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**OVERPOPULATION AS A MAJOR FACTOR IN ECONOMIC RECESSION**

Overpopulation refers to a population which exceeds its sustainable size within a particular environment or habitat. This is when there are too many people for the environment to sustain (with food, drinkable water, breathable air, etc.). in more scientific terms, there is an overshoot when the ecological footprint of a human population in a geographical area exceeds that place’s carrying capacity, damaging the environment faster than it can be repaired by nature, potentially leading to an ecological and societal breakdown. Overpopulation could apply to the population of specific region, or to world population as a whole.

The main causes leading to overpopulation include higher birth rate, early marriage of girls, poverty, illiteracy, age old norms under which sons are considered the bread earners of the family, illegal migration adds up to increase population density.

Overpopulation can have several effects on the environment on the environment, as well as other species within the ecological system. This cumbersome count of population brings horrible impacts with itself that include unemployment, manpower utilization under which the number of jobless people is on the rise due to economic depression and expansion activities, pressure, infrastructure resulting in lack of transportation, pressure on educational facilities, scarcity of resources.

Exhaustion of natural resources: the main effect of overpopulation is the unequal and unrestrained use of resources. The planet has a limited capacity to generate raw materials and each year the natural resources deficit – the consumption of resources at a faster rate than the planet is able to generate them – is reached earlier. Consequently, in developing countries, overpopulation causes fierce rivalries to control resources. Territorial conflicts over water supply are due in many cases to geopolitical tensions and can end in war.

Environmental degradation: unbridled use of natural resources, as well as growth in energy production from coal, oil and natural gas (fossil fuels) is having a negative impact on the planet. Consequences number, on the one hand, deforestation and desertification, extinction of animal and plant species and changes in the water cycle and the most direct consequence of all in the form of emissions of large quantities of greenhouse gases leading to global warming.

Rising unemployment: on the other hand, a high number of workers exist for a limited number of vacancies and this seems destined to lead

to high rates of joblessness in the future. This in turn could provoke rising crime and social revolt.

Rising living costs: all the above will lead, at the end of the day, to increasing living costs in most countries. Fewer resources, less water, the packing of many people into confined spaces and a lack of money are provoking an increase in the cost of living whereby only a percentage of the population will be able to cover all their needs.

The depopulation of rural areas in favour of cities may, paradoxically, create major challenges for such places. It results in a growing number of under-utilised infrastructures, due to migration away from these rural areas, and previously domesticated landscapes whose ecosystems deteriorate without human attention.

some solutions to overpopulation include the following: girl child education, making people aware of family planning

**Improved Sex Education: A** lack of sex education – or poorly-implemented education – has led to overpopulation issues in many countries. The is.Better education will help people understand more about the potential consequences of having sex as they relate to child birth. It will also do away with many of [the myths](http://www.nationwidechildrens.org/bc4teens-birth-control-myths) that surround the sexual act and introduce scientifically-proven methods of birth control.

**Use of Contraceptives:** Access to birth control must go hand-in-hand with better sex education. After all, without its people cannot put what they have learned into practice.

**Changes in Policy**: Many nations offer rewards, whether in the form of financial incentives or increased benefits, to those who have more children. This may lead to some couples having more children than they otherwise would if they needed to worry about the financial consequences.

**General education on the Subject :** While a [number of organizations](http://www.prb.org/Publications/Lesson-Plans/MakingPopulationRealNewLessonPlansandClassroomActivities.aspx) exist to provide schools with curricula and teaching materials to cover the subject of overpopulation, it is still a subject that is not covered in schools as well as it should be. This education should extend beyond talking about sex and into the global consequences of overpopulation. Dialog about the subject needs to be more open.

As you can see, the impact of overpopulation is tremendous. Overpopulation is one of the biggest challenges’ humanity is facing and threatens the near future of the planet in economic, environmental and social terms.