

# Chapter 07

## THE POPULATION OF PAKISTAN

### 1. Demography

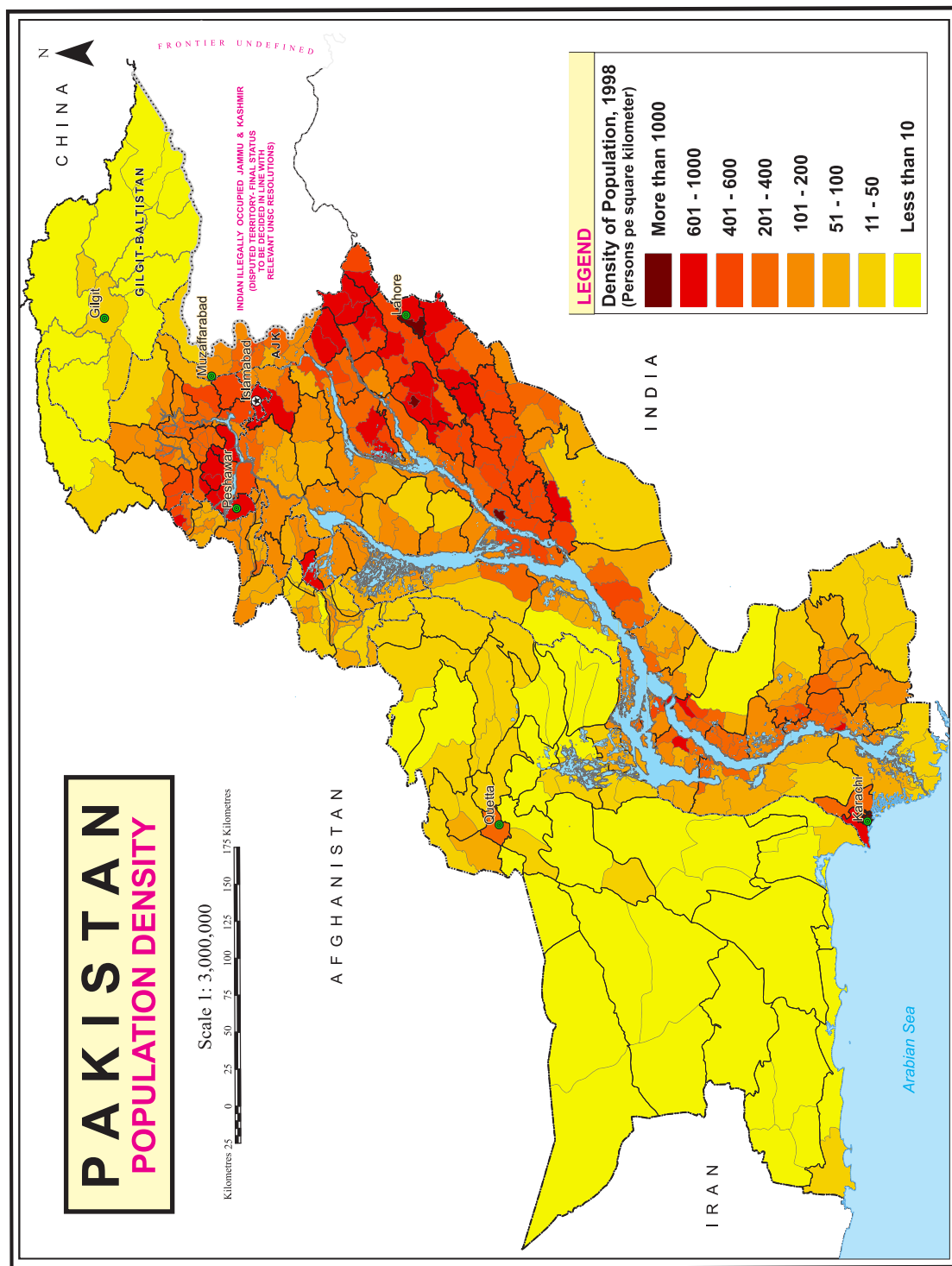
The study of the changing numbers of births and deaths in a society over a specified period of time is called demography. The demographic data and its main characteristics are vital for a purposeful planning. The essential characteristics of demography are total population, its regional distribution, the urban-rural ratio, literacy and level of education, rate of population growth rate, average density per square kilometer and the occupation of the people.

The process of gathering data about the above mentioned characteristics is called census. Generally, this takes place after every ten years. The first ever census in South Asia took place in 1872. After the establishment of Pakistan, the first census took place in 1951. The second census took place in 1961. The third census was held after eleven years in 1972, when the population was 65.309 million. The fourth census took place in 1981 when the population was 84.253 million. The fifth census took place after seventeen years in 1998 when the population was 132.352 million.

### 2. Population Size and Composition

Pakistan is a densely populated country, with a density of 166 persons per square kilometer but this is not evenly distributed. In Punjab, it is 358, in Sindh 218, In Khyber Pakhtunkhwa 238, in Balochistan 19, in Federally Administered Tribal Areas (FATA) it was 117 and in the Federal Capital Territory of Islamabad it is 889 per square kilometer. The following table shows the population size and composition.

| Sr. No. | Place              | Area (Square Kilometer) | Population (1998) | Ratio  | Density (Per Square Kilometer) | Member per household (Average) |
|---------|--------------------|-------------------------|-------------------|--------|--------------------------------|--------------------------------|
| 1       | Pakistan           | 796096                  | 132,352,279       | 100.00 | 165                            | 6.8                            |
| 2       | Balochistan        | 347190                  | 6,565,885         | 4.96   | 19                             | 6.7                            |
| 3       | Khyber Pakhtunkhwa | 74521                   | 17,743,645        | 14.41  | 238                            | 8                              |
| 4       | Punjab             | 205345                  | 73,621,290        | 55.63  | 358                            | 6.9                            |
| 5       | Sindh              | 140914                  | 30,439,893        | 23.00  | 218                            | 6                              |
| 6       | FATA               | 27220                   | 3,176,331         | 2.40   | 117                            | 9.3                            |
| 7       | Islamabad          | 906                     | 805,235           | 0.61   | 889                            | 6.2                            |



There are 12 big cities in Pakistan whose entire population constitutes 19% of the total population and 58% of the total urban population of Pakistan. In each of these 12 cities their population is above four hundred thousand (4,00,000). Karachi is the biggest city of Pakistan with a population of over 10 million. The following table shows the details of population of (1998) these 12 cities.

| Sr.No: | City       | Population (1998)            |
|--------|------------|------------------------------|
| 1      | Karachi    | 9,339,023 (about 10 million) |
| 2      | Lahore     | 5,443,495                    |
| 3      | Faisalabad | 2,008,161                    |
| 4      | Rawalpindi | 1,409,768                    |
| 5      | Multan     | 1,197,384                    |
| 6      | Hyderabad  | 1,166,894                    |
| 7      | Gujranwala | 1,132,509                    |
| 8      | Peshawar   | 982,816                      |
| 9      | Quetta     | 759,941                      |
| 10     | Islamabad  | 529,180                      |
| 11     | Sargodha   | 458,440                      |
| 12     | Sialkot    | 421,502                      |

Compared with economic resources, the rate of population growth in Pakistan is very high. During 1981-1998, the population grew at the rate of 2.6 percent per annum. This means that the rate of growth is above the world rate of 1.5 per cent per annum, while for the Asian continent it is 2 percent per annum. At this rate of growth the populations of 1981 will double itself at the beginning of the 21st century (2005). Due to rapid rate of population growth, the ratio of child population has also increased. The main reasons are early marriages and the desire for more children. The rise in the ratio of child population has created the problems of child care as well as that of education and training, along with the problem of increasing dependent population. According to the Census of 1998 the ratio of male population is 52. The birth of many children badly affects the health of mothers. The literacy rate of population is not encouraging. In 1951 the literacy rate was 13.2 percent which rose to 45 percent in 1998, according to Pakistan's census report of 1998.

Majority of population of Pakistan derives its livelihood from agriculture. The next profession is industry. The third main profession is service and trade. About ten per cent of the civilian labour force is working as guest-worker in other countries.

The majority of Pakistanis reside in rural areas. In 1998, about 67.5 percent of population resides in rural areas while 32.5 percent of population was urban. The urban population is increasing at a faster rate due to lack of facilities

in the rural areas. The rate of population growth is high which reduces the per capita resources and adds to the existing problems. The improvement in health facilities is reducing the death rate. At present the death rate is 11 per thousand while infant mortality rate is 80 per thousand.

### Literacy Percentage

Illiteracy is a great curse which hampers progress and development of the country. Literacy rate in Pakistan remained quite low because of slow economic progress. Following table shows the rate of literacy during the last 27 years.

| Sr. No. | Year | Literacy Percent | Literacy Percent (Male) | Literacy Percent (Female) |
|---------|------|------------------|-------------------------|---------------------------|
| 1       | 1972 | 21.7             | 30                      | 11                        |
| 2       | 1981 | 26.0             | 35                      | 16                        |
| 3       | 1998 | 45.0             | 61                      | 36                        |

According to the facts and figures of 1998 census, the level of education in the country is shown in the following table:

| Sr.No: | Level of education        | Total population |
|--------|---------------------------|------------------|
| 1      | Below primary             | 18.3             |
| 2      | Primary                   | 3014             |
| 3      | Middle                    | 20.89            |
| 4      | Secondary                 | 17.29            |
| 5      | Higher Secondary          | 6.56             |
| 6      | Certificate / Diploma     | 0.41             |
| 7      | B.A./B.Sc. and equivalent | 4.38             |
| 8      | M.A./M.Sc. and equivalent | 1.58             |
| 9      | Others                    | 0.44             |

Going by the economic development of the country, population occupies an important place but more important is the educational level, skill and scientific and technical expertise. Investment in human resource is very necessary. It is because of the educational level and technical know-how that small countries like Singapore with a total population of about 3.5 million, annually exports worth 150 billion dollars, whereas Pakistan's exports are worth 12 billion dollars.

### 3. The Urban and Rural Population

The size of population and the available facilities distinguish an urban area from a rural one. The urban population means that its size is 5,000 or more and has basic civic facilities of life.

The study of distribution of urban and rural population is very interesting and informative. This indicates the economic characteristics as well as the living standard of the people. The big centers of Industry and profession are generally located in or near cities. Generally, business and industry grow in proportion to the urban growth.

The rural areas have less facilities of life as compared to cities. These facilities include education, health and recreation. The employment opportunities are also more available in urban than in the rural areas. Normally simplicity in lifestyle is more evident in rural areas while the urban life is more commercial and glamorous.

### 4. Growth of Population and migration

Although most of our people live in rural areas, the cities are attracting more population because of the presence of the abundant facilities of life. The industrial and business growth is also higher in urban areas. Hospitals and medical care facilities, educational institutions and recreational facilities are more and better shaped in urban areas. The urban areas have more cultural activities as well. All this attracts rural population to urban areas.

After the establishment of Pakistan, the trend of movement of rural population to urban areas accelerated. The people began to move to urban areas in search of better employment opportunities and essential basic facilities of life. In 1951, only 17.8 percent of our population was urban while by 1998, it rose to 32.5 percent and is increasing constantly.

The migration of rural population to urban areas creates several problems. The fast rate of migration adds to the shortage of residential units and accordingly people have to pay more rent for residential houses, or they are forced to live in localities where necessary facilities are generally absent or lacking.

The problems of sanitation and health are created due to pressure on urban population. The educational and recreational facilities become insufficient. The transport and traffic problems become severe. As a result the urban slum areas expand and remain devoid of civic facilities.

The government is endeavoring to reduce the migration of rural population to urban areas by resorting to better planning and seeking a solution to urban problems. Incentives are being afforded to agriculture to improve the economic lot of the rural populace. The handicrafts and cottage industries are also being encouraged. It is rightly believed that if the rural areas have more employment opportunities, the pressure on the urban areas will be relieved. Moreover, it is also being planned that industrial dispersal may be carried to far-flung urban areas so that only few big cities may not receive the total or most of the burden of migration of the rural population.

The transport and communication facilities are being improved so that rural areas may become well-connected with the urban ones. Necessary steps are being taken to augment the education and health facilities, in rural areas. The villages are being electrified by and by. Dispensaries, hospitals and trade centers are being established in the rural areas.

In addition to the schemes for the improvement of the rural life, the government is also working on the projects to solve the problems caused by expanding urban population. The traffic and transport system is being improved along with widening of roads. New settlements are being established around the cities which may be self-sufficient to such an extent that people are not forced to meet their daily requirements of life by visiting the heart of the city and the big centers of trade. These localities will have bazaars, hospitals, and mosques, schools for children, parks and recreational centers. It is hoped that it will reduce the burden on the heart of the cities.



## 5. Causes of Population Growth

Following are the causes of population growth in Pakistan:-

- a. **Social factor:** Majority of the people believe that Allah is the sustainer and Provider. Many people think that having a large family is a source of strength. They also consider family planning contrary to Islamic teachings.

- b. **No to family planning:** Family planning practices have not gained popularity in the Pakistani society as yet.
- c. **Lack of education:** The low literacy rate also contributes to the higher population growth.
- d. Early marriages also add to the growth of children.
- e. Poverty is yet another reason. The growth rate among the poor is greater as compared to other groups of society. The reason is that they don't bother about the standard of life and providing good education to their children.
- f. The desire for a male child results in producing more children. In the rural areas, more male children are considered to be an asset for the family and a sign of pride among the kith and kin and others.



## 6. Development of Resources and Population Growth

The economic and social progress requires a good balance between national resources and national population. If the population is too scant, the natural resources cannot be utilized effectively, but if the population is too high coupled with a high growth rate then the pressure on national resources becomes very heavy making it difficult to maintain prosperity.

There is dire need of trained personnel to get effective benefits from national resources through economic and social stability and for a better use of scarce means. It is, therefore, necessary to increase the quantum of trained men and women.

Pakistan is a densely populated country. Its total resources are not increasing at a rate commensurate with the rate of growth of population. This has resulted in an undue pressure on the existing resources and the country is experiencing a population explosion. Rise in unemployment, reduction in per capita facilities of sanitation, health and education, rising incidence of diseases, high birth and death rates are symptoms of explosive population growth. This can be resolved by striking a fine balance between the population and the resources. It is necessary to reduce the rate of population growth and to increase the national resources. The following steps will go a long way in reducing pressure of population on resources:-

- i. The productive resources are developed at a faster rate in respect of industry and professions, handicrafts and cottage industry, agriculture and trade.
- ii. The technical education and training should be popularized and developed and modern technology be used so that the quantity and quality of output of agriculture, industry and other means of livelihood may improve.
- iii. Special attention is needed to discover new resources, particularly in mining and mineral oil explorations.
- iv. There is a considerable land to be brought under cultivation. This land requires special attention. Moreover, the land affected by water-logging and salinity should also be made fit for cultivation.



## **7. Quality of life in Pakistan in relation to Education, Health and Food**

### **i. Education**

For the improvement of quality of life within the country, education, health and food (nutrition) are the chief indicators. In spite of efforts of the government to promote primary education in collaboration with the private sector, the literacy rate is still low. The standard of primary education is far from satisfactory. The teachers at the middle ladder are dissatisfied with the level of primary education and secondary school teachers complain about the standard of education at the middle level and so on. The students admitted in the Medical Colleges are mostly unsuccessful in the First Professional Examination. Hardly 60% qualify it. The higher education degrees of our universities are not regarded at par with the degrees of other countries. This is due to the low standard of academic programmes, their duration and the way the examinations are conducted. In India, each year more than 5000 students obtain Ph.D. degrees, whereas in Pakistan the figure is too low. Now, government is trying to enhance education through a number of programmes. Science and Technology is being promoted by raising its budget from Rs. 1.20 million to Rs. 5 billion. But our basic concern is improvement in the literacy rate at the primary level. Government has started a

programme of Public-Private Partnership for increasing primary level education. Private sector is being encouraged to come forward and establish new institutions, and help the public institutions for better education. Government has offered very tempting incentives to the private sector. Government has also started a scheme of "Education for All". Under the scheme thousands of non-formal schools are being opened to improve the literacy rate and provide facilities for primary education. It is hoped that maximum targets of literacy and primary education will be achieved through these steps.

## **ii. Health**

In the health sector too, 'lot of work is to be done. At the time of independence there were only two Medical Colleges each at Lahore and Karachi. Now, there are 46 Medical Colleges, in the public and private sector. There are hospitals at district and tehsil levels. But situation in the villages is not satisfactory because our doctors are hesitant to work in the rural areas. Private practice of doctors has given a setback to the working and efficiency of government health institutions. Private hospitals charge huge fees, which can hardly be afforded by the common man. The infant mortality rate in Pakistan is higher due to poverty, lack of education and illiteracy. Out of 1000 children of 5 years of age, 102 children die.

## **iii. Food**

Provision of food, especially nutritive food is a big problem for the poor people of the country. About 24 percent of the population of our country is living below the poverty line. Even the prices of food items are beyond them. This class is unable to provide balanced diet to children. Unfortunately, those who can afford good food, care little for its nutritive value. People are used to eat meat, ghee and oily food.



## **8. Linguistic Composition of Population**

Pakistan is a country where different languages are spoken in different parts of the country. Population wise, Punjab is the biggest province. A large part of this province is Punjabi speaking. Siraiiki is spoken in the southern part of Punjab. The number of people speaking Punjabi is about 44.15% of the national population.

Sindhi is the language of majority of the people of Sindh, and is spoken by about 60% of its people. The number of Urdu speaking people is about 30%. It is

mostly spoken by the people living in Karachi, Hyderabad, Nawabshah, Sukkur, Mirpur Khas etc. In Karachi, several linguistic groups have settled down. Their common language is Urdu.

In Khyber Pakhtunkhwa, majority of the people speak Pashto. Hindko is spoken in the areas like Kohat, Peshawar and Hazara. The people in the area of Dera Ismail Khan speak Siraiki. Besides Pashto, Hindko and Siraiki, several other languages are also spoken in the province.

Area wise, Balochistan, is the largest province of the country. People generally speak Balochi, Pashto and Brahvi but the number of Balochi speaking people is comparatively larger. However, in some parts of the province, Sindhi and Siraiki are also spoken.

In the Federally Administered Tribal Areas (FATA) people generally speak Pashto. Its administration is Jirgas System under Federal Control. Since, employment and job opportunities in FATA are scarce, people temporarily migrate to other parts of the country to earn their livelihood.

Islamabad is the Federal Capital of Pakistan. People from all parts of the country have settled here. They usually speak Urdu which is the language of coordination among the people.

### Linguistic composition of population according to Census Report of 1998

| Sr.No: | Level of education | Total population |
|--------|--------------------|------------------|
| 1      | Urdu               | 7.57             |
| 2      | Punjabi            | 44.15            |
| 3      | Sindhi             | 14.12            |
| 4      | Pashto             | 15.42            |
| 5      | Balochi            | 3.55             |
| 6      | Siraiki            | 10.53            |
| 7      | Others             | 04.66            |
|        |                    | <b>100%</b>      |

## EXERCISE

### A. Answer the following questions:

1. Describe the size and composition of the population of Pakistan.
2. What is the literacy rate in Pakistan? How does it affect national development?
3. How does the growth and migration of population affect the country's development?
4. What are the causes of growth of population in Pakistan?
5. How can a balance be maintained between the growing population and the national resources?
6. Describe the effects of growing population on health and education.

### B. Fill in the blanks:

- i. The last Census in Pakistan was held in the year \_\_\_\_\_.
- ii. The density of population in Sindh is \_\_\_\_\_ persons per square kilometer.
- iii. Total population of Karachi according to the 1998 Census is \_\_\_\_\_.
- iv. The majority of Pakistanis live in \_\_\_\_\_ areas.
- v. The female literacy rate in Pakistan is \_\_\_\_\_ according to 1998 Census.
- vi. \_\_\_\_\_ is the main problem of Pakistan.
- vii. \_\_\_\_\_ is the common language of understanding throughout Pakistan.