shehzad Hussain explained that media is somehow working on this issue. He said that we are bound to follow the policies and laws enforced by the government. Furthermore, he explained that no TV channel will take this seriously until Government make a policy for overpopulation.

3.6.6 Fundamentalism

Fundamentalism is a strict adherence to basic principles of any subject or discipline. This means that a fundamentalist society is extremist and follows rules of religion very strictly rather than doing research on the subject. This can compound the

problems of rapid population growth and resource depletion, with cultural fundamentalism in Pakistan. Conservative values might entail resistance toward family planning and new resource management strategies in contexts where fundamentalist ideologies prevail. This can restrict the effectiveness of measures to reduce plugs and achieve more sustainable resource utilization. Fundamentalist groups may place ideology or religious doctrine in greater repute than practical considerations, affecting levels of public policy involvement regarding family planning and environmental conservation. Thus, it is important to consider the impact of fundamentalism in Pakistan while dealing with population growth and depletion of resources too.

Masood Baig explained that “*Pakistani social system is fundamentalism*”. They do not research on anything just follow the passed-on instructions by their ancestors. They will rather listen to a Molvi from no knowledge than listening to something on TV.

3.6.7 Causes of Overpopulation

Some of the major causes of Overpopulation in Pakistan is seen to be religious views and culture of Pakistan. Religion is a major factor influencing attitudes towards family size, leading to overpopulation in Pakistan. Pakistani society is predominantly Islamic; many people have traditional beliefs that guide their actions regarding the number of children they bear. The Islamic religion encourages people to proliferate and spread the Qur'an. The spread of such teaching has resulted in large family sizes in the Islamic world. Islamic teachings advocate for the proliferation of humanity through bearing many children. This aspect has been transferred to families, with many parents believing that the more the children they get, the closer they are to God. This aspect has discouraged the use of contraceptives, leading to an increase in family

sizes. Leaders from Islamic regions influence the actions of their members. In some cases, leaders discourage the use of contraceptives; this has promoted the initial Islamic teaching of proliferating. This aspect of leadership is evident through raising my community's bishop or phonic.

Furthermore, politics plays an essential role in the determination of how many children each family should bear. In Pakistan's case, politics is asymmetric, giving more power to the religious leaders. Education Religious beliefs have limited the levels of education The abovementioned factors indicate that religious beliefs play an essential role in determining family sizes in Pakistan. To maintain the spread of understanding and acceptance of contraceptives and family planning procedures, communities should be supported to respond to the population issue.

Isaar rana explained *how people in Pakistan due to gender discrimination and to fulfill the dream of son they keep on having children. He also explained that religious myths are the major cause of population while explaining how media houses face hurdles when running campaigns on Family plannings.* The dynamics of our society are biased and we are more inclined towards petty issues. Furthermore, he said that Pakistani's are not aware of the effects of overpopulation. He suggested that government should make new polices and those policies should be enforced by media.

Masood Baig in his dialogue said *"that we are a society where people do not think rationally. He said that inappropriate cultural values like gender preferences, gender discrimination are one of the major causes of Overpopulation"*. People do not think rationally that how they will feed a whole new human. He said that this system prevails in Lower class because of lack of adequate knowledge and resources.

Shehzad Hussain discussed *“that government is one of the major reasons for this bomb of problems. He said that if a state enforces a new policy media houses are obligated to follow them.”* He explained how government has a very limited role in the awareness of this topic.

3.6.8 Family Planning:

Peer Zia Ul Haq cleared the myths of Family planning in Islam. *“He explained how people in the era of Prophet (PBUH) were practicing ‘Azl’. Practicing ‘azl’, which refers to ejaculating outside is allowed, provided that it is done with the wife’s consent.”* This is because it is her right to fully enjoy intimacy and to have children, both of which are compromised by 'azl.

According to Jaabir ibn 'Abd-Allah, during the time of the Prophet Muhammad (peace and blessings of Allah be upon him) and the revelation of the Qur'an, 'azl was practiced. This is documented in al-Bukhari, 4911, and Muslim, 1440. Additionally, Sufyaan stated that if 'azl was wrong, it would have been forbidden in the Qur'an.

Shaykh al-Islam Ibn Tamiyah mentioned that while some scholars deemed 'azl as impermissible, the four imams held the view that it is permissible with the wife's consent.

In terms of family planning, temporary agreements between spouses are permissible, as long as it is not a permanent arrangement. It is also important to ensure that the method used does not harm the woman. According to Shaykh Ibn 'Uthaymeen, temporary means of preventing pregnancy is permissible if the husband grants permission and it does not cause harm to the woman.

Dr Maimoona Khalid, while talking about family planning suggested that *“media houses should work with religious scholars and NGO’s that work in smaller areas. She mentioned we have variety of methods for Family planning and all of them are safe.”* She said there are myths regarding family planning that we need to clear first. There is lack of education and awareness in our society.

Chapter - 5

Results and Findings

The findings drawn from the diverse perspectives of Isaar Rana, Dr Maimoona, Jawad Rana, Masood Baig, Shehzad Hussain and Raja Peer Zia Ul Haq offered a nuanced understanding of overpopulation in Pakistan. All of them had a clear perspective about the issue and stated facts according to their experience. Jawad Rana emphasized on the importance of vertical cities and how agriculture is affected by overpopulation giving his opinion about current status of Pakistan's agricultural land. While investigating the effects of population a heartfelt reminder of how people are living in struggling conditions showed the adverse effects of population in our country. The interviewees lifestyle depicted the harsh conditions and sad realities of life, focusing on how hard it is for a normal person is to survive with less or no resources. The findings showed that the people had no clue that a household of 2-3 children can be better than having 9-10 children. While discussing the effects how can we forget about the causes of overpopulation.

According to Isaar rana we have cultural influences and religious influences. Masood Baig also emphasized of what type of society we are and how blindly we are following things without even researching it. In short, people concluded that religion and culture are two major causes of this issue. In contradiction of Islamic leaders, we found out that Family planning is considered right in Islam, this contrast was an eyeopener for everyone who did think that Family planning is prohibited in Islam. Peer Zia Ul Haq explained the methods being used since the time of Prophet (PBUH) and shed light on the importance of Family planning. He said that it is important that mothers breastfeed their children for 2 years which will automatically create a gap of 3 years.

In exploring the role of media and policymakers in the awareness of overpopulation in Pakistan we found that Pakistani media has very limited or no role.

According to Masood Baig there are no private campaigns in the last ten years that discuss this issue, he mentioned that there are a few NGO's working on Family planning, but government has no role in that.

Furthermore, there are no current policies made by State of Pakistan which causes hurdles for Media channels. It is known that Pakistan is an Islamic state and due to the lack of religious knowledge and fundamentalism we are unable to aware people.

Lastly, we found that this issue is a root cause of many other issues but unfortunately our media, government, scholars, educators and parents are not well aware of these problems. It is unfortunate that society are not aware of how much trouble we all are in, we do not understand the depth of this problem. Due to this lack of awareness and the speed we are going to our future generations might face so much more issues. Environmental sustainability is imbalanced, people are dying of hunger, kids cannot study because of poverty, educated persons are moving out of state because of unemployment. This all is a serious threat to all of us.

5.1 Findings

Thematic analysis has transcribed visual data into textual to further explain all the themes and subthemes of the documentary. The purpose of this analysis is to create a deeper understanding of themes and words used in the documentary so that it is easier to draw conclusions.

Themes such as Effects of overpopulation shed light on the ongoing issues in our society, majorly focusing on the societal strains like poverty, resources depletion.

Resources depletion discussed how dynamics of agriculture has changed in the past 50 years. The thesis analyzes the interconnected issues of Overpopulation in Pakistan. The study showed how religion can affect family sizes in Pakistan.

Themes extracted from the research are based on the objectives defined in the thesis so that we can justify our written objective of this thesis. The report described how media plays an important part in creating awareness about anything in society and how it has been working on the issue of Overpopulation. According to the research, the results shows that Media plays a very limited role in the regard of promotion of Family planning.

The causes of overpopulation emphasized on what type of society we are right now. It opened dimensions of actual religious values which we have forgotten or never even tried to study ourselves. Such themes add impact and clears the societal myths followed blindly by different classes of people. The thematic analysis showed how the policymakers agree on a very limited role of media in creating awareness about overpopulation.

Furthermore, suggesting family planning in Sharia as well as medically can shape people's perspective about family planning. People have different myths associated with Family planning, to cope up with them and aware them Media, policymakers and Islamic scholars should work together.

Chapter – 6

Conclusion and Recommendations

6.1 Conclusion

Overpopulation is a global issue, and as a part of this world we should work on this issue. China is the most populous country in the world but when we look at their strategies like People are allowed to have 3 children, or when we look at the past where they enforced one child policy made a global impact. Everyone was talking about this policy which also caused awareness in people. Now looking towards Pakistan our major focus is on price hike, political talks and building roads. No one in the state talks about this issue because they face religious backlash and why? Because they are also not aware of the Islamic teachings.

While concluding this research, the major things that we found out was that government and media must be on the same page. The effects of this issue are growing exponentially, and we will not be able to overcome any of the effects if we do not work on it together. Overpopulation is not something that can be dealt lightly, it should be dealt with focus.

The problem of overpopulation in Pakistan is multilateral and demands prompt intervention. If these types of things continue to grow the strain on vital resources — like water, food and land sets in. This issue is further exacerbated by the rate of Urbanization, resulting in dense cities leading to inconsistent and poor infrastructure conditions. With the government and media not on a same page promoting responsible practices, it is pie in the sky to be able to curb these imminent crises.

Alongside depletion of available resources, the country is also plagued by overpopulation which has led to a host social problem including skyrocketing unemployment rates and escalating poverty numbers. The biggest exposed sector is

health, where a tired system servicing an expanding population has fallen over. It can stunt our standard of health, intensify infectious diseases and access to essential medical care becomes a challenge.

An overpopulated environment also affects education as resources get scarce and access to quality education starts falling. Innovation is the key to economic growth however we cannot innovate without an educated population, and yet this same crisis creates a feedback loop that further condemns us to ignorance.

At the same time, we must address these challenges through robust family planning programs and sustainable practices. Through public awareness programs, the citizens can be educated about conserving resources and living responsibly. If the government and media work together, they have an opportunity to craft a holistic plan that solves not only near-term problems but sets up for long term sustainability. Only time will tell, but if we take Now to transition steps, then perhaps a better quality of life for future generations can be laid down.

The future of Pakistan is in our hands and if we do not act responsibly, we will face adverse consequences. We will not have enough water, land and food. We will not be able to manage the sustainable country because of rapid urbanization. By 2050, it is estimated that Pakistan will have 9.7 billion people in this homeland. The question is how we will survive? And even if we survive, we do not have enough strategies to make our living standards better. Every sector is deteriorating; we have health problems, water shortages, imbalance in climate, extreme poverty and lack of education.

6.2 Recommendations

- State should increase the availability of Family planning services, creating door to door awareness in rural areas. In urban areas, we can run campaigns on social media as well as traditional media.
- Conduct awareness sessions in schools, colleges and universities. Allocate workers in rural areas to promote the pros and cons of Overpopulation.
- Focus on female education, raising awareness about contraceptives and family planning before marriage.
- Enhance maternal and child healthcare to reduce the rate of infant mortality. Provide healthcare and reasonable access to family planning techniques.
- Government should imply population control policies that encourage small families and state the pros and cons of overpopulation. With the help of media state should aware people through talking it in dramas, shows, news and films.
- While making policies, state must also monitor these policies if they are being followed everywhere.
- One of the most important strategies is media awareness. Media can shape one's perspective. Private media houses must keep on talking about the effects of Overpopulation as well as safe family planning methods in Islam.
- Use of digital platforms to create awareness in public. Utilize data analytics to identify overpopulated areas and focus on them effectively.

- Media houses, government and religious scholars should work together to form a neutral policy collaborating with religion as well as the need of hour. Tailor family planning to respect cultural and religious values.

References

- Ali, S., & Shahzadi, H. (2020, December 1). *Growing Population and the stance of Different Religion: An Analysis of the Media Coverage in the Context of Pakistan*. | *Global Media Journal: Pakistan Edition* | EBSCOhost. <https://openurl.ebsco.com/EPDB%3Agcd%3A9%3A19464665/detailv2?sid=ebsco%3Aplink%3Ascholar&id=ebsco%3Agcd%3A152953687&crl=c>
- Aronson, J. (1994). *A pragmatic view of thematic analysis*. *The Qualitative Report*. <http://www.nova.edu/ssss/QR/BackIssues/QR2-1/aronson.html>.
- Ahmad, K. (2018, December 31). *Addressing Demographic Challenges: Strategies for Sustainable Economic Growth in Pakistan*. <http://resdojournals.com/index.php/jbeo/article/view/788>
- BBC News. (2015, August 15). *Overpopulation: Will we run out of space?* *BBC News* [Video]. YouTube. <https://www.youtube.com/watch?v=VUTP93qWV7I>
- Dawn News. (2024, June 20). *Pakistan's rapidly expanding population started to take on serious consequences* */News Eye/ Dawn News* [Video]. YouTube. <https://www.youtube.com/watch?v=HJLJGEYzKjs>
- Documentary Film makers & Film Productions*. *Watch Documentaries Online*. (n.d.). <https://www.cultureunplugged.com/documentary/watch-online/play/7350/call-of-life-facing-the-mass-extinction>
- Films, R. (n.d.). *Reality films: Earth: Population Overload*. <https://www.reality-entertainment.com/films/titles/earth-population-overload>
- FRANCE 24 English. (2022, November 15). *8 billion and counting: How to manage humanity's record population?* • *FRANCE 24 English* [Video]. YouTube. <https://www.youtube.com/watch?v=VpvYBrnBXY>

- G, S. (2020, June 12). *Pakistan's cultural impact on health*. Selena Gabrielle. <https://selenagabrielle.wordpress.com/2020/01/12/pakistans-cultural-impact-on-health/>
- Geo News. (2023, June 7). *Lack of resources, alarming population growth, overpopulation are the root causes of problems* [Video]. YouTube. <https://www.youtube.com/watch?v=Q0oU7ePwMR8>
- HeinOnline. (2024, July 12). *About* - HeinOnline. <https://heinonline.org/HOL/LandingPage?handle=hein.journals/jlsup35&div=9&id=&page=>
- Howitt, D., & Cramer, D. (2008). *Introduction to research methods in psychology* (2nd ed.). Harlow, UK: Prentice Hall.
- HUM News. (2020, July 15). *Population growth and challenges that come with it. How to control it?* [Video]. YouTube. <https://www.youtube.com/watch?v=tFz4j5lm5kE>
- Imran, M., & Yasmeen, R. (2020, October 4). *BARRIERS TO FAMILY PLANNING IN PAKISTAN*. <https://demo.ayubmed.edu.pk/jamc/index.php/jamc/article/view/7581/0>
- Ita, Usa, & Di Diritto Ed Economia Delle Attivita' Produttive, D. (2019). *Clashing overpopulation(s): the religious, the secular, and the unnatural "conception" of human multitudes with rights*. <https://iris.uniroma1.it/handle/11573/1400218>
- Jabeen, N. K., & Dar, N. Y. F. (2023). *CONFRONTING PAKISTAN'S OVERPOPULATION ISSUE FOR LONG-TERM SOLUTIONS*. *Pakistan Postgraduate Medical Journal*, 34(04), 171–172. <https://doi.org/10.51642/ppmj.v34i04.681>

- Khan, A. (1996). Policymaking in Pakistan's population programme. *Health Policy and Planning*, 11(1), 30–51. <https://doi.org/10.1093/heapol/11.1.30>
- Merton, R. K. (1975). Thematic analysis in science: Notes on Holton's concept. *Science*, 188(4186), 335–338.
- Michael Moore. (2020, April 21). *Michael Moore presents: Planet of the Humans | a film by Jeff Gibbs | full documentary* [Video]. YouTube. <https://www.youtube.com/watch?v=Zk11vI-7czE>
- Population growth and movement in Pakistan: a case study on JSTOR. (n.d.). www.jstor.org. <https://www.jstor.org/stable/2644838>
- Population growth and the food crisis.* (n.d.). <https://www.fao.org/4/U3550t/u3550t02.htm#:~:text=In%20addition%2C%20rapid%20population%20growth,and%20frustrate%20water%20resource%20management>
- Population Policy Shifts and Their Implications for Population Stabilization in Pakistan on JSTOR. (n.d.). www.jstor.org. <https://www.jstor.org/stable/41260352>
- Sathar, Z., & Miller, P. C. (2013). 10. The Importance of Population Policy in Pakistan. In *Lynne Rienner Publishers eBooks* (pp. 161–182). <https://doi.org/10.1515/9781565495548-011>
- Sathar, Z. (2001). Fertility in Pakistan: past, present and future. *Population Council of Pakistan*. https://www.un.org/development/desa/pd/sites/www.un.org.development.desa.pd/files/undp_egm_200107_paper_fertility_in_pakistan_past_present_and_future_sathar.pdf

LIST OF APPENDICES

Appendix A: Interviewee profiles

Masood Baig, CEO SUNO TV an emerging news channel of Pakistan. A young talented policymaker, working in Journalism. Masood Baig is an intellectual personality with a skillful knowledge about Media industry.



Shehzad Hussain, Lahore. He started his and is now working as a BC Hussain is an skillful resource of Pakistani Journalism.

Bureau Chief GNN News career as a crime reporter of GNN News. Shehzad



Isaar Rana, columnist. Journalist and Pakistan. He is an leadership skills. His reflect through his words.

Senior analyst and group editor at Daily excellent writer with great thoughts and intellect



Peer M Zia Ul Haq, religious scholar, working in Media industry with immense religious know to cater the myths created by our society.



Dr Maimoona Khalid, Gynecologist at Iqra medical complex working for almost 10 years as a Gynecologist and a teacher. Her skillful ideas and practices revealed some truths about Family Planning in Pakistan.



Appendix B: Documentary Script

Voice-over:

"Pakistan, a nation of rich history and cultural diversity, is home to over 240 million people. Its vibrant cities and landscapes are a place of inspiration. However, beneath the surface lies a pressing challenge that threatens to overshadow its beauty: overpopulation.

Visuals: Archival footage of Pakistan in the 1940s-50s, images of urban development.

Voice-over:

"Since its inception in 1947, Pakistan's population has grown exponentially. From a modest 30 million, it has now surged past 240 million. This dramatic increase is the result of various factors

Interview of Isaar Rana: Population is increasing day by day; 2.5 crores children are unable to go to school. We have health issues which is the sign of stress in society.

Visuals: Animated graphs and charts showing population growth trends.

"Today, Pakistan stands as the fifth most populous country in the world. The population growth rate is among the highest globally, with approximately 2.4 births per woman with the average rate of 19,333 live births per day. Such rapid growth poses significant challenges for the country, impacting everything from economic development to environmental sustainability."

[Personal Stories]

Visuals: Interview with less privileged people.

The dramatic increase in population has cause environmental and social damage. People suffer from various problems.

Interview of Jawad Ahmed.

Pakistan is an Islamic country, where religion can influence family size. Some interpret Islamic teachings as larger families.

Interviews of Religious scholars

Shots of News channels discussing Overpopulation.

Voice-over:

For millions of Pakistanis, overpopulation is not just a statistic—it is a daily reality. Families struggle with overcrowded living conditions, limited access to education and healthcare, and an increasing strain on basic resources like water and food.

Interview of Dr Maimoona. Suggestions regarding Family planning.

Ending:

یادگاروں کی زمین پر بوجھ بڑھتا جا رہا ہے

بڑھتی آبادی کا شور یہیں ہر سو گمیر رہا ہے

گاؤں، شہر، گلی کوچے سب بھر گئے ہیں

زمین کم پڑ رہی ہے، انسان بڑھتے جا رہے ہیں

پانی کی قلت ہے، روزی کا سوال ہے

وسائل کم ہیں، ہر طرف مشکلات کا حال ہے

ماں کی گود میں بچے بھوکے، پیاسے رو رہے ہیں

مستقبل کی فکر میں، سب سر جھکا کے سو رہے ہیں

نئی نسل کو کیا دیں گے، یہی سوال اٹھتا ہے

زندگی کی اس دوڑ میں، انسان پیچھو رہتا ہے

آئیے مل کر سوچیں، کوئی حل نکالیں

خود کو سنبھالیں اور پاکستان کو بچا لیں

یہ ملک ہمارا ہے، ہمیں ہی سوارنا ہے

آبادی کے اس بوجھ کو، ہر حال میں ہٹانا ہے

Appendix C: Screenplay

Unraveling overpopulation in Pakistan: Thematic analysis on the effects of overpopulation and role of media policy makers in the awareness of overpopulation in Pakistan.

Production Date: [12.07.2024] Location: [Lahore]

Crew Members:

Director: Kanza Ameer

Videographer: Kanza Ameer

Voiceover artist: Sadia butt

Camera artist: Kanza Ameer

Editor: Kanza Ameer

Introduction:

Scene #	Visuals	Music	Transition
1	Wide angle Footages of Pakistan. Resources, less urbanization.	Cultural music	Fade in
2	Opening eye of a poor child with parched skin and pale eyes A family living in Slum area having 8- 10 kids portraying	BGM (Sad and intense)	Fade out, Zoom in

	bad health and living conditions.		
3	A mix of traffic, poor health conditions, slum areas, barren lands, malnutrition kid and poverty.	Sad BGM	Fade in
4.	Causes of Overpopulation: Footage of Masjid Religion (Interview of religious person)	Video original	Fade in

5.	Resources depletion		Fade in
6	poverty Slum areas, living conditions of a poor man	Original Sad BGM	Fade in, Wide angle.
11	Interview of media policy maker	Original	Fade in
12	Conclusion A mix of Pakistan's scenery, traffic, people, culture	Poem with sad BGM	Collage, fade in.

Appendix D: Budget**Genre:** Documentary**Duration:** 10mins 18seconds**Language:** English**Location:** Lahore

Pre- production	Quantity	Description	In-house	Out-house
Director	1	Kanza Ameer	-	-
Producer	1	Kanza Ameer	-	-
Equipment	2 Cameras 1 tripod 1 light 1 Mic	50 mm lens iPhone Wide lens	-	15000
Meals/Transport		Car	-	6000
DOP				6000
Editing		Kanza Ameer	-	-
Printing				2000
Voiceover		Sadia butt		5000
Total	-	-	-	34000