



POPULATION GROWTH CHALLENGES AND CONTEMPORARY ISSUES: CASE STUDY OF ZARIA AND SABON GARI LOCAL GOVERNMENT AREAS OF KADUNA STATE, NIGERIA

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ABSTRACT

The study examines the contemporary issues of population growth, challenges, and prospects regarding the Sabon Gari and Zaria Local Government Areas of Kaduna State. A cross-sectional survey design was adopted, involving 340 households. The study's data were collected through a structured questionnaire. A systematic sampling method was adopted to select respondents in areas with street layouts, and a random sampling method was used to choose household heads (as respondents for the study) in unplanned areas. The results indicated that 32.6% were married to more than one wife, and 42.9% had only a Quranic/Primary education. 45.5% are farmers. More results show that respondents maintained large family sizes (25.3%). 45% believed that religion was the cause of the area's high population. More than half (51%) believe that population growth can be reduced only by raising awareness of the negative consequences of overpopulation. The study therefore concluded that the area has witnessed a tremendous increase in population in recent years, with attendant implications and challenges like high crime, inflation, food insecurity, and youth unemployment. The study recommended that monogamous marriages should be encouraged. This is possible through mass education and enlightenment about the need to marry only one wife, thereby reducing family sizes. Early marriage should be discouraged, and education for the girl child should be encouraged; people should embrace family planning practices. Secondly, awareness of the negative consequences of population increase should be created.

Key words: Challenges, Population Growth, Social Development, Prospects

INTRODUCTION

Population growth and its challenges have been highlighted worldwide. Population growth and development are like twins, with both positive and negative effects. The positive impacts of population growth include an increased labour force, economic growth, greater innovation potential, and higher tax revenue. Demographers see population growth as a blessing to economic growth. The Greek philosopher (Plato) noted that the population of every country should be fixed at 5,040 because this number can be divided by numbers from 1 to 12, and this can balance economic development. However, economists such as Adam Smith view population growth as the basis of wealth and development. Population growth affects economic development. It is diversely proportional to the rise in the working population; that is, a growing population is an impetus to total economic development.

However, population growth has been a growing concern worldwide and a challenge to most countries' economic development, as rapid growth depresses per capita savings and retards a country's growth and development. Michael and Odeyemi (2017) noted that, despite

Nigeria's position in today's global population ranking, the nation had not recognised the need for a population policy until the 1980s, when the government began to view population growth as a problem. The government's failure to acknowledge the increasing population as a problem is evident in the nation's 1st and 3rd development plans, as reported by the United Nations (1998; 1973) and Sadik (1991). The federal government did not recognise population growth before the 1980s because the nation's petroleum revenue from the crude oil market was still booming. The Nigerian Government saw population growth as a problem only after oil prices began to drop in the 1980s (Uba, 2002).

This drop in oil prices led the federal government of Nigeria to recognise the effects of population growth and the need for a population policy. This, therefore, means that as the population increased, the government could not provide adequately for the teeming population. In response to projected negative socio-economic consequences of rapid population growth, the Nigerian government adopted a national population policy to promote development, progress, self-reliance, and unity, with the primary goal of reducing population growth rates. The national population policy plan was promulgated in 1988 and revised in 2004. However, controlling population growth in Nigeria is hampered by several challenges, including cultural and religious practices and illiteracy.

Nigeria's population has been increasing rapidly for at least the last five decades, due to a quadrupling of its birth rate, which has doubled its population during this time. The growth rate was fastest in the 1980s, after child mortality declined gradually. According to the 2017 revision of the World Population Prospects, the total population was estimated at 185,989,640 (NPC, 2016). The continuous increase in population has led to crime in urban areas and, in recent years, in rural areas, where banditry and the theft of agricultural produce have become more pronounced. High population growth has caused a serious breakdown of law and order in the country. According to Odey and Akpawke (2020), Nigeria is home to a substantial network of organised crime, especially in drug trafficking. Criminality in banditry and kidnapping has been on the increase since 2015 to date, with no sign of decline.

Contemporary Issues and Effects Associated with Population Growth

The increase in population has been a growing concern for development planners. It is a challenge to the country's economic development. Rapid population growth tends to depress per capita income and retards the growth and development of a particular country. Financial experts have noted that population increase broadened public expenditure, which tends to affect socio-economic development. Population pressure is likely to intensify foreign exchange constraints by placing greater strain on the balance of payments. The impact of population is multi-dimensional. For instance, the rapid increase in school-age and school enrolment in Nigeria due to the school feeding programme has led to overcrowded classrooms, a shortage of school teachers, registers, and other requirements. Thereby retarding quality education. On the other hand, the adverse effects of population growth and development include environmental pollution, climate change, ozone layer depletion, environmental degradation, increased crime and disease rates, poverty, and inflation.

Sociological discourse establishes a clear link between population, development, and criminality in the area. Common crimes associated with population growth and development include property theft, armed robbery, burglary, and traffic congestion. Law enforcement agencies are relatively inefficient and ill-equipped, while policies designed to ensure public safety are apparently targeted at low-income groups. This emerging challenge is associated with overpopulation and social development. Public opinion polls and newspaper reports, a

traffic safety expert since 2009, revealed that armed robbery and kidnapping have become the country's most common and fastest-growing crimes against the law of the State. From the author's knowledge, no study has been done on population growth and challenges in this area. This study will therefore add understanding to the existing literature.

EMPIRICAL STUDIES ON POPULATION GROWTH AND CHALLENGES

Dao (2012) reported on the economic effects of the demographic transition in developing countries. The study used data from the World Bank. The author used samples of forty-three developing countries. The author applied the least-squares estimation technique in a multivariate linear regression. The findings suggested that the growth rate of per capita GDP is linearly dependent on population growth, the young and old dependency ratios, the mortality rate, and whether the population growth rate is less than 1.2 per cent per year. The author also used interaction variables in light of the severe degree of multicollinearity among explanatory variables, and found that per capita GDP growth linearly depends on population growth, the old dependency ration, the mortality rate, and the interactions between population growth and whether or not the rate of population growth is less than 1.2 percent per year, and the interaction term between the young dependency ratio and whether or not the rate of population growth is less than 1.2 percent per year.

Ewugi and Yakubu (2012) examined Malthusian Population theory and the Nigerian Economy from 1766 to 1834. The study adopted a Regression analysis, and the Malthusian population theory was proved to be far from empirical reality, especially in the developed world. But more than two hundred years after his work, the study's indices show that the theory's predictions, in some ways, apply to Nigeria. Today, Nigeria is experiencing rapid population growth. She has experienced a civil war, and its people have yet to adopt modern agricultural technology.

Mohsen and Chua (2015) studied the effects of trade Openness, Investment, and Population on economic growth in Syria from 1980 to 2010. The study applied the co-integration and Granger causality tests, and the results indicated a bidirectional short-run causal relationship among trade openness, investment, population, and GDP. There are also bidirectional long-run causal relationships between investment, population, and GDP, and an unidirectional long-run causal relationship running from trade openness to GDP. The results of the study indicate that population growth has the most significant effect on GDP; thus, it was suggested that improving the quality of human capital in the country by strengthening the education system, health services, the standard of living, and quality of life.

Guga, Alkaj, and Zeneli (2015) studied population, economic growth, and development in developing countries from 1994 to 2010. The result indicates that economic development is the primary objective of most nations worldwide. The key factors to be taken into consideration when analysing the dynamics are population growth; however, human capital development and economic growth provide the conditions for human development, which in turn provide opportunities for economic growth. Some developing countries are unable to afford the costs of an increasingly rapid population growth (as is currently happening and expected in the coming years), which will negatively affect the quality of life and slow economic growth.

Orumie (2016) examined the effects of unemployment and population growth rate on gross domestic product in Nigeria between 1970 and 2005. The study adopted multiple regression models. The result showed that unemployment and population growth have increased since

1970, while gross domestic product has declined. The study further revealed that population and unemployment contribute equally to gross domestic product. More results from that study indicated that unemployment contributed more to the national gross domestic product during the said period, in line with existing work. Additional results showed that the unemployment rate has an inverse relationship with gross domestic product, in line with Okun's law of 1962.

In another study, Ilegbinsosa, Moses, and Praise (2014) used ordinary least squares to examine the impact of population growth on unemployment levels. The result indicated that unemployment problems can arise only if the government fails to put in place adequate measures to control population growth and distribute resources equitably, thereby giving all citizens a sense of belonging. This implies that when providing a controlled population with the necessary employment opportunities, there is a need for efficient resource allocation and for initiating projects to generate employment. This is required to avoid a "worst case scenario" as postulated by the next generation team, in worst case Nigeria will see growing number of restless young people frustrated by lack of opportunity, increased competition for jobs, land, natural resources and political patronage; cities that are increasingly unable to cope with the pressures placed on them; ethnic and religious conflict and radicalization; and a political system discredited by its failure to improve lives.

Nwosu, Dike, and Okwara (2014) reported on the effects of population growth on economic growth in Nigeria between 1960 and 2008. The study used the Augmented Dickey-Fuller (ADF) test for stationarity, combined with Granger causality and cointegration tests. The study results indicated a sustainable long-run equilibrium relationship between economic and population growth. The study also provided evidence of unidirectional causality, population growth, and economic growth.

Adewole (2012) also studied the effects of population growth on economic development in Nigeria between 1981 and 2007. The study adopted the ordinary least squares method of analysis. The study revealed that population growth exerted a positive and significant effect on economic development, as measured by per capita income (PCI) and real Gross Domestic Product (RGDP), in Nigeria between 1981 and 2007.

Michael, Usang, Nelson, Etim, Onan, and Chukwodi (2014) noted the effects of population explosion on family standard of living in Calabar, Nigeria. Descriptive statistics were applied in the study. The study revealed that low-income family planning, illiteracy, poverty, ignorance, culture, religion, migration, and urbanisation were the causes of population explosion, and this was influenced by factors such as war, disasters, the search for jobs and education, polygamy, climate change, early marriage, and inflation. There was therefore a need for annual mass education on population issues to remind the public of the effects of maintaining large families.

Afzal (2009) discussed population growth and economic development in Pakistan using Ordinary least squares regression analysis. The study examined the relationship between population growth and economic development. The findings indicated a highly significant negative coefficient for population growth, demonstrating that population growth is a real problem for that country. This was so because it adversely affects economic growth. The country's resources, which were supposed to be channelled into production, were instead consumed by the exploding population. The positive and highly significant investment coefficient implies that investment growth will make a considerable contribution to economic

growth, which in turn depends on a high saving rate. Pakistan has the highest dependent population. This hinders economic growth because it includes non-productive members of the country.

Another study by Abdulrahman (2013) examined food security and population growth in Nigeria between 2010 and 2012. The study applied a linear regression model and analysed relevant data. The study found that Nigeria was witnessing a population explosion. The study identified factors that have led to population growth, including early marriage, poverty and illiteracy, religious beliefs, and improved medical facilities. The study reported that food production during the same period increased marginally. That made people vulnerable to hunger and related diseases. The study concluded that the population explosion, driven by inefficiencies in the agricultural sector, outstrips the food supply. Hence, resulting in food insecurity.

The likely effects of population growth on economic growth have been studied by examining its relationship to social indicators. For example, Edit, Samuel, Etim, and Titus (2014) examined the impact of overpopulation on the conservation of biological diversity in the Boki Local Government Area of Cross River State, Nigeria. The study adopted an Ex Post facto research design. The study found that overpopulation significantly affects the conservation of biological diversity. This result supported the early assertion by Coleman (2011), who noted that many environmental problems, such as rising atmospheric carbon dioxide levels, loss of biological diversity, global warming, and pollution, are aggravated by the population explosion. The study further reported that other problems associated with overpopulation include increased demand for resources such as fresh water and food, starvation and malnutrition, the faster consumption of natural resources (such as fossil fuels) than their rate of regeneration, and deterioration in living conditions despite increased population density. Cities concentrate human activities within limited areas, limiting the breadth of environmental damage. But this mitigating influence can only be achieved if urban planning is significantly improved and city services are properly maintained.

MATERIALS AND METHODS

Study Area

Zaria and Sabon Gari Local Government Areas are located between latitudes $11^{\circ} 20' N$ and $10^{\circ} 40' N$ and longitudes $7^{\circ} 20' E$ and $8^{\circ} 40' E$. These Local Government Areas share boundaries with Giwa Local Government Area to the north, Igabi Local Government Area to the west, Soba Local Government Area to the south, and Kudan Local Government Area to the East. See (fig. 1). The population of these Local Government areas in 2006 was 698,348 (NPC, 2022), and in 2021, the population was estimated to be 1,169,977 (NPC, 2022). Although the two Local Government Areas are predominantly urban, significant parts are rural. The metropolitan area of the two Local Government Areas comprises the following satellite towns: Tudun Wada, Samaru, Zaria City, Gogoji, Kongo, Sakadadi, Kwangila, Hanwa, Basawa, and Wusasa. Sabon Gari is the central business district (CBD) of the entire region. At the same time, Zaria city is the first settlement in this area and also the home of the traditional ruler, "the Emir". The surrounding rural areas include Angwa Rimi, Bomo, Gobirawa, Tohu, Sakadadi, Igabi, and Kufena, as well as Shika Dam.

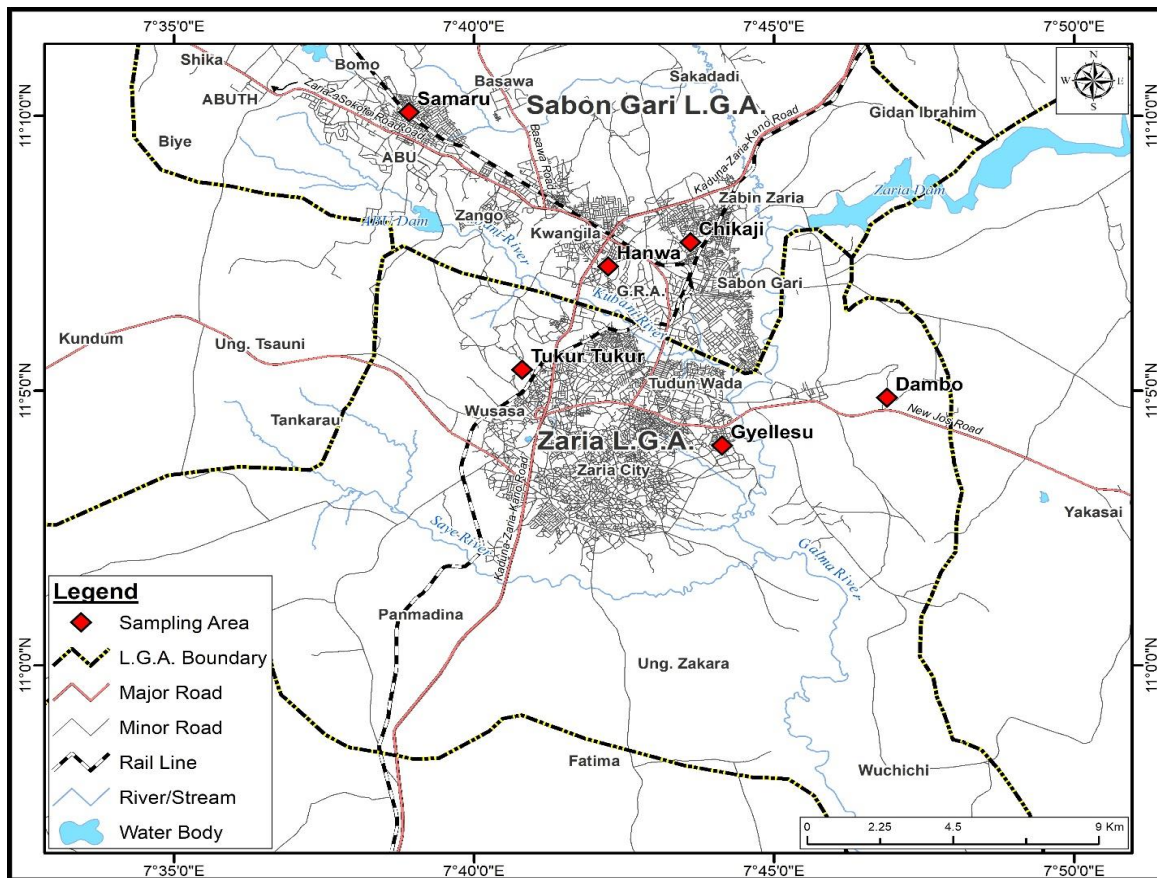


Figure 1: Sabon Gari and Zaria showing the Sampling Area

Source: Modified from <https://www.openstreetmap.org/#map=6/9.117/8.674>

Research Design

A cross-sectional survey design was adopted for this study. This is because it allowed the researcher to obtain information from a representative sample of the population, ensuring the same information was collected from a representative sample via a questionnaire.

Population of the Study

The study population in 2022 was 1,169,997 people, representing the area's total population.

Sample and Sampling Procedure

There are four districts across the two Local Government Areas, totalling 20 wards. There are 11 wards in Sabon Gari Local Government Area and nine wards in Zaria Local Government Area. A total of six wards were randomly selected for the study using a table of random numbers. This comprises three wards from each Local Government Area. The wards selected for Sabon Gari were Chikaji, Samaru, and Hanwa wards. Those from Zaria Local Government area include Tukur-Tukur, Gyellesu, and Dambo wards.

Selection of Respondents

Systematic sampling was used to select respondents in areas with street layouts to administer the questionnaire. In unplanned areas, random sampling was adopted to choose household heads to distribute the questionnaire. The systematic sampling method was judged the best because it is an ordered sampling method. The most senior household heads were used for the study. Field assistants were posted to the various research areas and closely monitored by the primary researcher to authenticate the findings.

RESULTS AND DISCUSSION

The results obtained from the study are duly represented in this section. Of the 350 questionnaires, 340 were completed correctly and returned. The secondary data were generated from published data sources and the internet. These include journals and books for reading. The primary data were analysed using descriptive statistical methods.

Table 1: Demographic and Socio-Economic Characteristics of Respondents

Age	Respondents	Percentage
18-24	32	9.4
25-30	38	11.2
31-36	42	12.4
37-42	44	12.9
43-48	59	17.4
49-54	69	20.2
55+	56	16.5
Sex		
18-24	32	9.4
25-30	38	11.2
No of Wives Married		
Single	00	0
1	75	22.1
2	123	36.2
3	118	34.7
4	24	7.0
Level of Education		
Quranic/primary	146	42.9
Secondary	103	30.3
Tertiary	91	26.8
Occupation		
Farmers	155	45.5
Traders	80	23.6
Civil servant	56	16.5
Unemployed	28	8.2
Others	21	6.2
Family Size		
1-5	30	8.8
6-10	41	12.1
11-15	65	19.1
16-20	82	24.2
21-25	86	25.3
26+	36	10.6

Source: Field Study, 2022

From Table 1, most respondents are aged 43-54 years; only 16.5% are aged 55 years and above. Over 70.9% of the population is married to between two and three wives. Also, 92.9% were male, compared with 7.1% for females. By level of education, 30.3% held secondary school certificates, while 26.8% held tertiary qualifications (Diplomas and Degrees). 42.9% constitute those who attended Quranic and primary schools. The majority of respondents are in farming as their primary occupation, accounting for 45.5%, while those in trading account

for 23.6%. 8.2% are jobless. The respondents maintained a vast number of dependents, with 49.5% having between 16 and 25 children. The respondents' ages indicated that most are young and still in their active reproductive years. The implication is that the population will likely increase further under increasing pressure on the area's resources. The young population is typically the largest in most developing countries with high fertility rates. The study also reported that most men are married to more than one wife and maintain large Family sizes. This should be expected because the area is mainly populated by Muslims, and Islamic law permits marrying more than one wife. Here, early marriage is an everyday norm. Religious practices and polygamy have significantly contributed to the population increase in these areas. These two work hand in hand, which supports Cole's (2015) finding that religious practices, early marriage, and a desire for a large family size are determinants of population size and growth. Large family size can be linked to the absence of family planning and to early marriage. The implication of having a large number of dependents is an increase in demand for resources, overstretch of social amenities, and a high crime rate.

Table 2: Causes of population growth, ways of reducing it, Benefits, and whether population growth is a problem or not

Causes of Population Growth	Respondents	Percentage
Religion	153	45
Polygamy	17	50
Cultural beliefs / Desire for large families	75	22.2
Improve healthcare	5	1.4
Absence of family planning	8	2.3
Early marriage	14	4.1
Illiteracy	68	20
Ways of Reducing Population Growth		
Religion	153	45
Polygamy	17	50
Cultural beliefs / Desire for large families	75	22.2
Improve healthcare	5	1.4
Benefits of Population Growth		
Large labour force	74	21.7
Encourage innovation	68	20
Blessing for economic development	79	23.3
Stimulates economic development	119	35.0
Respondents' View of Population Growth as a Problem		
Yes	156	45.8
No	184	54.2

Source: Field Study, 2022

Table 2 shows that religion is the most important cause of population growth, accounting for 45%. Polygamy has 5% and others are early marriage and illiteracy, which are significant causes of population growth. Most respondents see raising awareness of the adverse effects of population growth as a solution (51%). The respondents indicated that the benefit of population growth is to stimulate economic development (35%), while 20% say population growth encourages innovation. 23.3% see the population as a blessing for economic development. Only 21.9% said it provides a large labour force. However, 54.2% believe population growth is not a problem. 45.8% say it is a problem. The result shows that cultural beliefs and illiteracy have significantly contributed to the area's population growth. The respondents only acquired Quranic and primary education. Low level of education contributes significantly to increasing population because of the absence of family planning, low use, or complete absence of contraceptive use. Hence, population increase is not a problem for them. Where family planning or birth control methods are not adopted, many families will have a high birth rate. The desire of people in most African contexts for large family sizes stems from a desire to command respect and to have more hands for farming. Early marriage leads to more children, thereby increasing population size. The implications/disadvantages of such an increase include a low standard of living, environmental degradation, and a high cost of living. People reported that the benefit of high population growth is that it stimulates economic development. This supports the findings of UNFPA (2008), which noted that population growth is needed to boost wealth and development. Population growth affects economic development because an increase in the working population is directly proportional to population growth – that is, a growing population is an impetus to economic development. Corroborating a similar view, Anyawocha (1993) noted that population growth has a substantial impact on economic development. There is a long-run equilibrium relationship between population growth and economic development.

Table 3: Challenges of population growth and areas most affected by population growth in the area

Challenges of Population Growth	Respondents	Percentage
Increase the dependency ratio	76	22.4
Depression in savings per income	56	16.4
Broadens public expenditure	62	18.3
Overstretch of education, health, and social services	74	21.7
Increase poverty	72	21.3
Areas most affected by Population Growth.		
Education	130	38.2
Healthcare	70	20.6
Inflation	85	25
Housing	46	13.6
Transport infrastructure	9	2.6

Source: Field Study, 2022

According to Table 3, the most significant challenge posed by population growth is the increase in the dependency ratio to 22.4%. 21.7% see overstretch of educational, health, and

social facilities as their greatest challenge. Another 21.3% reported an increase in poverty, while 18.3% and 16.4% reported increases in depression and savings, respectively, and broadening public expenditure. The area most affected by population growth is education (38.2%). This is closely followed by inflation (25%) and health care (20.6%). The greatest challenge to population growth is the increasing dependence ratio. This finding aligns with that of Ebunigha and Eno (2008), who stated that an increase in population tends to slow per capita growth in developing countries, leading to income inequality due to a high dependency ratio. The implication is that population growth could lead to a continuous increase in the dependency ratio, thereby increasing poverty. Demographically, the ratio of the non-working population to the working population is high. Population growth has been a persistent concern worldwide and a challenge to many countries' economic development. Another implication of rapid population growth is that it leads to depressed savings, low per capita income, and further retards a country's growth and development. Reva (2007) reported that continuous population growth widens the public expenditure burden, thereby affecting economic development. Population growth will likely intensify a country's foreign-exchange constraints, placing greater pressure on the balance of payments, one of the areas most affected by population growth in education. The impact of population on education is multi-dimensional. The rapid increase in school-age enrollment can be seen as an expansion of the labour force. However, this has in turn put more pressure on the existing school infrastructure and the education system, which require further staff training and increased facilities. The increase in school enrolment has further reduced the quality of education. During an interactive session with the staff of the zonal office of education in the area, they attested that school enrollment has increased tremendously, especially at the primary and secondary levels, to the extent that primary school pupils and secondary school students use the same school infrastructure. At the primary level, school registers are insufficient, and other materials pose a serious problem. Field observations indicate that most primary schools lack basic infrastructure, including desks and chairs. The absence of desks and seats has forced pupils to use their classrooms to play football during break periods. Pupils receive lessons and instructions sitting on bare floors. The implication of this over-enrollment is overcrowded classrooms for lessons.

Table 4 shows that the most significant effect of population growth is high crime and insecurity, at 61%. Food security and unemployment have 5% and 21% respectively. Religion (39.4%) is the greatest challenge to population growth and development. Illiteracy and cultural beliefs account for 22.1% and 20.0%, respectively. The majority of respondents also believed that crime and insecurity are very high in the area. This area in recent years has witnessed, as elsewhere in the country, a series of kidnappings for ransom and other vices like armed robbery, traffic congestion, theft, among others. This finding aligns with Erring's (2012) finding that the most common crimes associated with population growth and development include property theft, armed robbery, burglary, and traffic congestion, among others. As noted by the police spokesperson in the area. "Law enforcement agencies in the area are relatively insufficient and ill-equipped, while policies designed to ensure public safety are apparently targeted at low-income groups." This emerging challenge is associated with population growth and social development.

Table 4: Effects of population growth and challenges/issues militating against it.

Effects of Population Growth on Economic Development in the Area	Respondents	Percentage
Environmental degradation	5	1.4
High crime and insecurity	206	61
Human health	3	0.6
Food insecurity	17	5
Inflation	34	10
Unemployment	71	21
Urban problems	4	1
Challenges of Population Growth and Development		
Illiteracy	75	22.1
Religion	134	39.4
Cultural beliefs	68	20.0
Lack of political will	49	14.4
Inadequate resource	14	4.1
How Population Growth has affected Economic Development		
Insufficient data for planning	241	71
Poor infrastructural development	47	13.8
Social development	52	15.2

Source: Field Study, 2022

A significant number of the respondents mentioned food insecurity, inflation, and unemployment. An increase in population usually affects the food supply and agricultural production, and attention will now shift towards meeting the high needs of the rapidly growing population. Moreover, a rapidly growing population has profound implications for the provision of productive employment. Population growth is also accompanied by a relative increase in the labour force, which means the rate of job creation should match the rate of labour force growth. Unemployment has several adverse effects, including increased crime rates, political instability, and reduced living standards. Security has also been a significant concern in the area. Field observation has indicated that some factors have ignited insecurity, for example, the high rate of unemployment among youths has made them desire to venture into clandestine activities to make ends meet and survive, thereby taking extreme measures and arguing the lives of people around the society which has either been kidnapping, robbery and stealing, smoking Indian hemp or “Igboo” as it is called.

According to Table 5, most respondents (55.6%) believe that a slow, consistent decline in total fertility will reduce population growth in the area. 25% believe a continuous decrease in the maternal mortality ratio is a better prospect for population growth in the area. This finding implies that a decline in the population will mean fewer people to care for, and, as a result, government expenditure will decrease. More jobs could be created, savings and investments could increase, and a high standard of living could result, as a few people with increased resources raise per capita income.

Table 5: Prospects

Prospects	Respondents	Percentage
Slow and consistent decline in the national total fertility rate (TFR)	189	55.6
Monogamous marriage with a limited number of children	66	19.4
Decline in maternal mortality ratio when fertility rate continues to fall due to a significant reduction in child and infant mortality rates	85	25

Source: Field Study, 2022

CONCLUSION AND RECOMMENDATIONS

Based on the study, this area has witnessed a tremendous increase in population in recent years, with consequences and challenges. This can be attributed to factors such as cultural beliefs, illiteracy, and religious beliefs. This rapid population increase has dramatically reduced the availability of social infrastructure and development in education, health, and social amenities. The study recommends that encouragement of monogamous marriage should be undertaken; this is possible through mass education. People should be educated about the need to marry fewer wives and reduce their family sizes. Early marriage should be discouraged, encourage education of the girl child, and people should embrace family planning practices. Secondly, awareness of the negative consequences of population increase should be created. People in the area should be educated about the adverse effects of population growth, such as food insecurity, crime, unemployment, inadequate resources for all, and deficient infrastructure for education and other social services.

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