

KARACHI EDU • PAK STUDIES CLASS X

Chapter 7: Population of Pakistan

High-detail coaching notes covering demographic structures, growth rates, density distributions, urbanization, and socioeconomic impacts.



Demographic Overview & Importance

Population is both a valuable human asset and a major challenge depending on education, health, and economic planning.



What is Demography?

Scientific study of human population including size, composition, distribution, and socioeconomic changes over time.

Essential for national resource allocation.



Global Standing

Pakistan ranks as the 5th most populous country globally, with over 240 million citizens based on recent census findings.

High youth bulge under age 30.

Population Growth & Census History

Rapid population expansion poses severe pressures on civic infrastructure, education, and health services.

1951 CENSUS

33.7 Million

Initial population recorded right after independence across West Pakistan territories.

2017 CENSUS

207.7 Million

Conducted after nearly two decades, reflecting an annual growth rate of ~2.4%.

7TH CENSUS (2023)

241.4 Million

First digital census in Pakistan history, showing continued rapid expansion.

Causes of Rapid Population Growth

Socio-cultural and medical determinants driving high birth rates and declining mortality.

FACTOR 01

High Birth Rate

Driven by early marriages, preference for male children, and lack of family planning awareness in rural areas.

FACTOR 02

Declining Death Rate

Advancements in medical science, vaccination drives, and hospitals reduced infant and maternal mortality.

FACTOR 03

Illiteracy & Poverty

Lack of formal education fosters traditional mindsets viewing children as future economic hands.

Population Density & Provincial Share

Population is unevenly distributed due to varying topography, climate, water availability, and job opportunities.

287+

Average Density (per sq. km)

National population density has surged significantly, making Punjab and Sindh the most densely populated provinces.

Provincial Share (2023 Census)

- Punjab: ~**52.5%** (Most populous)
- Sindh: ~**22.7%** (Major industrial hub)
- Khyber Pakhtunkhwa: ~**15.5%**
- Balochistan & ICT: ~**9.3%**

Urbanization & Rural–Urban Migration

Movement from villages to cities creates metropolitan expansion and severe civic challenges.

1. Push Factors (Villages)

Agricultural unemployment, land fragmentation, lack of schools, and inadequate healthcare.

2. Pull Factors (Cities)

Better employment prospects, higher wages, modern amenities, and superior education.

3. Major Metropolises

Karachi, Lahore, Faisalabad, and Rawalpindi absorbing millions of migrants.

4. Housing & Katchi Abadis

Shortage of affordable housing leads to squatter settlements and slums.

5. Traffic & Pollution

Traffic congestion, vehicular emissions, and solid waste management crises.

6. Water & Sanitation

Strained water supply and inadequate sewerage infrastructure in urban centers.

Problems Caused by Overpopulation

Unchecked population growth exerts severe pressure on national resources and living standards.

Unemployment & Poverty

Job creation fails to match the growing labor force, resulting in poverty and underemployment.

Pressure on Food & Water

Increased food demand and depleting groundwater tables threaten national food security.

Education & Health Strain

Overcrowded schools, high teacher-student ratios, and overburdened public hospitals.

Solutions & Population Planning

Strategic policy measures required to convert population pressure into productive human capital.



Education & Awareness

Promoting literacy, female empowerment, and family planning programs through media and community outreach.

Empowers families to make informed choices.



Skill Development & Jobs

Investing in technical training, IT education, and entrepreneurship to harness the youth dividend.

Transforms manpower into national wealth.

Exam Key Takeaways & Board Focus

Essential study guidance for Karachi Edu students preparing for Class X board examinations.

Census Statistics

Memorize 2023 census total (241.4M) and provincial population percentages.

Urbanization Causes

Be prepared to explain push and pull factors of rural-urban migration clearly.

Karachi Edu Standard

Detailed diagrams, bulleted headings, and structured answers ensure top board marks.

Questions & Discussion

Prepared specially for Karachi Edu Coaching Center students. Keep striving for academic excellence!

