



**PEOPLE PERCEPTION OF OVERPOPULATION
AND FOOD INSECURITY IN BHARA KAHU
ISLAMABAD**



By

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**“Thesis submitted to the department of sociology, Quaid-i-Azam
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Of Master of science in Sociology”

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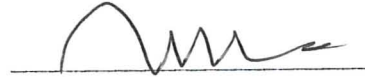
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FINAL APPROVAL OF THESIS

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LIST OF ACRONYMES

UNMD	United Nation Millennium Developmental Goals
HFSSM	Household Food Security Survey Module
SPSS	Statistical Package for Social Sciences
FAO	Food and Agriculture Organization
MDG	Millennium Development Goal
PRB	Population Reference Bureau
WPP	World Population Perspective
BBS	Bangladesh Bureau Statistic
PDS	Public Distribution System
WHO	World Health Organization
LDC	Least developed countries
WFP	World Food Program
WFS	World Food Summit
SSA	Sub-Saharan Africa
UN	United Nation

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Abstract

The day by day increase in population has leads to food insecurity. The agricultural land space was covered into the scheme of housing society. As agricultural country, Pakistan is also still facing problem of food insecurity since large scale of agricultural land was covered into housing schemes. Pakistan has resources but growing population directly affects the resources. It is observed that the position of food security in Pakistan is going downward and it immediately need to be improved. For this purpose, the quantitative study was concluded in Bhara Kahu. Sample size was of 120 respondents. The tool for data collection was questionnaire. Simple random sampling was used by researcher to choose the sample. SPSS version IBM SPSS Statistic 20 was use as tool for data analysis. It identified that overpopulation is caused by increasing of migrated people and they were also creating shrinkage of Agricultural land space. It also find that increasing population is the cause of shortage of water. However, situation of population increasing is due to construction of housing which is a cause of food insecurity.

Table of Contents

1.1 Research Question	4
1.2 Objective of the study	4
Chapter No.2	7
REVIEW OF THE LITERATURE	7
2.1 Overpopulation Worldwide	8
2.2 Fertility Rate and Food Problems in the Developed World.....	9
2.3 Developing Countries	13
2.4 Overpopulation and Food Insecurity in South Asia.....	17
2.5 Overpopulation and Food Security in Pakistan.....	20
Chapter No. 3	24
THEORITICAL FRAMWORK.....	24
3.1 Malthus Theory of Population Growth.....	25
3.2 Application of the Theory.....	26
3.3. Proposition.....	28
3.4.1 Null Hypothesis.....	28
3.4.2 Alternative Hypothesis.....	28
Chapter No. 4	29
CONCEPTUALIZATION AND OPERATIONALIZATION.....	29
Chapter No. 5	35
RESEARCH METHODOLOGY	35
RESULTS	39
6.2 Hypothesis Testing	56
Chapter No. 7	60

DISCUSSION, CONCLUSION AND RECOMMENDATIONS.....	60
7.1 Discussion.....	61
7.2 Conclusion	63
REFERENCES.....	66
ANNESURE	71

List of Tables

Table No. 6.1 Age of Respondents.....	40
Table No. 6.2 Respondents Qualification.....	41
Table No. 6.3 Respondent Occupation.....	42
Table No. 6.4 Respondent Marital Status.....	42
Table No. 6.5 Are you aware of overpopulation.....	43
Table No. 6.6 Population is Increasing Due to Migration.....	44
Table No. 6.7 Overpopulation Leads to Shrinkage of the Land Space.....	44
Table No. 6.8 Overpopulation Increasing Shortage of water....	45
Table No. 6.9 Overpopulated Area's People are Satisfied with the.....	45
Table No. 6.10 Overpopulation is the Reason for Climate Change	46
Table No. 6.11 Overpopulation Will Become a Big Problem in the	47
Table No. 6.12 Overpopulation can be controlled by proper planning.....	47
Table No. 6.13 People Tend to Move towards Cities due to Attraction.....	48

Table No. 6.14 Overpopulation Need to be More Markets to Fulfill.....	49
Table No. 6.15 Overpopulation has Required More Infrastructure.....	49
Table No. 6.16 Overpopulation Leads to be More Shrinkage of.....	50
Table No. 6.17 Ever Experience Food Insecurity.....	51
Table No. 6.18 Food Insecurity Effect the Well-being of Individuals.....	52
Table No. 6.19 Food Insecurity Increase Distress among the People.....	52
Table No. 6.20 Food Insecurity Leads to Diseases.....	53
Table No. 6.21 People have Enough Wheat to feed their Children.....	53
Table No. 6.22 Food Insecurity is the Main Cause of Malnourishment...	54
Table No. 6.23 Food Insecurity Can be controlled by Proper Planning...	55
Table No. 6. 2.1 Increasing Food Insecurity and Agricultural Land.....	56
Table No.6.2.2 Hypothesis Test-I.....	57
Table No. 6. 2.3 Food Insecurity and malnourishment.....	58
Table No 6.2.4Hypothesis Test- II.....	59

Food insecurity means that people do not easily make an access to safe, healthy and nutritious food. People are unable to take healthy diet to meets their nutritional desires. However, these situation going to be worse and people are incapable to get nutritious food (Russell et al. 2014:1-2).The 795 million people are also undernourished globally and in 1990-1992 less than 216 people were undernourished (Rome 2015:1).

In September 2000, the agreement was signed and United Nations (UN) first goal was to eliminate poverty and hunger (WHO 2000:8).Similarly, the target of Millennium Developmental Goals was to secure world through reducing food insecurity and poverty. The underweight children percentage is expected to decline from 25 percent in 1990 to 15 percent in 2012. However, inhibiting in children less than five years age has declined globally from 40 percent to 25 percent done the same period. The Food and Agriculture Organization (FAO 2010:8-10) presented that in 2050 the population is increasing as result the doubling demand of food is to be aggregate globally. However, in 2000 to 2002 food and agriculture organization declare that around the worldwide 852 million people were food insecure. In developing countries also 815 million and 9 million in industrial countries who were food insecure. There is to be decreasing number of people who were food insecure in developing countries by merely 9 million throughout period subsequent the World Food Summit standard epoch of the 1990 to 1992. Further, the second partial of period, also

number of frequently hunger in emerging kingdoms rise by the amount practically 4 million each year, rubbing out two third of decrease of 27 million reached throughout the last five years (State of Food Insecurity in the World 2004:15). In Asia 0.1 percent people were undernourished in 2007 to 2008, while 8 percent increasing in Africa.in spite of the point that in 1992 out of the 477.3 million in Sub-Saharan Africa 35 percent or 169 million stood malnourished (FAO 2011:10). The food security of world is going to be crisis in 2003 at the highest level of food stock fall of 105 million tons and 5% is given to the world and 25-55% in south American countries, USA also found 5% losses at record also in Asia 30 % food grain losses in south east Asia, 8-25% in India (Brown 2004:3).

Moreover, faster increasing rapid growth in human population are increasing resources shortage throughout the world. Thus, resources shortage and seriousness of lack of healthy sustenance are greatest genuine in Africa and also in Asia where populace growing is most noteworthy. The genuine issue facing people is the decay of oil production (Pimentel 2011 1-3).

Overpopulation according to (The World Population Perspective 2009:9) large undesirable condition where a living being numbers surpass the current conveying limit of its territory. The capacity of people to be maximum and number of people increasing day by day situation to be that in the area is shrinkage that are called overpopulation.

The world population was around seven billion in 2012 and the population of the world was growing tremendously. In 1800 world population reach to first billion and took to only 130 years the population add to second billion in 1930. Later 30 years, in 1960 the world population hit 3 billion impartial. Twelve year late in 1987 the population reach 5 billion. Another 12 years later in 1999 it hit to be 6 billion. Every minutes on middling each day, 156 children were born. The newest official present world population for the mid-year 2013 is expected at 7,095,217,980 (Rosenberg et al. 2014:15-35).The fertility rate of worlds is 2.6, which means that the average woman in the world during her lifetime bears 2.6 children. However, the highest fertility region of the world is Middle Africa, where 6.1 children give birth to the average woman. While, the lowermost fertility ratio in Eastern and Southern Europe, wherever the 1.4 kids bears the average woman. The West African region, Niger and Guinea-Bissau the world's highest birth rate in record, there is average woman bears 7.1 children. Though, in Asia the Afghanistan 6.8 high birth rate. As compared to Mortality rate in the world is that the highest death rate recorded 31 in Swaziland. Rather, the lowest death rate in world is oil-rich three countries United Arab Emirates, Qatar (Butzet et al. 2008:4).The world most populace country of the world is China there is 1, 341, 335, 00 million population living and second populace country is India. There is 1, 224,614,000 million and Pakistan in the six position of 173,593,000 and population living and United States is take third position in most populace country. There is 312 million population are living. It is

estimated that in 2050 Pakistan determination each fifth place in the world. The assessment of populace frequency published by Population Reference Bureau shows that 1.4 percent the world populace growth amount reduced in 2011 and 1% in 2012. Nevertheless, the end of June 2012 reduced growing proportion additional 71 million persons in unrefined populace and the entire populace of world overlapped amount 7 billion (Population Reference Bureau 2011:2-12) and 50 % of population of Pakistan were food insecure.

1.1 Research Question

Although the majority of the people of Bhara Kahu were aware about the day by day increase in population created and the agricultural land that are used for housing development, yet no one realized food insecurity. Therefore, it was important to abstract their opinion about the relationship between increasing population (overpopulation) and food insecurity.

1.2 Objective of the study

This study has following objectives:

1. To find out the people perception about overpopulation in Bhara Kahu Islamabad.
2. To find out the food insecurity in Bhara Kahu Islamabad.

3. To find out the relationship, if it can exist among the growing of population and agricultural land use for expanding housing society and food insecurity in Bhara Kahu Islamabad.

1.3 Significance of the study

The present study is directed on the overpopulation and food insecurity in Bhara Kahu Islamabad which is in near federal area, Pakistan. This study has both practical significance and theoretical significance. This deals with the relationship among overpopulation and food insecurity. Either the food insecurity occurred due towards increasing of migration that cause to population.

The significance of study is to deliver information about overpopulation and food insecurity, however this research is valuable for the people of Bhara Kahu, Islamabad. The researcher also interested in this topic “overpopulation and food insecurity” that why she choose this topic. The variables are interrelated as food insecurity occurred due to overpopulation.

The researcher conduct his research in Bhara Kahu in command to find out the generally opinion about overpopulation leads to food insecurity. The large area of researcher is used for agricultural lands but last few years increasing of population were occurred because rural areas people migrated. Local people married their children while families of those people were extend that caused shrinkage the land space of cultivation. However, there is starting housing scheme development in cultivation land space. The researcher find main reason

of area is that increasing of migration occurred food insecurity and through food insecurity lead to diseases. Mostly common people of the universe told the researcher they eat unhealthy and unsafe food and they were suffered to disease also. Find out the Pakistan is the agricultural country why people suffered food insecurity, hunger and starvation that are to increasing of overpopulation that are leads to food insecurity.

Chapter No. 2

REVIEW OF THE LITERATURE

2.1 Overpopulation Worldwide

World face serious problem of overpopulation and its effects throughout the world and especially in Asia and Africa. The present rate of population increment is 1.2% (Population Reference Bureau 2011:1), which implies a multiplying time of 58 years. Somewhere around 1900 and 2000 the expansion in total populace was three times more noteworthy than the whole past history of humanity an expansion from 1.5 to 6.1 billion in only 100 years. Thus, our world's conveying limit under existing conditions is anyplace somewhere around 4 and 16 billion and the present world total population of 7 billion is anticipated to twofold to 14 billion in under 60 years.

Moreover, by 2050 world populace is expected 10.5 billion and interest for assets will rise exponentially and to take care of this demand the world will require 50 percent more food, 45 percent more vitality and 30 percent more water. A noteworthy limitation that is from time to time specified is developing nourishment deficiencies. As of now more than 66% of the total populace is malnourished by World Health Organization (WHO 2000:18) and the Food and Agriculture Organization (2010:4). The quantity of malnourished reported in 1950 was just 20% of the World population and now more than tripled. Malnourishment hinders the mental advancement of kids, decreases human efficiency, and is the prime reason for death on the planet. According to WHO (2000:19-20) and Pimentel (2011) food production is to be limited in current

scenario because of downward storage of fresh water, cropland and also shortage of fertilizers that rely on upon fossil vitality either for their creation or mining and processing. Moreover, faster increasing rapid growth in human population are increasing resources shortage throughout the world. Thus, resources shortage and seriousness of lack of healthy sustenance are most genuine in Africa and Asia where population growth is most noteworthy. The genuine issue facing people is the decay of oil production. The resources shortage affected by the diminishing in oil supply and increment in oil costs will affect human wellbeing and survival from numerous points of view yet particularly with the production of food (Pimentel 2011:1).

2.2 Fertility Rate and Food Problems in the Developed World

Butz et al. (2008:3) stated that the world's fertility rate is 2.6, which means average woman in the world during her lifetime bears 2.6 children. Similarly, the developed country USA and the Mexico have same birth rate as 2.1 child per woman. However, the highest fertility region of the world is Middle Africa, where 6.1 children bear average woman. While, the lowest fertility in Eastern and Southern Europe, somewhere the 1.4 children bears the average woman. Although, Europe Macao region there is world's lowest fecundity rate that is 1.0 children. The world's highest birth rate record in West African region, Niger and Guinea-Bissau, there is 7.1 children average woman bears. While the five birth- lowest countries in Asia located in rest of Europe is that Japan and South

Korea there woman bears 1.3 children and Hong Kong 1.0 and Taiwan 1.1. Lowest birth rate in Germany and Hungary where is 1.3 average woman children. As compared to mortality rate in the world is that the highest death rate recorded 31 in Swaziland. Rather, the lowest death rate in world is oil-rich three countries United Arab Emirates and Qatar.

According to Butz et al. presented statistic (2008:15) the world population in single day the birth rate is that, 380,000 and death rate is 156,000 both are to be minus then results are 224,000. Here Butz et al. (2008) expected in 2050 the population of India and China is entire world population. Then there is food insecurity obviously exist, the food run out then there is to be need that solution of chronic overpopulation.

In 1950 more food was available for each person in the world. Although, the population doubled in since 1950, the fertilizer and bioengineering improved seeds and breakthrough making in agriculture. Furthermore, the production of meat, cereals, fish and rice global were continuously increased. The USA producing more food and their people can consume that food. Contrarily, Africa suffered drought and civil war, there is starving people leaving a swath. However, the government of USA pay for his farmers to reduce their crops. There is more production of food is a problem of U.S.A while the West Africa the food was too little (Hendrix 2011:5-8).

Henslin (2010:603) argue that sometime government are making policy for woman to bears fewer or more children. While the Hitler era in Germany Government outlaw the abortion and the woman who give birth then given cash bonuses. In 1700s the food is great abundant in Europe, there is fertility is increased and death rate dropped (Hendrix 2011:7). Carrsunder (1931:3) stated that in 1930 the population of Russia is 158 million which is increased 21 1/2 million in six years. Although, which is an average the annual increasing of 3 1/2 millions. On the other hand during the same year the population of the rest-Europe has 370 million which is average gain of 2 1/2 millions.

In 2000 to 2010 increase of total population of United State is just 10 percent and growth rate is different among the across countries, one forth increase faster than the national average and one ten 20 percent increasing. Moreover, the population faster increasing states growth rate in West and South as well as high growth rate as Texas. Although, in this decade some countries lost population. Thus, Michigan declined population somewhere around 2000 to 2010, Michigan more than half grew in this period. However, the faster growth areas including suburbs of metropolitan such as Washington, D.C, North Carolina, Atlanta, Houston, Orlando (Population Reference Bureau 2011:4).

In 2009 US Household Food Security Survey Module (HFSSM) reported that 14.7 percent household food insecurity faced by populace of US (Russell et al. 2014:4). Food insecurity is also millions of American people are facing as a

serious challenge. However, more than 50 million of the people in united states that also live to household that are facing food insecure in 2009. (Gundersen et al. 2011:1). Lindberg et al. (2015:2) view that 25 Australians that are to be 4 percent in 2011-12 do not access to safe, nutritious, sufficient food in each year. While, the food insecurity can be both precursor, by-product and poverty or chronic disease. Similarly, the 20 percent low income Australian families were a great risk of chronic disease because they live region where is 2.5 time fast-food outlets more accessible. However, South Australia experienced food insecurity to be consume less vegetables and fruits.

For Burns (2004), the obesity and overweight are 20 to 40 percentage were increasing especially in woman who are food insecure. Similarly, the adult who were food insecure which are experience chronic disease just as kidney, diabetes, anemia, mental health issue (Burns 2004:3).

Russell et al. (2014:3) stated that the proportion of food insecurity 49 to 70 years, which are faced 15.7 percent. On the other hand the 8.4 percent are faced who are 70 plus years and female are 15.7 percent then males 9.4 percent reported food insecure. Moreover, those people who live in rent house that were reported four time as compared to home owner. Although the rental 43.6 percent and owner 10.8 percent faced food insecurity. Population of Australian reporting that the food insecurity who suffer that are rental accommodation living, being current smoker and receipt a pension.

In Canada, people suffer food-insufficiency that are to be single parent's

families and household is their major source of income, Western Canada those who have not their own home and household that are more reported food insufficiency. While, people having poor health and suffer chronic stress and depression. Food-insufficient people having heart, diabetes, food allergies and high blood pressure (Vozoris and Tarasuk 2003:1-2).

2.3 Developing Countries

The world's most populace country of the world is China there is 1,346 million population living and second populace country is India. There is 1, 241 million population living and United States is take third position in most populace country there is 312 million population were living. Moreover, forth is Indonesia there 238 million and fifth Brazil there 198 million and six position take Pakistan in most populace country there is 177 million population. However ,in 2050 expected to be population of these countries doubled and India took first position 1,692 million and China second 1,313 million Nigeria third 433 million, forth United State 423 million, and fifth take position Pakistan 314 million (Population Reference Bureau 2011:2).

In 2015 Millennium Development Goal (MDG), monitoring of 72 developing countries more than half that were reach millennium development goal hunger target. Similarly the food decline mostly in developing regions, in spite of significant populace development and also estimated that 2014-16 in developing region 780 people are undernourished.

In 2012 rest of the developing countries of the world on average 15 percent were undernourished (FAO 2015:3-41). The undernourished individuals in developing world 20 percent declining from 1990 and 16 percent in 2007 while countries of two-third world's Bangladesh, Republic of Congo, China, India, Pakistan, Indonesia, Ethiopia population were undernourished. Although, people who were affected by food crises they already living in poverty (FAO 2011:1).

Least developed countries (LDC) of the world located in the region that were more affected by food insecurity, sub-Saharan Africa and south Asia. Similarly, the LDC suffer poverty and estimated household based survey that are absolute poverty. Although, 2015 poverty were more increasing these countries. However, 50 percent of population in these countries are living extreme poverty (UNCTAD 2002:3) and FAO (2004:4) presented that 227 countries of the world, during 1998-2004 these developing countries recorded 61 percent suffer acute food insecurity. Food crises more pronounced in least developing countries rather than to developed countries, main cause of food crises are political instability, person displacement, natural disasters and high dependency ratio (FAO 2004:8).

Food crisis were more in third world as developing countries, there were people do not access to sufficient food while that were reasons of increased oil prices internationally and weather conditions. Although, Asia demand food for import and Europe financial crisis of food also play a major contribution toward food

stock in the world. According to human security perspective those people who are below poverty line are more affected to food crisis in developing countries. However, in Asian region the conflict situation and migration is several challenge of food insecurity. (Muniruzzaman 2013:1-2).

China as of now has the world's biggest populace estimate, enveloping 21% of the world's populace. Although, china follow the One Child Policy that one couple have only one child that to be well under controlled their population (Parambi 2013:6).

In Asia 0.1 percent people are undernourished in 2007 to 2008, while 8 percent increase in Africa. In spite of the fact that in 1992 out of 477.3 million in Sub-Saharan Africa 35% or 169 million individuals were undernourished, in 2003 out of 635.3 million in Sub-Saharan Africa 32% or 206.2 million individuals were hungry (FAO 2011:10). In 2010 out of 925 million individuals who were undernourished on the planet 26% or 240.5 million individuals were in Africa (FAO 2010:2). Somewhere around 2010 and 2012 around 870 million individuals worldwide were malnourished furthermore, 49% or 852 million of these were in creating nations (FAO 2013:2-3).

Africa in 1990 the only 12 countries suffer food crisis and which is protected only 4 for food crisis, last 20 years 24 countries were suffer food crises and 19 having crises last ten years (FAO 2004:8). Kendall and Pimentel (1994) note that current per capita grain generation is by all accounts diminishing around the world. The circumstance is especially upsetting in Africa, where grain

generation is down 12% since 1980. Africa just creates 80% of what it devours (Kendall and Pimentel 1994:199).

Butz et al. (2008:18) argue that the Africa 23 percent of earth's land, and the population is only 14 percent of earth population. The starvation was result of the misdistribution rather the overpopulation. The pervasiveness of under nutrition in Sub-Saharan Africa (SSA) declined marginally from 31 percent somewhere around 1990 and 1992 to 29 percent in 2000/2002 and diminished again to 27 percent somewhere around 2006 and 2008. Indeed, even with the decay, around 239 million individuals in SSA keep on facing chronic hunger (FAO 2011:9).

Zimbabwe also experience nine years drought in since 1980s and food shortage at the household as well as national levels. While, in 1980s and as compared to 1990s the bumper more harvest occurred in Zimbabwe. Harvest are larger more maize that are 2.8 million tons in 1981 and also 2.7 million tons in 1985. Although, declined maize production are 2.1 million tons in 2000 and 1.5 million in 2001 and again 500,000 tons in 2002. Similarly, the main cause of food insecurity in Zimbabwe is that there is chronic poverty and inappropriate, natural and physical constraint, failed policies and also per household crop productivity is low. While food insecurity to be influenced when agricultural and food security short term and long term policy failed. The basic source of creation are land, work, capital and administration in Zimbabwe, the procedure

for getting to the fundamental creation assets is currently in confuse (Rukuni et al. 2006:7-13).

However, agriculture development rate has been on the decrease since 2007. Food development rate was 7.2 percent in 2007, diminished strongly to 6.3 percent in 2008, declined marginally to 5.9 in 2009 and further declined to 5.7 percent in 2010. In any case, the populace increment inside a similar period (2007-2010) was consistent at 3.2 percent. Similarly, in (2007-2010) the production growth are higher than the population growth in Nigeria (Olanrewaju et al. 2007:11). In 2012 the high populated countries India and China, people were 15 percent undernourished (FAO 2015:41-42).

2.4 Overpopulation and Food Insecurity in South Asia

In South Asia insufficiency and hunger is precise common problems. According to demographic factors as over population, environment pollution, small country size that are reduction of food availability in South Asian region. For example, 206 million loads nutrition produced India everyday but it is not enough for its population. While, in 2006 per day 390 per capita food that are available also declined and requirement are 510 grams per day per capita that situation are alarming thread for Indian food security (Muniruzzaman 2013:2). In Bangladesh the manufacture of food is not acceptable. A36 percent of people who are living in Bangladesh they were live below poverty line as less than one US dollar per day and they have no access to sufficient, save, nutritious food.

Since 2008 the world food crisis started in this year the agriculture food production of Bangladesh were 4.7 percent declined. Similarly, in 2011 Bangladesh millions of peoples are affected by monsoon floods and 200,000 are displaced. However, 2012 the flash floods also damage crops of agriculture, habitat, water, and around 1.3 million people have lost livelihood just for this flood, while June 2012 and mid July 2012 that flood result large scale of shortage of food.

Provincial question with respect to the unequal water dispersion among the neighboring nations of South Asia is making difficulties to the accessibility of water access to the low-lying nations in this area. On the other hand, Bangladesh faces extreme dangers from accessing water for water system and rich cultivable terrains. Muniruzzaman (2013) presented that Bangladesh is most one of the populated country of the world, there are 164 million to be more than people are living in small land. Although, overpopulation is serious thread of food security driving large scale food shortage in Bangladesh. For instance, in the course of the most recent 50 years, Bangladesh did not trade rice with the exception of in 1974 in light of the expansion in populace and over-utilization of sustenance. However, most of farmer in Bangladesh are poor and live below poverty line, while 90 percent of farmers are marginal and small. Bangladesh Bureau Statistic (BBS) reported that 60 percent of people are food insecure that were hit hunger because of insufficient income and 30 million women and 12 million children are under five years in Bangladesh. Nevertheless, the world

highest proportion low birth weight of newborns in Bangladesh (Muniruzzaman 2013:2-8).

In Bhutan, Sri Lanka Nepal food productivity is not enough, for last 15 years the production of Bhutan is lower as compare to their population. However, in 1981-85 food decreased 3.8 percent and 0.6 percent in 1986-90. Although, food production rising 2.2 percent in 1991-95 and again falling 1.1 percent 1996-2000 while Bhutan has reliably seen a declining pattern in per capita food production (Muniruzzaman 2013:2).

In Nepal, population increasing average rate as 2.5 percent as compare to food is fluctuating high growth as 5 percent in 1981-85 and 2.2 percent in 1991-95 and in 1996-2000 it is as 2.5 percent (Muniruzzaman 2013:2). In Sri Lanka, the population growth is not so high as compared to other region of south Asia, while the food production is also fluctuating (Muniruzzaman 2013:2).

Kumbhar (2010:2) argue that the food insecurity is not only economic but also non-humanity problem because the enough food grain available to fulfill their needs.

Presented 'Food Corporation of India' published statistical data 2008-09 the 229 million tones availability of food grain in government of India and 230 in previous years also. The trader of India sealing food grain in high prices and not equally distribution everywhere in country, that situation occurring food insecurity. There is unequal distribution of food in rural and urban area of India. Kumbhar (2010:2-4) stated that 2007-09 food grain production is enough. The

1.10 percent population growth and 0.50 to 0.75 percent net increasing population. These are not burden growth population for food supply in India. In the same year the production of fish increased 6.8 to 7.3 million tones, another fruit and vegetable production is also increasing. In year 2006-07 the wheat stock were 54.28 million tones and 119.77 tones stock of rice and 2007-08 the wheat 77.12 million tones and 114.75 million tones rice. In year 2009, wheat stock 182.12 million tones increased and 175.76 million tones rice stock increased. There is population growth to major production of food grain. It is not problem of economic but also another. Moreover, India is developing country the main cause of food insecurity is poverty. Corruption, national policies that are creating polices to food not access for all, trade barriers, agriculture growth insufficient, and population growth. Further, education low level, gender and social equality, health status poor, cultural insensitivity, and natural disasters. The Public Distribution System (PDS) introduced in India but it is failed to implement its objective due to corruption. If the PDS done his work honestly the insecurity of food will be reduce in future.

2.5 Overpopulation and Food Security in Pakistan

As indicated by the financial study of Pakistan 2010-11, the aggregate populace of Pakistan is 177.1 million against the 173.5 million in a year ago. Populace development rate is 2.1 % and in the rundown of most crowded nations, Pakistan is at sixth number (Population Reference Bureau 2011:1).

Chaudhary (1980:2) presented the study of huge harvest food grain losses in four province of Pakistan. The study also describe the losses during harvesting, cleaning, drying, milling, storage, processing, cooking, and consumption. However, Ahmad (2009:2) presented statistic data about the population of Pakistan in 1990-91 are 109.72 million that were increased to 2007-08 in 165.0.it is also increased 55.28 million (50.38%) as compare the production of wheat 14.57 and 21.7with in two years. The production increased 7.13 (48.94%).The data also shown the population increased and production decreased that are also for most important factor of food grain security.

Although Ahmad and Farooq (2010:1-3) stated that agricultural is important for country to fulfill their food and fiber for fast growing population. In Pakistan 60 years in past increasing cultivated area is just 40 percent, the population increased 4 times in cultivating land under the pressure of urban expansion. Similarly 1980s the population increasing slow down as 3 percent and 2.09 percent in 2009-10, the current rate is going to high rank. In developing countries 815 million people facing starving in 2002 and less than 9 million in 1990.The worst-affected area of the world is sub-Sahara Africa and southern Asia. However, the number of starved people are ten millions increased. Herrmann (2006:7) presented the main reason of food insecurity is poverty. The poor people have no ideas to take care of food. Although, Ahmad and Farooq (2010:1) noted that the present-day amount of populace is estimated doubled in 2050.it is considered 4th largest nation and 6th most crowded country of the

world.

According to World Bank (2009:7) the rural area of Pakistan is producing food. The majority of urban area has economic access to food as compared to rural area. While, Ahmad and Farooq (2010:8) present the rural area affecting biological absorption of food drinking water, sanitation, infrastructure and health facilities is much poor that also reason of food insecurity in rural area. Ahmad and Farooq (2010:7) talk about the population increasing then the demand of food is naturally increased. In future the demand of food is totally different from today's because of such factors that are expected to face in future is that age longevity increased, emerging mega cities and more urbanization, changing structure of family, changing pattern of food and habits, increasing the different diseases diabetic and hepatitis and cardiac. In developed countries rapid occurring big market and international chain of food. The improving infrastructure, arrange safety programs, better education and health facilities that strategies reduce food insecurity in together urban and rural spaces in future.

1. Food insecurity is highlighted issue in the current period.
2. The usage of agricultural land space for housing development is another factor of food insecurity.
3. The unproductive planning and funds from the government effect the agricultural construction.
4. Overpopulation caused by food insecurity due to increasing the

population.

5. Food insecurity is more in urban spaces because of absence of agricultural land as well as equated to rural spaces.

Chapter No. 3

THEORITICAL FRAMWORK

Sociological theories are confined to clarify, foresee and comprehend a social wonder. By and large theories challenge the current information inside the contravention points of simple jumping suspicions. Theoretical framework is the construction that can grasp or shore up a theory of an examination think about. The Theoretical framework presents and portrays the theory that clarifies why the examination issue under review exists.

3.1 Malthus Theory of Population Growth

The theory was formatted and tested by Thomas Robert Malthus (2006:8-10). In “An Essay on the Principle of Population” that were published in 1798, Malthus highlight the issue of an excessive number of mouths to sustain, as opposed to the uneven circulation of resources. The theory of Malthus describes the population dynamics and its relation among the available of resources. However, Malthus believed that the population of the world increasing faster rate than the food supply. Moreover, population increasing day by day and food is not enough to available to every hand to mouth. Similarly, food production is slowly as compare to population growth. Whereas according to Malthus theorem food production capacity only grows arithmetically just as (1, 2, 3, 4, and so on) and population grows at the geometric rate (2, 4, 8, 16 and so forth).

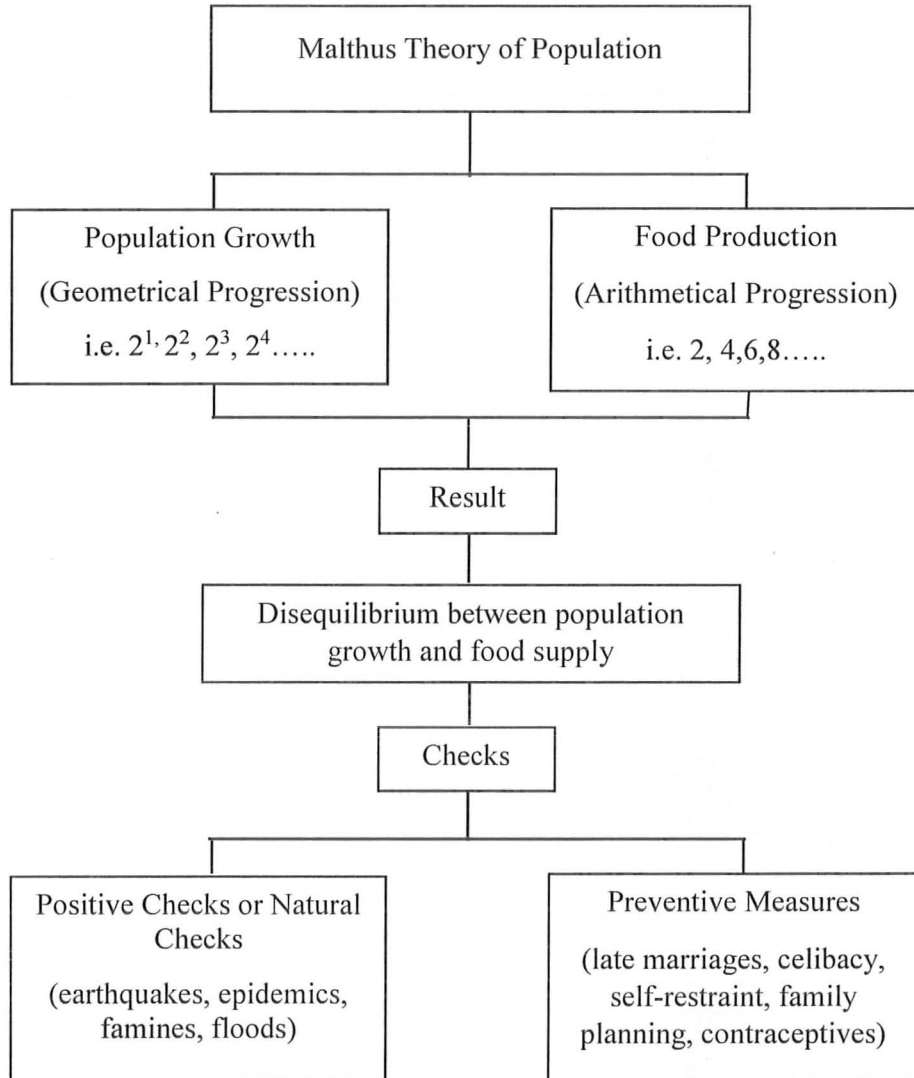
The outcome of these two standards is that in the end, population surpass the limit of agriculture to bolster the new population numbers. Although, population would ascend until a point of limit to growth was reached.

Moreover, Malthus believed two types of population checks that could reduce the population, one is “preventive checks” postponement of marriage, abortion (decreasing the fertility), increasing the cost of food. Second is “positive checks” war, famine, disease that would be increasing the death rate.

3.2 Application of the Theory

In Bhara Kahu, population was increasing because of too many people were coming to rural areas and buying their lands from their local peoples. However, immigrants come to Bhara Kahu, to have their facilities such as developed towns, pleasant environment, near to Islamabad. Local people were selling out their agricultural land because they have to see their own economic benefits. They have earn more economic growth as compared to earnings of agricultural production. When the land is used for such purpose then people are facing food insecurity because they have no land where they have to grow their agricultural production. Moreover, before twenty years the population and production of Bhara Kahu, was balanced but now it is more difficult due to immigrants increasing the population and urbanization covered the agricultural lands and people are facing food insecurity.

Figure 3.1 Malthus Theory of Population



According to Fig 3.1, Malthus theory of population describe that the population growth rate are faster (geometrically) and food supply (arithmetically). However, Malthus give population checks positive and preventive checks for control population.

3.3. Proposition

Malthus theory of population is that, population is increasing faster than the food supply. However, in Bhara Kahu, overpopulation increasing faster than food production and food insecurity exist due to lack of agricultural lands. Whereas the theory of Malthus are applicable of Bhara Kahu there is population increasing due to immigration and cultivating land cover by urbanization.

3.4. Hypothesis

3.4.1 Null Hypothesis

There is no relationship between overpopulation and food insecurity in Bhara Kahu Islamabad, Pakistan.

3.4.2 Alternative Hypothesis

There is a relationship between overpopulation and food insecurity in Bhara Kahu Islamabad, Pakistan.

Chapter No. 4
CONCEPTUALIZATION AND
OPERATIONALIZATION

4.1 Conceptualization

Conceptualization is the strategy of planning the vital ideas and factors with the assistance of existing literature. In this review, the researcher has two variable overpopulation and food insecurity. These ideas are conceptualized here.

4.1.1 Overpopulation

Overpopulation according to World Population Perspective (2009:9) is a by and large undesirable condition where a living being numbers surpass the current conveying limit of its territory. Overpopulation means that an area that has excessively numerous individuals and insufficient resources to keep up a sensible way of life in that area. Resources may incorporate jobs, food, technology, services and energy (Pimentel 2011:2).

Moreover, Ehrlich et al. (1990) took the concept of overpopulation is that the thought as the crowding and too many people in that given area and also too much high populate (Ehrlich et al. 1990:1).

4.1.2 Food Insecurity

Food insecurity means that people lack an access to healthy, safe, nutritious foods for ordinary growing and expansion of an lively and strong well-being of individual's life. The enough food is not available to provide the nutritious food for the population (Russell et al. 2014: 1).

While, food insecurity exists when people do not get the proper access of physical or Economic food to safe social and nutritious manner in their lives. It

is a serious financial issue for any society. However, food insecurity situation is also increasing distress among the nation that results with aggressive behavior and harsh responses of the people. This is also creating negative effect on the country. The people do not have access and cannot afford the quantity and quality of nutritious food (Shamsi et al. 2014-2). As indicated by FAO (2008) food insecurity take two measurements, one is temporary food insecurity and second is chronic food insecurity. Though, the first transitory food insecurity to be occur when there is temporary household decline due to flooding, famine caused of conflict, drought, dry season, trim disappointment and loss of buying force in cultivating groups. Second chronic food insecurity occur when the food deprivation is too much, for long term that are result of deep rooted poverty and market condition (FAO 2008:4).

Moreover, food insecurity is lack of basic food that are intake to provide nutrients and energy to fulfill productive lives (Brown 2004:2) and Campbell (1991:1) food insecurity exist when food security are uncertain and limited. Moreover, food insecurity is lack of obtainability of nutritionally safe or limited or dubious capacity to procure worthy nourishments in socially satisfactorily ways. However, the food insecurity is an issue that is rising on global level. Similarly, 795 million people are undernourished globally and 1990-92 less than 216 people are undernourished (FAO 2015:3). From 2000 to now 29 percent people are suffering from food insecurity in the world (FAO 2004:3).

However, Ahmad (2009:1-2) has shown that the food security is not only important just on national level but rather additionally for worldwide. As indicated by world Food Program (WFP) introduced (2003:1) developed countries of the world more than eight hundred individuals of that countries have don't access to the food to satisfy their fundamental healthful needs. Brown argue that (2004:2-3) the food security of world is going to be crises during 2003 at the highest level of food stock fall of 105 million tons and 5% is given to the world. Hall (1970:2) presented those 30% food grain losses in south East Asia, 25-55% in South American countries, 8-25% in India. USA also found 5% losses at record.

Although, human population increasing faster and agriculture shortage to be exist. However, the human population increasing faster than the food production and unequal distribution of food, lack of the access of food, political unrest are to be thread of world food security to human society counting lessening considerably the extent of individuals who experience the hunger effects of yearning somewhere around 1990 and 2015. In 2010, an expected 925 million individuals on the planet were hunger, of which 907 million or 98 percent were in developing nations. (Pimentel and Pimentel 1999:1). Food insecurity as one of the dangers that society will persevere amid this 21 century. Similarly, Worldwide populace has developed exponentially and Current numbers are assessed around 6,692,030,277 and are required to rise 9.3 billion

in 2050 (World Bank 2009). The total populace will twofold in the following 50 years, if the present birth rate 1.3 percent proceeds with (Kendall and Pimentel 1994:198).According to World Bank report (2009) people living more than half in developing countries are suffer extreme poverty that two third are low income countries and Africa that are three quarters. However, in 2009 worldwide 55 million to 90 million people living in extreme poverty on the other hand the people of 1 billion who are faced chronic hunger (World Bank 2009:13). Although, the pregnant women and children who are mother feeding are affected by lack of food because pregnant women wants to be 300 to 500 extra calories per day these are difficult to meet that are situation of food insecurity. On the other hand 17 million infants are born to underweight per year as risk factor and more than half newborn are death (FAO 2010:2).Unity Nation (UN) Secretary General Ban Kimoon said “Today, additional one billion people are hungry” he also told in assembly leaders, six million children every year die just or hunger and 17,000 every day. However, Dan Kimoon included that in 2050, the world should bolster two million more mouths 9.1 billion altogether (Ojo and Adebayo 2012:6).

4.2. Operationalization

Operationalization is a procedure by which researcher explain, clarifies and legitimize the ideas with the current circumstance.

4.2.1 Overpopulation

In the context of Bhara Kahu, Overpopulation, in the researcher point of view is that population increasing. However, the main reason of overpopulation is immigration. Similarly, the people come to rural area to live this suburb because there is more facilities that they attract and come to stay. It is considered very serious problem.

4.2.2 Food Insecurity

The concept of food insecurity in Bhara Kahu is that, the people have no economic resources then they sell out their cultivated lands. One the other hand the cultivated lands used for urbanization and people have to face food insecurity. Moreover, local people sell out their agricultural land for economic purpose, they have taken more income as compared to food production. Which is the main reason Bhara Kahu facing this horrible situation. It is very serious issue that people are suffer food insecurity.

Chapter No. 5

RESEARCH METHODOLOGY

Methodology is the learning and coherent composed strategies to decide diverse methods and procedures for the reason to have enough information about the exploration that are directed. The research utilized the appropriate strategies and explanatory techniques in this research.

5.1 Research Design

In the present study, quantitative research technique was picked. The quantitative technique researcher easily find out majority of people perception. The quantitative approach concentrated on the gathering and analysis of numerical information.

5.2 Universe

In 2009 the population of Bhara Kahu was around one lac and now population is 178,070. Researcher find cause of increasing population was less rent house that developed in agricultural land space. Bhara Kahu Islamabad was chosen for the research project. Owing to effectively approach and successive with the zone, research chose this for current research.

5.3 Target Population

The targeted population of the research was the above 40 years of the respondents. They were matured senior people of the universe of researcher and they were also experience the last ten to fifteen years of changing of population in the universe (Bhara Kahu).

5.4 Sample Size

The researcher gathered the data from a favored of one hundred twenty (120) respondents. The sample size of one hundred twenty (120) was adequate for the required outcome regarding the role of overpopulation. The researcher met senior's respondent that were 40 years plus age so researcher take (120) respondent that were easily available.

5.5 Tool for Data Collection

The researcher used structured close ended questionnaire for data collection. The selected language was English for the structure of questionnaire. The researcher were distribution of questionnaire also through face to face interaction on the universe.

5.6 Tool for Data Analysis

The Statistical Package for Social Science (SPSS) was utilized for data analysis. The researcher utilized tis logical way to deal with guarantee the significance and precise information was collected and presented in arranged frame.

5.7 Techniques for Data Analysis

The researcher utilized unmistakable and inferential statistic, in which rate, recurrence, and Pearson Chi-Square and Chi Square tests check the similarity

of data and after that did the analysis procedure in Statistical Package for Social Sciences (SPSS).

5.8 Pretesting

The researcher took ten (10) respondents keeping in mind the end goal to pretest the questionnaire. The respondents were taken in a manner that they were additionally having a place with the zone of research where the researcher did his research.

5.9 Opportunities and Limitation of the Study

Open doors for the study incorporate picking up a superior understanding of the overpopulation and food insecurity. The researcher hailed from a similar areas, which was the investigation of the universe. So it was open door for her to meet as they were effectively accessible yet the hazard is that the general population was associate of researcher helpers.

5.10 Ethical Concern

The upkeep of ethical standard is essential for researcher, while directing an examination, researcher asked question to be easily in friendly way so the respondent must not experiences any short of puzzlement, disgrace and anxious.

The researcher made sure that no personal identities of the respondents were disclosed to third party. Pseudonyms of the respondents were used in order to protect their privacy.

Chapter No. 6

RESULTS

In this chapter the researcher given comprehensive overview of the sample features and clarifications of the different tables are created and clarification of each table have been given. The researcher first of all providing the demographic table information of the respondent.

Table No. 6.1 Age of Respondents

Category	Frequency	Percent
40-50	73	60.8
51-60	32	26.7
61-70	12	10.0
70-above	3	2.5
Total	120	100

Table No.6.1 showed that majority of the people belonged to the age group of 40 to 50 because this age group were abundantly present in the universe at the time of data collection. They were experience changing of population. A very few respondent were found from the age group of 70 or above because the number of this age group people were less available in the universe.

Table No. 6.2 Respondents Qualification

Category	Frequency	Percent
Illiterate	44	36.7
Primary	41	34.2
Secondary	24	20.0
Bachelor and above	11	9.2
Total	120	100

Table No.6.2 highlight the qualification of the respondents. The majority of the respondent qualification were illiterate because in their time educational facilities less available. The table also showed that those people who were having bachelor and above education. The reason behind that they were teacher.

The Table No. 6.3 also illustrated that majority of people were common people because they were shop kippers, guards, cattle mans, sweepers, carpenter, Tailor. The reason that they have fewer societal stress to respond. A very few respondent were retired people. It is very difficult to get contact because mostly denied to give their remarks about the topic.

Table No. 6.3 Respondent Occupation

Category	Frequency	Percent
Unemployed	32	26.7
Retired	11	9.2
Business	30	25.0
Other	46	38.3
Total	1	8

Table No. 6.4 Respondent Marital Status

Category	Frequency	Percent
Single	12	10.2
Married	102	85.0
Divorced	6	5.0
Total	120	100

Table No.6.4 showed the majority of respondents were married. The purpose of selection the married respondents was that they also seen the current and last ten to fifteen years situation of the topic. The table also showed that a few respondent were divorced because they were separated with their husband for his second marriage and family violence.

Table No. 6.5 Are you aware of overpopulation

Category	Frequency	Percent
Yes	108	90.0
No	11	9.2
3.00	1	8
Total	120	100.0

Table No.6.5 highlight the majority of respondents were aware about the overpopulation while very few respondents were not aware about it. Since most of the respondents were experienced about the overpopulation. The table also showed the few of people do not know about the overpopulation because they were those people who were illiterate.

Table No.6.6 showed that majority of the respondents were agreed about migration increasing population because the number of people who came from rural areas. The table also showed that few respondents answer was neutral because they have less awareness about rural migration.

Table No. 6.6 Population and Migration

Category	Frequency	Percent
Agree	75	62.5
Strongly agree	30	25.0
Disagree	6	5.0
Strongly disagree	4	3.3
Neutral	5	4.2
Total	120	100.0

Table No. 6.7 Overpopulation Leads to Shrinkage of the Land Space

Category	Frequency	Percent
Agree	79	65.8
Strongly agree	32	26.7
Disagree	6	5.0
Strongly disagree	1	.8
Neutral	2	1.7
Total	120	100

Table No.6.7 showed that the majority of the respondent were agreed about the situation of population that were increasing in the universe of researcher. The majority were agreed that their agricultural land shrinkage due to the amassed population and their agricultural land covered by the housing scheme.

Table No.6.8 Overpopulation and Shortage of water

Category	Frequency	Percent
Agree	60	50.0
Strongly agree	33	27.5
Disagree	13	10.8
Strongly disagree	12	10.0
Neutral	2	1.7
Total	120	100.0

Table No.6.8 showed that the majority of the people were agreed the water shortage were increasing in the universe due to number of people were increasing. The table also showed that some respondents answer was neutral because they did not faced shortage of water owing to increasing number of peoples.

Table No. 6.9 Overpopulated Area and Space of their House

Category	Frequency	Percent
Agree	63	52.5
Strongly agree	46	38.3
Disagree	7	5.8
Strongly disagree	2	1.7
Neutral	2	1.7
Total	120	100.0

Table No.6.9 showed that the majority of respondents were agreed that they were satisfied the area of their house. The reason behind that they were

construct their house in timeworn when overpopulation was not stable. While a few respondents were disagree to the statement. Because congested street and traffic voice disturb them.

Table No. 6.10 Overpopulation and Climate Change

Category	Frequency	Percent
Agree	52	43.3
Strongly agree	16	13.2
Disagree	28	23.3
Strongly disagree	13	10.8
Neutral	11	9.2
Total	120	100.0

Table No 6.10 showed that mostly respondent were agreed, overpopulation is the reason of the climate change problem. The respondent told the researcher last few years climate is not in its normal condition because of increasing number of peoples in the universe.

Table No.6.11 showed that the majority of the respondents were strongly agreed that the overpopulation will become the big problem in the future. The reason would be shortage of food and cultivating land. While a few respondent were disagree that through some infrastructure and proper planning increasing number of peoples can be adjust.

Table No. 6.11 Overpopulation and Future Problems

Category	Frequency	Percent
Agree	55	45.8
Strongly agree	56	46.7
Disagree	4	3.3
Strongly disagree	1	8
Neutral	4	3.3
Total	120	100.0

Table No. 6.12 Overpopulation and Planning

Category	Frequency	Percent
Agree	55	45.8
Strongly agree	45	37.8
Disagree	6	5.0
Strongly disagree	10	7.8
Neutral	4	3.3
Total	120	100.0

Table No.6.12 showed that the majority of respondents were strongly agreed that the overpopulation can be controlled by proper planning. Whereas some respondents were disagree that planning cannot be helpful for increasing numbers of peoples in the universe. The reason that peoples were planning a lot of scheme but does not implement them in its proper form.

Table No. 6.13 Overpopulation and Urbanization

Category	Frequency	Percent
Agree	68	56.7
Strongly agree	35	29.2
Disagree	5	4.2
Strongly disagree	3	2.5
Neutral	9	7.5
Total	120	100.0

Table No.6.13 showed that the majority of the respondents were agreed that the people come to the universe of the researcher because the attraction of the urbanization such as the less amount of rent house, facility of the hostel, Sui gas, transport and so on. The table also showed that the very few were disagree that the main attraction of peoples were moderate climate of universe.

Table No.6.14 showed that majority of the respondents were agreed that the markets were now fulfill their requirements. While they have enough food to counter their demands. A very few respondents answer was neutral because they were not aware about the market condition as they were less knowledge about markets demands and supply.

Table No. 6.14 Overpopulation Need to be More Markets to Fulfill their Demands

Category	Frequency	Percent
Agree	66	55.0
Strongly agree	24	20.0
Disagree	8	6.7
Strongly disagree	16	13.7
Neutral	6	5.0
Total	120	100.0

Table No. 6.15 Overpopulation and Infrastructure

Category	Frequency	Percent
Agree	61	50.8
Strongly agree	43	35.8
Disagree	5	4.2
Strongly disagree	1	.8
Neutral	9	7.5
Total	120	100.0

Table No.6.15 showed that the majority of respondents were agreed that the number of people were increasing then the proper infrastructure to be required. A very few respondents were disagree that overpopulation required more infrastructure. Because majority witnessed the outcome of infrastructure

projects in their areas so they were agreed overpopulation required infrastructure.

Table No. 6.16 Overpopulation Leads to Shrinkage of Agricultural Land Space

Category	Frequency	Percent
Agree	76	63.3
Strongly agree	33	27.5
Disagree	4	3.3
Strongly disagree	1	.8
Neutral	6	5.0
Total	120	100.0

Table No.6.16 showed that the majority of the respondents were agreed that the agricultural land to be shrinkage due to increasing the population. The reason behind that cultivation land to be sell out for the housing society. The table also showed that few respondents were disagree overpopulation leads more shrinkage of cultivation land and having no effect on their life.

Table No. 6.17 Awareness of Food Insecurity

Category	Frequency	Percent
Yes	101	84.2
No	19	15.8
Total	120	100.0

Table No.6.17 showed that the majority of the respondents were agreed that they were fully aware of food insecurity as well. The table also showed that the few of respondents were not aware of food insecurity. The majority of the respondents were aware about the best quality of food and fully knowledge about the food those who better for the individuals.

Table No. 6.18 Ever Experience Food Insecurity

Category	Frequency	Percent
Yes	88	73.3
No	28	23.3
Total	120	100.0

Table No.6.18 showed that the majority of the respondents were agreed that they were experienced the food insecurity. The majority of respondents agreed because the reason behind this they personally experienced the unsaved and unhealthy food. Very few of respondents were not say yes because they do not experienced usually people purchase all food to be in better market shop.

Table No.6.19 presented that majority of the respondents were agreed that the food insecurity effect the well-being of the individuals. The purpose behind this the mostly respondents suffer that critical condition also when they were attending the wedding function of their relative. The majority of people were going to hospital after eating their unhealthy food.

Table No. 6.19 Food Insecurity and Well-being of Individuals

Category	Frequency	Percent
Agree	70	58.3
Strongly agree	40	33.3
Disagree	3	2.5
Strongly disagree	1	.8
Neutral	6	5.0
Total	120	100.0

Table No. 6.20 Food Insecurity and Distress among the People

Category	Frequency	Percent
Agree	67	55.8
Strongly agree	40	33.3
Disagree	9	7.5
Strongly disagree	2	1.7
Neutral	2	1.7
Total	120	100.0

Table No.6.20 showed that majority of the respondents were agreed that the food insecurity create the distress among the people also. When the food insecurity occur that the people cannot access save, healthy, nutritious food then

they were suffer the distress. Very few of respondents were not agreed that because they never take distress.

Table No. 6.21 Food Insecurity and Diseases

Category	Frequency	Percent
Agree	60	50.0
Strongly agree	39	32.5
Disagree	11	9.2
Strongly disagree	3	2.5
Neutral	7	5.8
Total	120	100.0

Table No.6.21 showed that the majority of respondent were agreed that the food insecurity leads diseases. The table showed that the few of the respondent were not agreed that the food insecurity leads the diseases. The majority of respondents were agreed because they suffer these diseases after eating this unhealthy food and mostly poor people not easily access to save, healthy food.

Table No.6.22 showed that the majority of the respondents were agreed that now they have enough wheat to feed their children. The majority says that they were enough wheat available in their house so food were enough for his children. The few of respondents were given to the neutral answer because they were no idea about the grain of their house.

Table No. 6.22 People have Enough Wheat to feed their Children

Category	Frequency	Percent
Agree	53	44.2
Strongly agree	32	26.7
Disagree	22	18.3
Strongly disagree	4	3.3
Neutral	9	7.5
Total	120	100.0

Table No. 6.23 Food Insecurity and Malnourishment

Category	Frequency	Percent
Agree	60	50.0
Strongly agree	30	25.0
Disagree	10	8.3
Strongly disagree	5	4.2
Neutral	15	12.5
Total	120	100.0

Table No.6.23 showed that the majority of the respondents were agreed that the food insecurity is the main cause of malnourishment in the people. The table also showed that some respondent answered in neutral because they do not think about the malnourishment occur due to increasing the food insecurity because they were not seen this type of situation in his area. The majority were agreed

that because they thought that food insecurity were the main cause of malnourishment in the people also.

Table No. 6.24 Food Insecurity and Proper Planning

Category	Frequency	Percent
Agree	64	53.3
Strongly agree	47	39.2
Disagree	4	3.3
Strongly disagree	1	.8
Neutral	4	3.3
Total	120	100.0

Table No.6.24 showed that the majority of the respondents were agreed that the food insecurity can be controlled by proper planning the respondents says that when food inspector were honestly check and balance the condition of market food then this problem of food insecurity were not occurred. While some respondents give answered in neutral because they were not knowledge.

The table No.6.2.1 shows that majority of the respondent were agreed with the hypothetical statement that food insecurity is increasing due to lack of agricultural land. The majority of positive response towards the alternative hypothesis showed that cultivated land is decreasing due to overpopulation. It further showed the positive relation between increases of food insecurity due to lack of agricultural land and decrease in cultivated land due to overpopulation.

6.2 Hypothesis Testing

Significant Level $\alpha = 0.05$

Table No. 6. 2.1 Increasing Food Insecurity and Agricultural Land

		Increasing Food Insecurity Due To Lack of Agricultural Land					Total
		Agree	Strongly Agree	Disagree	Strongly Disagree	Neutral	
Decrease of Cultivated Land Due To Increase in Population	Agree	48	11	0	0	2	61
	Strongly Agree	17	23	1	0	1	42
	Disagree	1	1	8	2	2	14
	Strongly Disagree	0	0	1	0	0	1
	Neutral	0	1	0	1	0	2
Total		66	36	10	3	5	120

Table No.6.2.2 Hypothesis Test-1

Categories	Value	df	Asymp. Sig. (2-Sided)
Pearson Chi-Square	111.389 ^a	4	0.015
Likelihood Ratio	83.859	4	0.028
N of Valid Cases	120		

a. 19 cells (76.0%) have expected count less than 5. The minimum expected count is .03.

H₀: There is also no relationship between; the relation between increases of food insecurity due to lack of agricultural land and decrease in cultivated land due to overpopulation.

H₁: There is a relationship between; There is no relationship between; increases of food insecurity due to lack of agricultural land and decrease in cultivated land due to overpopulation.

The overhead table exemplifies that the Pearson Chi-Square Value is 111.389^a. Grade of independence is 4 and Asmp. Sig. 0.015, which is fewer than the alpha value $p=0.05$. Hence, the value strong-minded that is extremely substantial and the null hypothesis is rejected and alternative hypothesis is accepted. Therefore, there is a strong relationship exists between increases of food insecurity due to lack of agricultural land and decrease in cultivated land due to overpopulation.

Significant Level $\alpha = 0.05$

Table No.6.2.3 Food Insecurity and Malnourishment

		Decrease of Cultivated Land Due To Increase in Population					Total
		Agree	Strongly Agree	Disagree	Strongly Disagree	Neutral	
Food Insecurity is the Main Cause of Malnourishment in the Population	Agree	44	12	4	0	0	60
	Strongly Agree	9	13	7	1	0	30
	Disagree	0	8	1	0	1	10
	Strongly Disagree	2	3	0	0	0	5
	Neutral	6	6	2	0	1	15
Total		61	42	14	1	2	120

The above table showed that majority of the respondent were agreed with the hypothetical statement that food insecurity is the main cause of malnourishment in the population. The majority of positive response towards the alternative hypothesis showed that cultivated land is decreasing due to overpopulation. It more shown the positive relation between food insecurity is the main cause of malnourishment in the population and decrease in cultivated land due to overpopulation.

Table No.6.2.4 Hypothesis Test-II

Categories	Value	df	Asymp. Sig. (2-Sided)
Pearson Chi-Square	41.749 ^a	16	.000
Likelihood Ratio	43.689	16	.000
N of Valid Cases	120		

a. 17 cells (68.0%) have expected count less than 5. The minimum expected count is .04.

H₀: There is no relationship between; the relation between food insecurity is the main cause of malnourishment in the population and decrease in cultivated land due to overpopulation.

H₁: There is a relationship between; There is also no relationship between; food insecurity is the main cause of malnourishment in the population and decrease in cultivated land due to overpopulation.

The above table illustrates that the Pearson Chi-Square Value is 41.749a Grade of independence is 16 and Asmp. Sig. .000. Which is fewer than the alpha value $p=0.05$. Thus, the value strong-minded that is extremely substantial and the null hypothesis is rejected and alternative hypothesis is accepted. Therefore, there is a strong relationship subsists between increases of food insecurity is the main cause of malnourishment in the population and decrease in cultivated land due to overpopulation.

Chapter No. 7

DISCUSSION, CONCLUSION AND RECOMMENDATIONS

7.1 Discussion

The population is growing fast as compared the agriculture production of the universe of researcher because the agriculture land space due to covered on housing scheme. The majority of respondents 52.5 percent were agreed that overpopulation is the main reason of climate change and 45 percent are also agreed that the overpopulation will become a big problem in the near future that are also not good sign for our society. Climate change problem cured due to increasing population because overcrowding create many problem as smog of motorcars, factories and burning of garbage smog destroy ozone layer that why climate to be changed and also destruction of our society and these all are effect to the nature. Oddekalv (2013: 4) argue that overpopulation is the reason of climate change. However, the population is also directly or to be indirectly cause of the regional as well as to food insecurity, malnutrition unfit life and above all environmental problem that are also called climate change problem. Similarly, overcrowding is cause of large scale of nature devastation. The present study has explored the similarly results 62.5 agreed that population is increasing due to migration and 65 percent agreed that overpopulation leads to shrinkage of land space in our society. So majority of respondent were agreed that population increasing then expending society to be exist in our society and land space is going to day by day shrinkage and the rural area of the people are coming the universe of researcher then they construct their house and land space is to be overfilled. The current study explored that 50 percent of respondent

agreed that the food insecurity is the main cause of malnourishment because cultivated land space due to shrinkage is the main reason for it. Then those people who can get their food when they were working on the agricultural land then agricultural lands due to covered on houses then they are now not to be access to easily food. According to (World Health Organization Statistic Information System 2002:5) reported that three billion people who are malnourished have an iron and other nutrients are lacking calories in them. Those people who do not take nutritious food then they suffer malnourishment. The current study similarly explored 50 percent of respondents agreed that the food insecurity lead to diseases because when the people do not take safe, healthy, nutritious food then they also face diseases such as food poison, stomach pain etc. FAO (2015: 7) argue that the increasing of population leads to be food insecurity if the agriculture production not increasing as well as increasing of population. In 2015 Millennium Development Goal (MDG) Monitoring poor people who were not access socio-economic food that are more than half are reach millennium development goal hunger target. Similarly the present study has explored that are the 63 percent respondents who were agree that the overpopulation lead to be more shrinkage of agricultural land space because population were increasing so the people construct their house for the purpose of living then they bargain the agricultural land and covered the all area of cultivation to be developed the towns, markets. Similarly migrated people are coming in universe of the researcher then the people start

construction at the previous some years they only focused on agriculture production but now focus on construction of house. They also said that it is beneficial of us then agricultural land due to shrinkage day by day. The uncreative planning and funds from the government influence agricultural construction. Overpopulation affected by food insecurity as well as growing the population. Food insecurity is further in urban spaces since of lack of agricultural land as equated to rural spaces. However researcher used the Malthus theory of population growth. He define the population increase faster (geometrically) than food supply (arithmetically) and theory of Malthus appropriate in researcher area.

7.2 Conclusion

Overpopulation and food insecurity is a relationship that the alternative hypothesis is to be proved and null hypothesis to be rejected. However, the population is to be increasing time by time that were caused by food insecurity. The results also show that it is an issue of our society and now people also thinking about this issue some people to be understand the situation of this sensitive issue but especially those people who are live in rural area they are not ready to reduce their family members because the mostly people are uneducated they do not understand the future of this problem. The population is increasing altogether in the world but not to be at all facing food insecurity because their government to be developed for better polices then they balanced

the situation. To conclude it can be say that there are following reason that attract people towards this area.

- People have less to pay fare of their residential rent houses
- People getting all facilities in this area either it is relevant to their education and lifestyle.
- It is located near to capital as well as murree road

7.3 Recommendations

It is recommend on the basis of this research, that overpopulation and food insecurity is controlled by proper planning. First of all give them awareness about the consequence of this issue. To improve the infrastructure of the areas where people are living. Secondly, people should give importance toward agricultural land as population is increasing. The whole our world population is increasing but not all countries of world are facing food insecurity as well as serious situation in our Pakistan to be faced. Peoples have to create their house in horizontal direction in its place of vertical. Similarly, people should build their house in multi-story building as increasing of population but Pakistani people construct their houses in huge hectares devoid of own cultivating of agriculture production. If population not to be planned however those resources they should use must be planned. Food production can be cured by proper planning and also used the artificial growing techniques of food production.

There are several parts or gaps that are to be current researcher are incapable to fulfill than I recommend to the other researcher to fulfill the gaps and approached the people of Bhara Kahu awake more about what overpopulation and food insecurity play role in their life.

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ANNESURE

**People's Perception of Overpopulation and
Food insecurity in Bhara Kahu Islamabad**

Maira Zia

My name is Maira Zia and I am student of sociology. This research is being conducted for the partial fulfilment of M.Sc. degree in the Department of Sociology Quaid-i-Azam University Islamabad. The Topic of the research is "People Perception of Overpopulation and Food Insecurity in Bhara Kahu Islamabad". Your opinion are valuable for me. All personal information of the respondents will be kept in confidence.

Demographic Information

1. Name of the respondent _____ (optional)

2. Age

a) 40 to 50 b) 51 to 60 c) 61 to 70 d) 70 to above

3. Qualification

a) Illiterate b) Primary c) secondary d) bachelor or above

4. Occupation

a) Unemployed b) Retired c) Business d) Other

5. Marital Status

a) Single b) Married c) Divorced

Part one: Overpopulation

6. Are you aware of overpopulation?

a) Yes b) No

7. Do you agree that population is increasing due to migrations?
- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral
8. Do you agree that overpopulation leads to shrinkage of the land space?
- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral
9. Do you agree that overpopulation increasing shortage of water?
- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral
10. Do you agree that overpopulated area's people are satisfied with the land space of their house?
- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral
11. Do you agree that overpopulation creates sanitation problems?
- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral
12. Do you agree that overpopulation is the reason for the climate change problem?
- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral
13. Do you agree that overpopulation will become a big problem in the near future?

a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree

e) Neutral

14. Do you agree that overpopulation can be controlled by the proper planning?

a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree

e) Neutral

15. Do you agree that people tend to move towards cities due to attraction of urbanization?

a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree

e) Neutral

16. Do you agree that cultivated land has decreased because of increasing in the population?

a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree

e) Neutral

17. Do you agree that overpopulation needs to be more markets to fulfill their demands?

a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree

e) Neutral

18. Do you agree that overpopulation has required more infrastructure?

a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree

e) Neutral

19. Do you agree that overpopulation leads to be shrinkage of agricultural land space?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

Part two: Food Insecurity

20. Do you aware of food insecurity?

- a) Yes b) No

21. Did you ever experience food insecurity?

- a) Yes b) No

22. Do you agree that food insecurity effect the well-being of individuals?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

23. Do you agree that food insecurity increase distress among the people?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

24. Do you agree that famine is the cause of food insecurity?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

25. Do you agree that food insecurity occur due to increasing the number of people?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

26. Do you agree that sufficient amount of grain are available in market according to be need of the people?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

27. Do you agree that food insecurity leads to diseases?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

28. Do you agree that people have enough wheat to feed their children?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

29. Do you agree that rice can fulfill the food requirement?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

30. Do you agree that food insecurity is the main cause of malnourishment in the population?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

31. Do you agree that food insecurity can be controlled by proper planning?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral

32. Do you agree that Junk food is good for your health?

- a) Agree b) Strongly Agree c) Disagree d) Strongly Disagree
e) Neutral