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Family Planning Programs and Overpopulation

One can argue that favorable conditions are needed in order to observe a successful increase in population. In relation to humankind, favorable conditions are correlated to ideal weather conditions (with the help of clothes, for instance), housing, financial well-being to ensure the availability of food, water, and timely healthcare services, technology, and advanced intellectual abilities to respond to changes. In the twenty-first century, people have almost all the necessary resources they need at all times; therefore, compared with previous centuries, one can observe significant changes in the global population. At the same time, this increase leads to overpopulation with adverse outcomes and the necessity to find effective solutions, with family planning programs among them.

It is crucial to explain why overpopulation is an issue for Earth and people themselves in order to respond to the ossified assumption that couples should have as many children as they want. Overall, overpopulation includes eight effects, and among them are climate change, deforestation, food security, and an increase in energy demands (Uniyal et al. 3). One can find an obvious explanation while focusing on the needs of one person: along with an increasing number of people, there is an increase in the demand for resources necessary for maintaining life satisfaction. Overpopulation leads to the situation in which Earth cannot restore its natural resources, and many people are close to or already below the poverty line (Uniyal et al. 4).

Consequently, utopian equality and the accessibility of all goods for everyone remains a plot for novels and the realization that, because of overpopulation, people will have to fight for food in the nearest future.

Overpopulation does not mean that all people desire to have children, and this is a sociologically adverse outcome with a decreased level of happiness. Many women give birth only because it is what society expects from families; the lack of contraception (in developing countries especially) or the fear that abortion will cause the inability to have children in the future can be other reasons of overpopulation (Engelman Key Concepts). One of the solutions to overpopulation is the one-child policy, which was widely practiced in China. While this can be considered a violation of human rights, family planning programs are aimed at teaching how to protect couples from unwanted pregnancies, for instance (Starbird et al. 191). Apart from this, family planning programs advances human rights while explaining how to ensure the freedom of choice and contributing to solving overpopulation.

There are many means of contraception for those who know that the birth of a child is an economic problem for a family. At the same time, there are many religious and social misconceptions about contraceptive means. Although one might assume that this statement is more applicable for developing countries, developed countries can have the same problem (Engelman para. 22). With the help of communication campaigns, family planning programs advance the understanding about the benefits of contraceptive means to provide people with an opportunity to enjoy their relationships without the fear of unwanted pregnancies and sexually-transmitted diseases affecting reproductive functions (Bongaarts et al. 63). In addition to that, family planning communication programs can alter male prejudices and stereotypes described by Engelman (para. 36): “men are often anxious to produce a multitude of future heirs, soldiers,

laborers, farmers, and followers.” Starbird et al. mention another aspect of overpopulation that can be solved with the help of family planning programs:

“A 2014 report found that less than half of currently married women use modern contraception in 37 of 46 countries, and around one quarter or more of currently married women have an unmet need for family planning in 21 of the 46 countries” (197).

As an example of the benefits of family planning programs, it would be reasonable to refer to Bangladesh. The implementation of such programs has resulted in improved education and an understanding of rights in terms of contraception (Starbird et al. 196). Apart from this, there has been an increase in the intervals between pregnancies and a decrease in the number of children in a family, which also contributes to better health and financial well-being. It is also important to mention that family planning programs help women to strengthen knowledge about how to raise a healthy child, which in its turn goes beyond introducing contraception concepts. Moreover, whereas some family programs require volunteers to visit developing countries, the proper use of media can facilitate the process of enhancing the theoretical base concerning avoiding unwanted pregnancies and diseases.

To conclude, family planning programs are necessary for solving overpopulation. One can assume that this method has only a long-term perspective considering the number of countries in which people do not know about or have stereotypical views related to contraception. Nevertheless, the communication with families through volunteers and media allows enhancing knowledge and advancing human rights (eliminating toxic opinions). In the example of Bangladesh, family planning programs have all the chances to solve overpopulation

and raise a sexually-educated generation, in which all children will be competent, happy, and healthy.

Works Cited

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