

# POPULATION BULLETIN

Population Research Centre, SESS IBA

 [www.prc.iba.edu.pk](http://www.prc.iba.edu.pk)

 [prc\\_sess@iba.edu.pk](mailto:prc_sess@iba.edu.pk)



## WHAT'S INSIDE THIS ISSUE:

- News from the Office of PRC
- Population Growth & Urban Preparedness in Pakistan
- Women Empowerment

## NEWS FROM THE OFFICE OF PRC



Attendees were introduced to working with spatial data, the use of QGIS and Geoda. The workshop also provided participants with specific methodologies for conducting in-depth analyses of reproductive health variables using DHS data. The exercises included guidance on downloading and effectively mapping spatial data, conducting time trend analyses, and applying hypothesis tests to inform research in the field of reproductive health.

## DHS Workshop

On August 17, 2023, the Population Research Centre organized a workshop "Reproductive Health Analysis Using DHS Data and Spatial Tools." The workshop was conducted by Dr. Lubna Naz and facilitated by Dr. Khadija Bari and Dr. Junaid Alam.

The workshop delved into a diverse range of topics, with a primary focus on enhancing participants' understanding of spatial and vector data analysis.



## PRC Roundtable

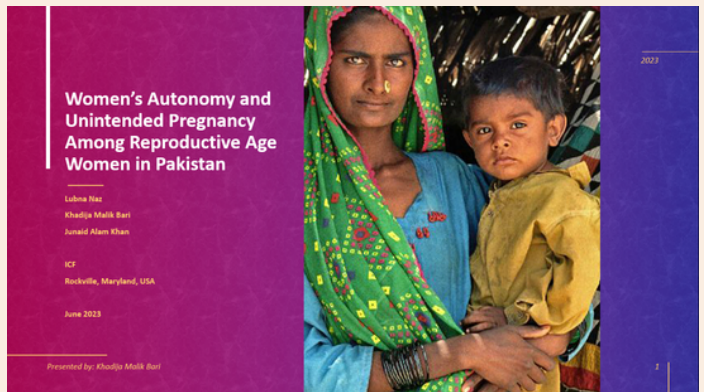
On August 18th, 2023, PRC hosted a roundtable talk focused on the policy implications of the research project titled "Women's Autonomy and Unintended Pregnancy in Pakistan".

The event featured a presentation by the Director of PRC, Dr. Khadija Bari, who started by highlighting the mission, objectives and achievements of the Centre, she then outlined the project's objectives, methodology, and key findings.

The presentation by the research team (Dr. Khadija Bari, Dr. Lubna Naz and

Dr. Junaid Alam Khan) highlighted the link between women's autonomy and unintended pregnancies in Pakistan, emphasizing the significance of this issue for reproductive health and women's empowerment.

The dialogue centered on refining policy approaches based on the research insights. Participants discussed actionable strategies, including education initiatives, enhanced access to reproductive health services, economic empowerment, and legal reforms. The roundtable underscored the potential for evidence-based policy changes and reiterated the need for continued cooperation between governmental bodies, academia, and research institutions to drive meaningful improvements in Pakistan's policy landscape along with highlighting cross-sector engagement in shaping effective policies.



WEBINAR SERIES

DUAL BURDENS OF CARE:  
"SANDWICHED COUPLES" IN EAST ASIA



Speaker:  
**Dr. Tan Poh Lin**  
National University  
of Singapore



Moderator:  
**Aliya Iqbal Naqvi**  
Faculty SESS, IBA

Dr. Tan Poh Lin's research highlights the challenges faced by married couples in East Asia who are caring for their elderly parents and children simultaneously. The study sheds light on the different definitions used to estimate the proportion of sandwiched couples in East Asia, the variations in three-generational co-residence across the region, and the effects of caring for both elderly parents and children on the life and marital satisfaction of sandwiched couples.

08 September, 2023  
10:30 am PKT  
01:30 pm SST

WEBINAR ID: 894 8020 6492  
PASSCODE: 321490  
www.prc.iba.edu.pk

## Webinar

On September 8th, 2023, PRC hosted a webinar featuring Dr. Tan Poh Lin, who discussed her research paper titled *"Dual Burdens of Care: Sandwiched Couples in East Asia."*

The webinar provided valuable insights into the challenges faced by couples in East Asia who find themselves caring for both their children and aging parents simultaneously, often referred to as "sandwiched couples."

## DAPPS Workshop

Members of the PRC Team, including Dr. Khadija Bari and Ms. Neelma Faraz attended an insightful workshop focused on the *Demographic Analysis & Population Projection System (Dapps)*.

This workshop was organized by the United Nations Population Fund (UNFPA) in collaboration with the Sindh Bureau of Statistics.

The workshop was designed to provide participants with a deep understanding of DAPPS, an essential tool for demographic analysis and population projection. Participants were equipped with the skills required to effectively use DAPPS tools for analyzing demographic data, making population projections, and generating valuable insights for evidence-based decision-making.



## WWF Workshop

PRC research fellow, Ms. Neelma Faraz represented PRC at the ***The Climate Change Education, Training and Public Awareness Workshop*** in Karachi organized by WWF-Pakistan and Ministry of Climate Change. The event was part of the Third National Communication on Climate Change Current Status of Implementation of Education, Training, and Public Awareness on Climate Change in Sindh .

Participants delved into practical approaches and innovative solutions, focusing on enlightening communities about the impacts of climate change and the immediate necessity for conscious actions to mitigate its effects.



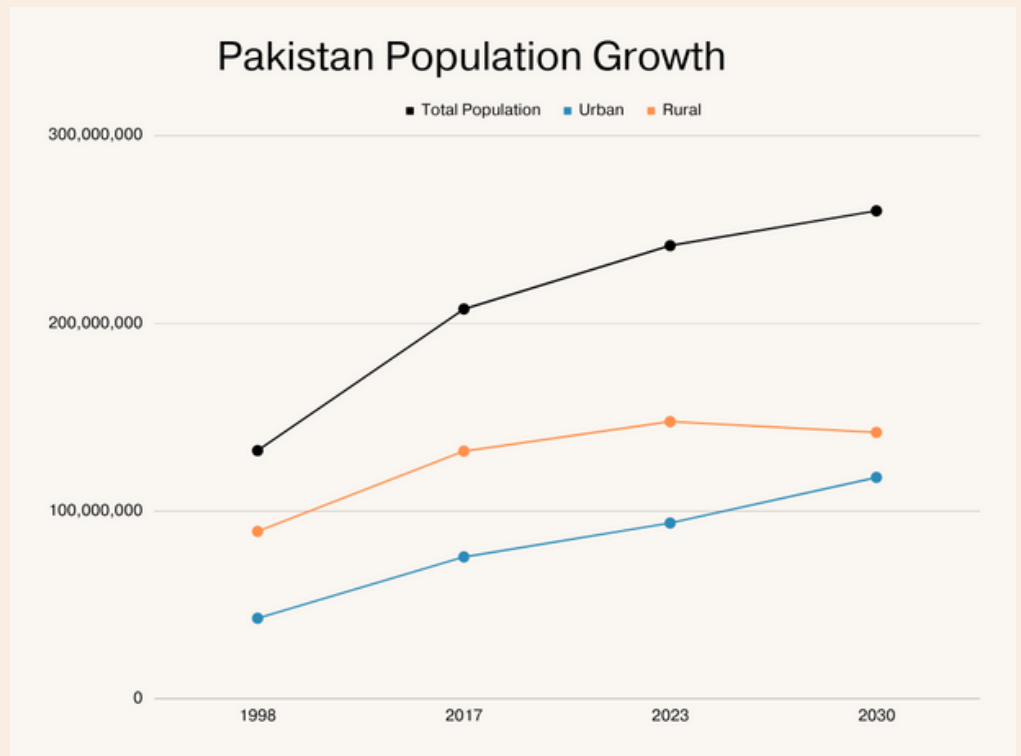
# URBAN PREPAREDNESS IN PAKISTAN: NAVIGATING CHALLENGES AND SEIZING OPPORTUNITIES

By Team PRC

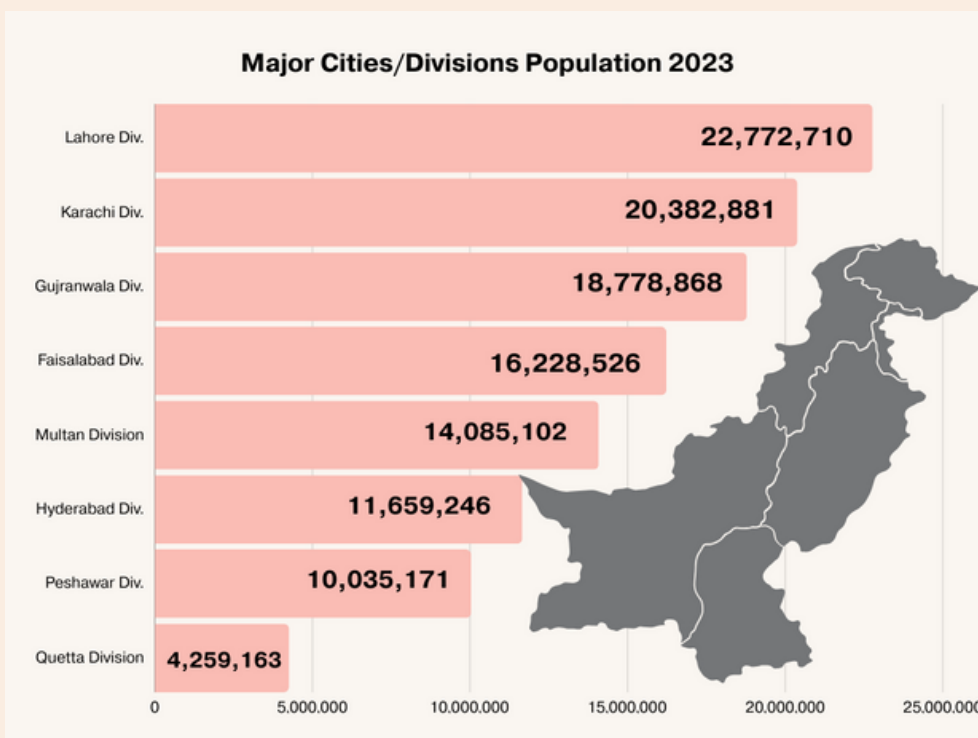
One of the most urbanized nations in South Asia, Pakistan's urban population has burgeoned from 43 million (1998) and 75 million (2017) to 93 million in 2023. According to the Pakistan Bureau of Statistics (Census 2023), overall population growth stands at 2.55%, where as urban population has grown at a rate of 3.65%, with projections indicating a further increase to 118 million by 2030 (UN Habitat).

This unprecedented surge in urbanization, is driven by rural-to-urban migration, population growth, and refugee influx. According to the 2017-2018 Pakistan Demographic and Health Survey (PDHS), one-third of in-migrants have transitioned from rural to urban areas, epitomizing a significant demographic shift.

Approximately 54% of this urban populace resides in eight major cities/divisions, each boasting populations exceeding one million.



Data Source : Population Census 2017 & 2023



Data Source : Population Census 2023

*The sheer magnitude of this urban expansion necessitates immediate and robust planning to transform cities into sustainable, livable habitats.*



Water shortages and infrastructural burdens pose significant impediments to urban preparedness. With cities grappling to provide basic amenities to their inhabitants, there is an imperative need for sustainable water management practices and infrastructural upgrades. Investment in water conservation, recycling, and efficient distribution networks is paramount to mitigating water scarcity. Concurrently, upgrading transportation, communication, and public utilities infrastructure will alleviate the existing burden and pave the way for resilient urban centers.

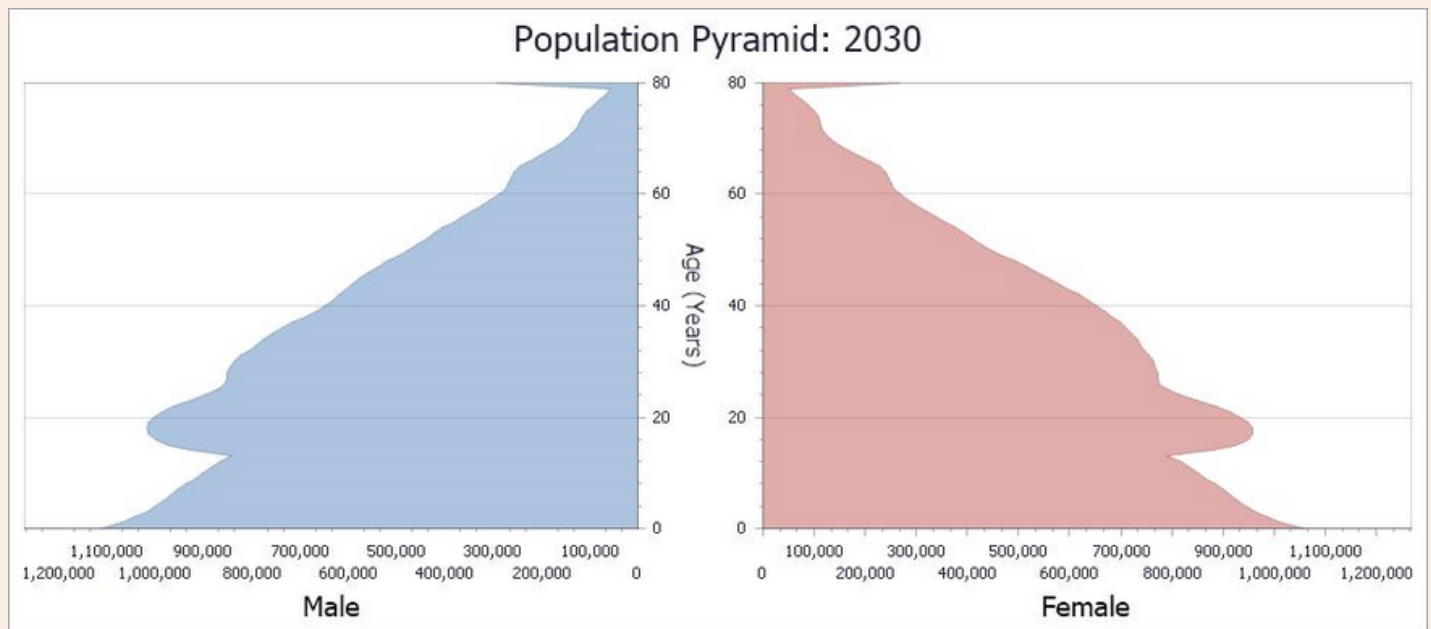
Due to an unprecedented influx in the urban centers, cities like Karachi, Lahore, and Faisalabad are exhibiting signs of strained infrastructure, inadequate planning, and a lack of preparedness.

Karachi, as the economic hub of Pakistan, epitomizes these challenges. The city faces persistent issues in waste management, water scarcity, and transportation, leading to a degradation of living standards and hindering economic progress. The proliferation of inadequate housing and slums is prevalent, not just in Karachi, but across various urban centers, manifesting the disparity between population growth and infrastructure development.

**Legal and regulatory frameworks also play a pivotal role in urban preparedness.** Enforcing land use policies, building codes, and solid waste management regulations will ensure orderly urban growth and environmental sustainability.

Provinces must exhibit resolve and take concerted action to guide urban development, ensuring that it is inclusive, sustainable, and aligned with national development goals.





Data Source : The Data is based on Population Projections using DAPPS (The projection does not account for internal and external migration due to missing parameters in the migration data)

**The population pyramid**, skewed towards a **youth bulge**, further underscores the urgency for comprehensive urban planning. Young individuals, driven by the desire for enhanced educational facilities, more promising employment prospects, and a better quality of life, are migrating in large numbers. They are drawn to urban centers where these opportunities are perceived to be more readily available.

Urbanization, while presenting daunting challenges, also harbors the potential to propel Pakistan towards prosperity and competence. **This potential can only be realized through strategic interventions addressing critical issues such as service delivery, infrastructure development, housing provision, and adherence to building codes and environmental regulations.** Planning must encompass affordable and accessible housing, robust and inclusive education systems, ample employment opportunities, and recreational spaces that promote well-being. Additionally, it should include efficient public transportation systems and infrastructure that supports sustainable living and environmental conservation. In doing so, urban planners and policymakers can create cities that not only accommodate the current youth bulge but also lay the foundation for a future where urban spaces are inclusive, sustainable, and conducive to the well-being and prosperity of all their inhabitants. This foresighted approach is crucial in ensuring that the potential of the young population is harnessed, contributing positively to the socio-economic fabric of the society.

## **Policy Framework and Urban Governance**

- 1. Investment in Infrastructure:** Upscaling and modernizing urban infrastructure, especially targeting transportation, waste management, and housing.
- 2. Enhanced Governance:** Strengthening local governance structures and ensuring decentralization to effectively manage urban centers.
- 3. Skill Development:** Aligning education and skill development programs with market needs to optimize the youth bulge's potential.
- 4. Sustainable Urban Planning:** Adopting sustainable and inclusive urban planning practices that accommodate future growth while ensuring environmental sustainability.
- 5. Technological Integration:** Leveraging technological advancements in urban management, thereby improving service delivery and governance.

The articles in the Students' Corner are submitted by the students studying in different programs at IBA

## WOMEN EMPOWERMENT

By Shagufta Shabbar

"My husband was a good person. But after four years of our marriage, he lost his job and started changing. He was always angry and frustrated. I could not do anything right. Soon the verbal abuses turned into physical. I started questioning my self-worth and lost confidence. My mother in law never rescued me but instead turned a deaf ear to my cries." Rani, a house maid narrated her story. Even her own brother refused to stand up for her saying that she should have more patience and keep quiet for the sake of her two children. Later Rani started working as a maid and earning money which helped her develop enough courage to take a divorce from her husband.

This story and so many other untold similar stories scream of the sheer helplessness that women face, especially the ones of the lower income strata. The worst part is that these women even if they stand up against the cruelty the society still continues to shun them and criticize them for lack of tolerance. In a sample from Karachi, 32% of the respondents confirmed having experienced physical abuse (Ali, & Gavino, 2008). Gender based violence is only one dimension of lack of women empowerment. This concept is multidimensional and encompasses the creation of an environment where women have the agency, resources, and opportunities to participate fully in economic, social, and political life. There is more focus on investing in the reproductive role instead of the female productive roles (Mehra, 1997). Continuous policy commitment is necessary to empower women (Duflo, 2012). Without women empowerment the efforts to economic development will never achieve the goals. Two thirds of women in Pakistan live in the rural areas, where various resources are restricted. Deep-seated cultural norms, and socio-economic disparities continue to impede progress. This article endeavors to explore the various dimensions of women empowerment in Pakistan, shedding light on the challenges that persist.

Economic empowerment of women is particularly low in Pakistan. The ILO, 2018 report states that the gender pay gap is 34 per cent, which is around two times the global average. Additionally, the women account for 90 per cent of the bottom 1 per cent of wage earners that is they are mostly engaged in informal, unregulated labor. This leaves them vulnerable to exploitation

The labor force participation rate as the proportion of the population ages 15 and older that is economically active is shown in the figure. Over the past three decades it has increased but is still only 24.61 in 2022.

**Figure 1: Labor force participation of female as percent of female population ages 15+**



Source: International Labour Organization



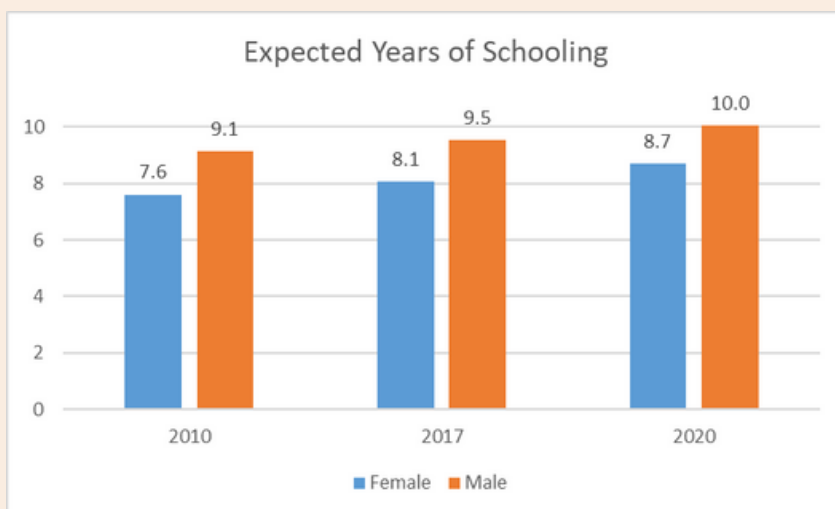
Since women are considered the primary care giver they spend five times as much time as men do on taking care of children (Beniell and Sanchez, 2011). Along with housework, they are left with little time for other activities. Beniell and Sanchez (2011) use data of 35 countries to show that women are so much engaged with other work that they do not have time to do market work. They also cannot travel without husband consent or alone which further restricts their engagement in labor market.

Education can be an important means to empower women. It can enable them to make informed decisions and participate efficiently in society. However, 12 million girls are out of school with 26% of the total girls never having even attended school (Baron, & Bend, 2023). Those who do attend school, their expected schooling years is shown in figure 2. In 2020 it is 8.7 years for girls as compared to 10.01 years for the boys. Moreover, girls face harassment in school and on the way to school. Specific actions to curb this will ensure that girls and their parents feel safe sending the girls to school.

**Figure 2: Female expected schooling years**

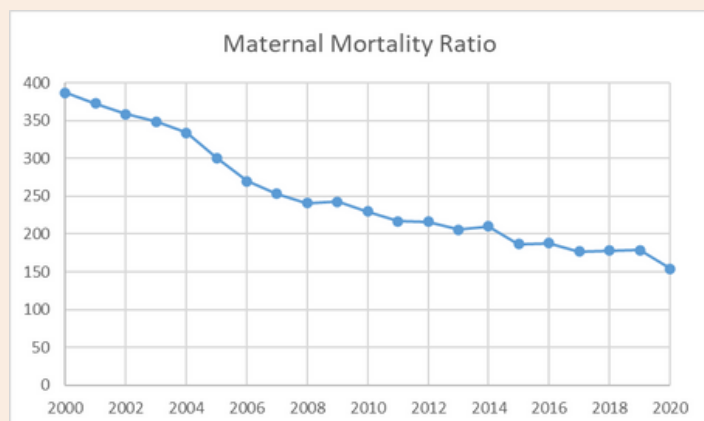
Expected years of school is calculated as the sum of age-specific enrollment rates between ages 4 and 17.

Note: Age-specific enrollment rates are approximated using school enrollment rates at different levels



**Source: World Bank Development Indicators**

Pakistan Maternal Mortality Survey 2019, reported a high MMR of 186 deaths per 100,000 livebirths in 2019. This number is reported as 179 by WHO 2023. Figure 3 shows the MMR trend from 2000 to 2020 which although declining, is still high. Ensuring women's health and well-being is integral to their empowerment. Pakistan grapples with inadequate access to quality healthcare, especially in remote areas. Comprehensive healthcare services, including maternal and reproductive health, are essential to safeguarding women's rights to life and well-being.



**Source: World Health Organization, 2023**

**Figure 3: Trends in Maternal Mortality 2000 to 2020**

Maternal mortality ratio is the number of women who die from pregnancy-related causes while pregnant or within 42 days of pregnancy termination per 100,000 livebirths (World Bank).

Another important dimension is that of political empowerment. Encouraging women's participation in political processes, dismantling patriarchal norms, and providing support structures for female leaders are essential. In 2018 there were 11 million fewer women exercising their right to vote than men (Cheema, et al., 2019). The men are the gatekeepers of women's political engagement within households.

Figure 4: Decision Making

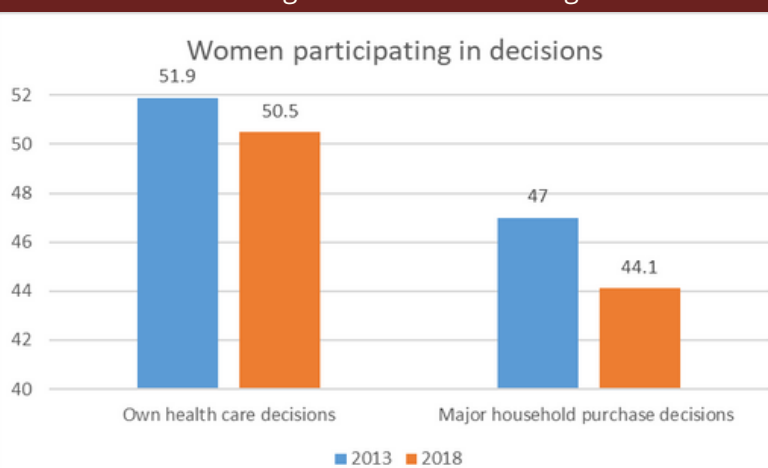
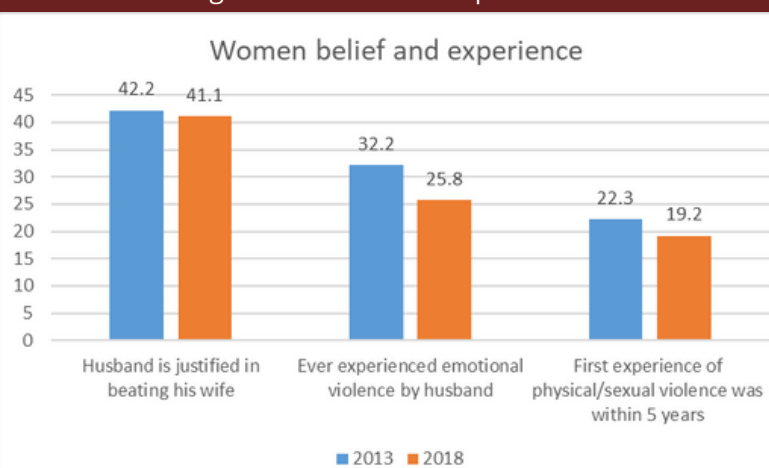


Figure 5: Beliefs and Experiences



Source: Demographic and Health Surveys

Women also have low decision making power in the household on various dimensions which is directly or indirectly related to themselves. Women participating in the three main decisions i.e. own health care, major household purchases, and visiting family as a percentage of women age 15-49 is 35.8 (DHS, 2018). The percentage of women participating in own health care decisions (50%) and major household purchase decisions (44%) is shown in figure. The figure 4 paints a bleak picture regarding women empowerment. The percentage of women ages 15-49 who believe a husband/partner is justified in hitting or beating his wife for any of the following five reasons: argues with him; refuses to have sex; burns the food; goes out without telling him; or when she neglects the children, is higher than 40%. This is shown in figure 5. The survey reports that 19% of the women (as a percentage of currently married women age 15-49 who have been married only once) had the first experience of spousal physical or sexual violence within five years of marriage.

Legal frameworks are necessary to safeguard the rights of the women. Although steps have been taken to enact legislation addressing issues such as domestic violence, honor killings, and workplace harassment, the issue remains regarding the implementation. There is weak enforcement which needs to be tackled. Other issues such as unequal inheritance rights and child marriage act need to be updated.

To overcome the challenges, a multi-pronged approach is needed with commitment to gender-sensitive policy formulation and implementation. Addressing economic empowerment requires concerted efforts to provide equal access to education, vocational training, and entrepreneurial opportunities. To enhance education empowerment targeted intervention is necessary to pull girls back into the school system. The conditional cash transfer should incentivize parents to send girls to school. Efforts must focus on enhancing access to quality education, eradicating gender biases within educational institutions, and promoting female-friendly learning environments. It is vital to strengthen legal institutions, enhance awareness in society, and provide accessible avenues for justice to women. It is important to give hope to the women by increasing the opportunities available to them. As progress is made, the dividends of women empowerment will extend beyond individual lives to uplift families, communities, and the nation as a whole.