

Problems and Solutions for Overpopulation

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The majority of urban overpopulation stems from people migrating between rural and urban areas to find improved job opportunities alongside better healthcare facilities and education. Cities experience rapid population expansion because their populations have high birth rates and exhibit decreased mortality figures. Labourers move toward cities because of increasing economic activity and industrial development, but the situation intensifies due to inadequate family planning and insufficient population management understanding. Industrial and political uncertainties, droughts, and forced relocation from wars and natural disasters force people to migrate to cities, thus leading to increased pressure on city resources and traffic congestion. This paper discusses the complex network of problems developed by urban overpopulation and practical approaches for resolving these crucial challenges.

Problem's Overpopulation cause in Cities

One of the core issues negatively impacting overpopulation is unemployment. The job market becomes unbalanced due to overpopulation, and the expanding population of cities creates extreme competition in the job market, where existing positions receive many more applications than available vacancies. People end up underemployed as there are limited job opportunities. Bala et al. (2020) state that rapid population expansion stresses economic resources, restricting government and business capacity to produce enough job opportunities. Therefore, the population overload causes workers to accept unregulated positions that pay a low wage and provide minimal job benefits. Unemployment eventually leads society to face elevated poverty levels, social instability, and diminished total economic output.

High level of crime is another problem caused by overpopulation. People steal because too many individuals vie for limited resources, creating bitterness and helplessness, which drives them towards theft to meet their basic requirements. Research demonstrates that under-served areas create environmental conditions where crime grows substantially without boundaries (Irandegani et al., 2020). Social inequality stands out prominently in cities with dense populations because the gap between the wealthy and the poor becomes clear. Protests alongside gang violence and criminal activity result from bitterness and anger toward the situation. An excessive population creates weakened communities, allowing criminal activities to thrive more easily. People without accessible employment often participate in criminal associations to sustain themselves. Additionally, people who reside in overcrowded, insecure areas typically develop weaker bonds of trust among their neighbours, which lowers general security perceptions. Crime flourishes when urban districts lack proper illumination and policing and insufficient monitoring systems due to unfavourable design choices.

Population growth contributes to the scarcity of available houses. When large numbers of people select city living, the demand for housing grows beyond reasonable supply levels, creating residential scarcity because cities have limited available land. The construction expenses rise, which drives rental prices higher, thus forcing low-income families to search for affordable accommodations. Galster and Lee (2021) explain that families

seek unstable and limited accommodations due to unaffordable housing, so slums and shanty towns expand. This leads to serious health problems that cannot be managed due to poor sanitary conditions, which amount to the spread of contagious diseases. Low life quality standards in these areas create social disharmony, increasing crime rates and social turbulence.

The strain experienced by infrastructure occurs as a result of overpopulation. Cities serve a standard population, and excessive population density damages infrastructure until essential infrastructure elements cannot function effectively. Road traffic congestion from increased numbers of vehicles and pedestrians results in delayed journeys and worsens environmental contaminants in the air. In addition, overpopulation leads to extreme overcrowding levels in train and bus public transit, causing equipment failure due to neglect. Bin Sulaiman (2023) argues that population growth creates substantial pressure on clean water consumption, which exceeds water supply capabilities. An excess population leads to breakdowns in sewage infrastructure due to excessive strain. As a result of excessive population, overload of the power distribution networks creates recurrent power outages across the grid.

Solution of Overpopulation in the Cities

Jobs established within smaller cities provide a solution for addressing unemployment, which arises from overpopulation. Establishing new job opportunities in smaller cities will help alleviate population density in bigger cities. However, local governments must offer financial blessings and infrastructure development to draw businesses into these regions. According to (Abdikadir, (2019), local economies can diversify by developing new green energy and tech hubs combined with local entrepreneurial programs and official vocational education. Remote work opportunities and enhanced connections between urban and rural areas will lead to a balanced population distribution and economic opportunities, thus lowering migration to major cities.

Rehabilitation programs, youth engagement projects, and mental health services allow us to address criminal-caused origins. Society should become more equal to solve the issues of high criminality stemming from population density, as we need to upgrade city development plans, increase police exposure, and launch entrepreneurial ventures. Redfern et al. (2020) argue that raising police numbers while expanding oversight capabilities and deploying better street illumination systems acts as a tool to minimize criminal activities. The likelihood of people engaging in crime decreases when underdeveloped areas receive improved access to educational institutions, job training facilities, and employment opportunities. Combining housing investments with better service resources decreases overpopulation stresses and lowers criminal activity rates.

Developers constructing dense residential districts create better possibilities for affordable housing as a solution to housing scarcity. Research demonstrates how entrepreneurs get housing stability, security, and additional housing development through tax incentives such as credits and subsidies (Galster & Lee, 2021). The quick addition of suitable residential units to the home inventory counts as a home usage recycling initiative.

Construction development speeds up because authorities enhance new project authorization processes and promote sustainable modular housing design through extended public transport services across urban areas to address high demand and deliver cost-effective options.

The permanent establishment of holistic infrastructure, which aims for sustainability, solves infrastructure problems caused by overpopulation. The interlinking of housing, office districts, and shopping facilities creates limited housing growth since residents use alternate transport. Thus reducing their reliance on cars, producing intricate support infrastructure, and streamlining bus and rail transit, thus decreasing automotive needs. Implementing advanced sewage systems is vital in water treatment, as they allow full functionality of water resources and secure public health through sanitary service delivery. Singaravelloo and Salih (2022) highlight that waste management projects need recycling and composting since waste production rates are significantly increasing. Therefore, sustainable population growth will result from implementing innovative electronic solutions, sustainable customer behaviours, water-saving technology, and innovative power distribution methods.

Conclusion

In this conclusion, the authors present solutions to overpopulation problems while discussing observed population issues. Urban region populations continue expanding, producing severe difficulties, including excessive population density, strained infrastructure systems, increased criminal activity, and limited housing stock. Multiple inner effects of these problems include increased poverty conditions, social inequalities, and lower resident quality of life. A combination of diverse measures must be applied to resolve the existing problems. The availability of improved job prospects, new infrastructure, and more affordable real estate in smaller cities will push people to move out from major city centres, thus reducing population density. Resource management becomes effective through enhancing police collaboration with community programs, sustainable urban planning, and expanded remote work systems. Local governments working hand-in-hand with communities have the power to create cities that serve all residents by implementing these particular strategies.

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