

COURSE GUIDE

HED 328 POPULATION EDUCATION

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INTRODUCTION

The goal of population education is to gain information about population dynamics. It will aid students in their understanding of population and, in particular, the impact of population changes on people, families, communities, nations, and the global community. It enables the learner to make an informed and correct judgment regarding the current population situation, allowing them to have a positive impact as well as living a better life.

WHAT YOU WILL LEARN IN THIS COURSE

HED328- Population Education is a two credit unit course that will discuss the general overview of population education, scope of population education, factors in population dynamics, consequences of overpopulation, and how to curb overpopulation. You will acquire the necessary knowledge, attitudes, values and skills required to understand the concept of population change and things that could be done to improve the health status of the population in order to live better a life.

COURSE AIM

The goal of this course is to provide you with accurate information about the concept and definitions of population health, as well as the factors that influence population health, in order to promote healthy living and promote planned population growth to avoid the negative consequences of population explosion.

COURSE OBJECTIVES

By the end of this course, you will be able to;

- i. define population Education
- ii. state the general aims of population education
- iii. state the importance of Population Education
- iv. explain the Areas of population education
- v. explain the factors in population dynamics
- vi. state the implications of unplanned population growth
- vii. state how to curb population explosion in developing countries (Nigeria).

WORKING THROUGH THIS COURSE

To effectively complete this course, you must read the course material from unit to unit in order to gain a thorough comprehension of the topic. You should be able to correctly complete the self-assessment exercise in

each unit. You will also find references in this course content that you can use for further study.

COURSE MATERIALS

The course materials for this course include the module, which will be made available to you on-line and arranged into units for proper learning. You can access it whenever and anywhere you choose.

STUDY UNITS

This course comprises six modules broken down to 21 study units. The module and units are shown below:

Module 1 Overview of Population Education

- Unit 1 Concept of Population
- Unit 2 Concept of Population Education
- Unit 3 General Aims and Objectives of Population education
- Unit 4 Objectives of Population Education at Higher Education
- Unit 5 Importance of Population Education

Module 2 Scope of Population Education

- Unit 1 Demography
- Unit 2 Population Change
- Unit 3 Reproductive Health
- Unit 4 Determinants of Population Growth
- Unit 5 Planning for Future

Module 3 Theories of Population Education

- Unit 1 Malthus Theory
- Unit 2 KarlMarx's Theory
- Unit 3 Theory of Demographic Transition

Module 4 Population Change and Overpopulation in Nigeria

- Unit 1 Overview of Nigeria's Population
- Unit 2 Dynamics of Population Growth in Nigeria and its Implications for Development
- Unit 3 Causes of Overpopulation in Nigeria
- Unit 4 Effects of Population Explosion on Educational Sector in Nigeria
- Unit 5 Proposed Measures to curb Population Explosion Nigeria

Module 5 Consequences of Unplanned Population Growth

- Unit 1 General Factors in Population Dynamics
- Unit 2 Consequences of Population Explosion
- Unit 3 Curbing Overpopulation in Africa

Module 6 Overview of Family Planning In Nigeria and Methods of Teaching Population Education

- Unit 1 Overview of Family Planning
- Unit 2 Methods of Teaching Population Education

TEXTBOOKS AND REFERENCES

You'll find a list of resources for further reading at the end of each module. It is recommended that you look over the references and resources. You are also required to use the internet to find course-related information. This will allow you to cover a broad range of topics on the course.

ASSIGNMENT FILE

Each Unit concludes with a Self-Assessment Exercise and Tutor-Marked Assignment. You must thoroughly practice the exercises and assess yourself. You should apply the experiences you've gained over the course to complete this task.

TUTOR-MARKED ASSIGNMENT

The final assessment will be based on Tutor Marked Assessment (TMA), which is worth thirty (30) marks. At the end of the course, there will be a final examination of seventy (70) points.

FINAL EXAMINATION AND GRADING

The final examination on this course carries seventy percent (70%). You will be required to take the final examination in each of your study centers.

PRESENTATION SCHEDULE

The modules, units, and self-assessment activity are all included in the presentation schedule for this course. You must read all of the modules,

answer all of the questions, and submit them by the due dates. You should make every effort to prevent getting behind on your task.

COURSE OVERVIEW

For most developing countries, population growth is a big challenge. This is largely due to a lack of sufficient family size awareness and planning. Population education attempts to help individuals comprehend the population, and it covers topics such as demographics, the reasons of population growth, and the impact of population expansion on people's political, economic, health, and cultural lives. Individuals can learn the skills they need to comprehend the serious effects of population expansion on the environment, quality of life, health issues, food security, and economic development.

HOW TO GET THE MOST FROM THIS COURSE

The course material serves as the medium for learning in this course. The course materials allow you to read and learn at your own pace, as well as at the time and place that is most convenient for you. To help you understand the units better, each study unit includes an introduction, goals, and self-assessment questions. You must read all of the units in each module and respond to all of the questions at the end. Attend all of your study centre's facilitating sessions and be sure to answer all of your TMA questions. At the end of the course, you will be required to take a final examination.

FACILITATORS/TUTORS AND TUTORIALS

Online facilitation will be made available so that you can interact with your tutor and colleagues all around the world.

SUMMARY

This course includes background information and ideas to prepare and equip students with personal health knowledge and skills. The course is structured into five modules, each of which includes an overview of population education, areas of population education, factors in population dynamics, the implications of unplanned population growth, and strategies for reducing overpopulation in Africa.

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MODULE 1 OVERVIEW OF POPULATION EDUCATION

Unit 1	Concept of Population
Unit 2	Concept of Population Education
Unit 3	General Aims and Objectives of Population education
Unit 4	Objectives of Population Education at Higher Education
Unit 5	Importance of Population Education

UNIT 1 CONCEPT OF POPULATION**CONTENTS**

1.0	Introduction
2.0	Objectives
3.0	Main Content
	3.1 Definition of Population
	3.2 Population Pyramids
4.0	Conclusion
5.0	Summary
6.0	Tutor-Marked Assignment
7.0	References/Further Reading

1.0 INTRODUCTION

The definition of population, the conceptualization of population education, the broad aims and objectives of population education, and the value of population education are all covered in this unit.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- define Population
- explain the pyramid of population.

3.0 MAIN CONTENT**3.1 Definition of Population**

A population is a group of individuals who live together in a specific geographic place. A population, according to Momoh (2021), is a distinct collection of individuals who make up a nation or a special group of people who have common features. A population is the group of people from which a sample is taken for a research in statistics. As a

result, population refers to any group of people who are linked by similar characteristics.

A population is also defined as the total number of organisms of the same species living in the same geographic place at the same time, with the potential to interbreed. To put it another way, individuals must be able to mate with any other member of the population and produce fruitful offspring. However, because populations contain genetic variety, not all individuals are equally capable of surviving and reproducing.

Most of the time, populations do not remain constant in size; they fluctuate over time. Changes in biotic and abiotic variables, which function as limiting factors against unchecked exponential population expansion, are mostly responsible for these variations. When food resources are plentiful and environmental circumstances are favourable, for example, people are bound to expand. Predation, on the other hand, causes populations to shrink. Again, the characteristics of a population can influence how certain variables affect it. The impacts of density-dependent factors on a population, for example, are dictated by the population's size. In other words, a greater, denser population will be decimated faster by disease spread than a widely dispersed population. Similarly, life history variables such as maturation rate and life span can influence population increase. Individuals who mature later in life mature at a slower rate than those who mature at a younger age.

A population can also be described as a discrete aggregation of organisms with definable features, such as people or animals, with the goal of analysis and data collection. It is made up of a comparable collection of species that live in a specific geographical place and can interbreed. Individuals in a population must be able to mate with other individuals in order to create fruitful children if they are to interbreed.

Due to genetic differences, not all individuals are able to survive and reproduce.

A local population can be confined to a limited area or can occupy a greater area, thereby representing the entire species. Individuals from local populations spread between other local populations, forming a metapopulation.

Because of different physical limitations in the environment that operate as limiting factors against exponential population expansion, the majority of populations are not stable.

3.2 Population Pyramids

A population pyramid is a graph that shows the age-sex distribution of a country's human population at a specific point in time. It depicts the variance in the population of boys and females with age, which is impossible to depict using bar graphs. The population is on the x-axis, while age is on the y-axis, resulting in a pyramidal structure.

Three types of population pyramids exist:

1. Pyramid of Expansion

It is triangular in shape, with each age group having a bar that is shorter than the one before it, symbolizing that as we go down the pyramid, more people die. A large base denotes a high rate of birth. The graph's top is tapering, indicating that a region's life expectancy is decreasing.

2. Pyramid of Constriction

It is the polar opposite of the expansive pyramid, with a slight reduction in the younger age group. The fact that life expectancy is longer and living conditions are better indicates that there are a large number of senior persons. Despite this, there is a population decline due to lower birth rates than death rates.

3. A Robust Pyramid

It has a rectangular shape, indicating that people of all ages are evenly distributed. A minor tapering at the top indicates that there is more death among the elderly, which is natural. The usage of birth control techniques is indicated by a constant birth rate. Due to better living conditions, medical services, and other factors, such regions have a high life expectancy.

SELF-ASSESSMENT EXERCISE

1. Describe population.
2. Provide at least three (3) definitions for Population Education.

4.0 CONCLUSION

Population describes a group of people with similar characteristics living together in a particular geographic location at a particular period of time. The pyramid of a population represents the age-sex distribution

of such population. The understanding of these concepts will enable learners to have the basic knowledge required for this course.

5.0 SUMMARY

This unit looked at the concept of population and pyramids of population. This will give a needed background to the concept of population education.

6.0 TUTOR-MARKED ASSIGNMENT

1. Describe a population.
2. What is population pyramid?
3. Describe the various types of pyramids that exist in a population.

7.0 REFERENCES/FURTHER READING

BYJU's Classes(2021). Population and Types. Retrieved from <https://byjus.com/biology/population-and-its-types/>. Accessed 29/07/21

Broome, Claire V. (1995). "FR Response, Division of Vital Statistics." FR Doc. 95-30566, filed 12/ 14/95.

Cohn, D'Vera. (2011). "How Accurate are Counts of Same-Sex Couples?" Pew Research Social & Demographic Trends (August 25). Retrieved March 15,2013.
www.pewsocialtrends.org/2011/08/25/how-accurate-are-counts-of-same-sex-couples

UNIT 2 POPULATION EDUCATION CONCEPT

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Definition of Population Education
 - 3.2 Nature of Population Education
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

The conceptualisation of population education, as well as the nature of population education are all covered in this unit.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- Define Population education
- Describe the nature of population education.

3.0 MAIN CONTENT

3.1 Definition of Population Education

In your daily life, you may have come across population control measures such as birth control, family planning, and sex education. You will be exposed to a far broader concept called "Population Education" here, which is considerably broader than these. Though many people use the phrases population education and birth control, family planning, and sex education interchangeably, the two terms have subtle differences. As the name says, population education is an educational program, and the term is made up of the words population and education. In general, population refers to the total number of people who live in a given geographic area. It could be a village, a district, a country, or the entire world. A group of individuals belonging to a specific religion, race, sex, class, group, caste, or community can also be defined as people.

Education, on the other hand, is a process that imparts, modifies, or develops people's knowledge, understanding, attitudes, beliefs, skills, talents, and practices in order to improve their effective performance in

life as an individual, family member, society, or nation. After considering the two concepts, population and education, population educators face a severe challenge in determining the type of education to be delivered to which specific segment of the population in order to obtain an understanding of population matters and to what extent. Population education, according to UNESCO (1970), is an educational program that involves a study of the family, community, nation, and world's population problem with the goal of instilling reasonable and responsible attitudes and behaviour in pupils.

Population education, according to Stephen (1973), is the process by which students investigate and explore the nature and meaning of population processes, characteristics, causes of population change, and consequences of these processes, characteristics, and changes for themselves, their families, societies, and the world. As a result, population education engages people in the learning process, broadening their understanding of population-related issues in a broader context and assisting in the development of appropriate skills in analyzing and defining issues in a way that is both personally meaningful and socially relevant.

Furthermore, population education fosters not only a positive attitude toward population issues, but also the ability to make reasonable judgements in the face of issues stemming from rapid population expansion. In truth, population education encompasses any and all aspects of population that affect development, living standards, and quality of life. As a result, population issues are broad and inclusive, forming the content of population education that enables people or target groups to make informed and responsible decisions.

Population education is not the same as family planning or sex education, as previously stated.

In sex education, however, the focus is on the individual, whereas in population education, the focus is on the interaction of the individual, family, and society in a national setting. Furthermore, family planning is a clinical or medical technique that is only for married couples. Population education, on the other hand, is merely an educational program designed to raise student knowledge and understanding of the population problem. The following are some definitions of population education that can aid you in better understanding the concept:

Population education, according to Rao, is inextricably linked to human resource development. As a result, population education is concerned not only with raising population awareness, but also with instilling values and attitudes that protect both population quality and quantity.

Population education, according to Burbson, is an investigation of knowledge and attitudes about population, family, and sex. It covers topics such as population awareness, family life, reproduction education, and fundamental values.

Population education, according to Sharma, is the study of human population in connection to its environment with the goal of improving quality of life while minimizing environmental impact.

To a layperson, population education entails learning about population issues such as fertility, mortality, migration, and so on. Looking inward, however, population education is referred to as an educational process rather than merely the study of population issues. Population education is a type of education that helps people comprehend the nature, causes, and effects of population changes.

It is concerned with a succinct understanding of population dynamics. Population education, once again, is an educational process that assists people in learning about population, particularly the impact of population change and related issues on individuals, families, communities, and the globe at large.

Population education is a term used globally to refer to educational programs that assist learners in acquiring knowledge, attitudes, skills, and values that will enable them to make informed decisions about population events and issues that will affect their quality of life and the society's quality of life in the present and future (UNESCO, 1976).

Population education is defined by Huether and Gustavus (1977) in Ruth (2008) as "any program, course, unit, or set of lesson plans dealing with the nature and meaning of population change, composition, distribution, mortality, migration, or fertility (including reproduction and related topics); the courses of these processes or their consequences for individuals, family and the society
Individuals, families, societies.

Swastic (2020) defined population education as the study of population, family, and sex knowledge and attitudes. Population awareness, family living, sex and reproductive education, and basic values are all part of population education.

Population education, on the other hand, should not be confused with sex education, family planning, family welfare, or family life education. It is a micro- and macro-level link between population change and quality of life. It allows pupils to understand the process of population expansion and its effects on people's lives and the environment. Students

will be able to research and investigate the interaction of populations with their surroundings, demographic features, and the meaning and nature of population change. They'll also be able to understand the causes and consequences of population growth on a local, national, and global scale.

3.2 Nature of Population Education

The field of population education is a relatively new one. Population issues, as we all know, are not static and are always evolving. As a result, the concept of population education has developed over time as demands, requirements, and emergent difficulties and concerns have changed. Keeping this in mind, the following is a summary of the nature of population education:

- By its very nature, population refers not only to the quantitative element or just a numerical quantity, but also to the qualitative characteristics of the human population, i.e. quality of life. As a result, population education is fundamentally linked to human resource development.
- Population education is solely an educational program that, like any other educational program, assists students in developing their knowledge, understanding, skills, attitudes, and values in relation to the program's content materials.
- Its concept is multidisciplinary and cross-disciplinary in nature.
- It provides a learning environment for understanding the population situation in the family, community, nation, and the globe at large, as well as the consequences of demographic variables for the individual's, family's, and society's well-being.
- Population education is the study of man's interaction with his environment in terms of his quality of life.
- A key issue of population education is what causes population change through time, as well as the impact that such changes might have on families, communities, nations, and the world.
- The study of the likely causes and implications of population change is referred to as population education. These causes and effects could be biological, social, economic, political, or cultural.
- The subject of population education is primarily concerned with the interaction between population factors and various socio-economic processes on the one hand, and various socio-economic processes on the other.
- Population change and development are interdependent. Population change at any level, be it family, community or nation is the result of decisions based on certain considerations, which

they consider rational in the given situation/context. Whether the decisions are rational or not depend upon their understanding of all the relevant matters at that particular level.

- This is what is precisely meant by Population education; knowledge, understanding, attitudes and practices/behaviours of people in respect of their population situation, that is intended to lead to such population change, influence the quality of their lives, both at present and in the future. Therefore, it has bearing on various population matters at both the micro and macro levels in the present and the future.

SELF-ASSESSMENT EXERCISE

1. Provide at least three (3) definitions for Population Education.
2. Describe three scopes of population education.

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4.0 CONCLUSION

Population education is an educational process that assists people in learning about population, particularly the impact of population change and related issues on individuals, families, communities, and the world at large. Population education is also an educational program that enable individuals to learn about their population, it's characteristics, growth and consequences of overpopulation.

5.0 SUMMARY

This unit looked at the concept of population education and scope of population education.

6.0 TUTOR MARKED ASSIGNMENT

1. Describe population education.
2. What are the scope of population education?

7.0 REFERENCES/FURTHER READING

BYJU's Classes(2021). Population and types. Retrieved from <https://byjus.com/biology/population-and-its-types/>. Accessed 29/07/21

Broome, Claire V. |(1995|). "FR Response, Division of Vital Statistics." FR Doc. 95-30566, filed 12/ 14/95.

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UNIT 3 **GENERAL AIMS AND OBJECTIVES OF POPULATION EDUCATION**

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Aims and objectives of Population Education
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

In this unit, you will learn the general aims and objectives of population education.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- state the general aims of population education
- state the general objectives of population education.

3.0 MAIN CONTENT

3.1 Aims of population Education

The followings are the aims of population education:

1. **To promote awareness and comprehension:** It should cover fundamental demographic concepts, such as population situation, population processes and developments, various concepts of quality of life, human reproduction and the family, micro and macro inter-relationships between quality of life and population changes, population policies and programs, and so on.
2. **Make both teachers and students aware of the rapid rate of population growth in light of pressing national issues:** It should go into great detail about how high population growth affects individuals, families, societies, and nations, both directly and indirectly, upsetting the entire balance of existence and creating a huge gap between developed and developing countries in today's globe.

3. Assist the government in reaching its population goals: Governments today appear to be preoccupied with achieving population goals through a variety of educational and out-of-school youth programs. As a result, population education should emphasise direction and competence in order to assist governments in effectively and sustainably implementing their programs for the common good.

3. To understand that family size is controllable: It should enable students to understand that family size is controllable, that population limitations can facilitate the development of a higher quality of life in the nation, and that a small family size can contribute materially to the quality of life for the individual family, to ensure good prospects for the younger generation, and that a small family size can contribute materially to the quality of living for the individual family, to ensure good prospects for the younger generation,

4. To gain a better grasp of the following:

- i. The small family norm as appropriate and desirable.
- ii. The relationship between population density and living standards.
- iii. The reality that family size is a conscious choice and human regulation rather than an uncontrollable force.

5. To effect behavioural changes:

Changing people's health knowledge, attitudes, and behaviours. At all levels, the ultimate goal should be to build and preserve physical, mental, environmental, and familial health.

6. To Have a Better Understanding of Overpopulation's Negative Impacts: Population Education is designed to help people gain a better understanding of overpopulation's negative effects.

7. The foundation for understanding population dynamics is as follows:

The main goals of population education, according to Bhatia, are to comprehend population dynamics, such as the growth rate and structure of the country's population in relation to the rest of the globe.

8. **Population Policies Awareness:** To increase public understanding of the country's population policies and programs.
9. Developing a grasp of the reality that there are ways to plan parenting, restrict family size, and, as a result, control population growth.

3.2 Objectives of Population Education

Other objectives are;

- i) Assisting individuals in understanding the causes and consequences of population phenomena.
- (ii) To assist individuals in gaining a better understanding of how demographic trends influence them and their communities.
- (iii) Assisting pupils in recognizing the causes of demographic phenomena and assisting individuals in making changes in order to remove barriers to social progress.
- (iv) Assisting individuals in gaining the necessary information, skills, attitudes, and values to grasp the notion of population education.
- (v) Assisting students in making informed decisions about current population issues.

SELF-ASSESSMENT EXERCISE

- 1) List five aims of population education.
- 2) State three objectives of population education.

4.0 CONCLUSION

The general aims and objectives of population education are important. It helps to understand the importance of controlling family size thereby reducing overpopulation and its burden on the population.

5.0 SUMMARY

In this unit, you have been taught the general aims and objectives of population education .

6.0 TUTOR-MARKED ASSIGNMENT

1. List and explain five aims of population education.
2. State five objectives of population education.

7.0 REFERENCES/FURTHER READING

Arriaga, Eduardo E. (1994). *Population Analysis with Microcomputers*. Vol. 1 & 2. Bureau of the Census International Programs Center/USAID/UNFPA. Washington, DC: GPO.

Bogue, Donald J., Eduardo E. Arriaga, & Douglas L. Anderton, (Eds.).(1993). *Readings in Population Research Methodology*. Vol. 1–8. Chicago: UNFPA/Social Development.

UNIT 4 POPULATION EDUCATION AT HIGHER LEVEL OF EDUCATION

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Goals of Population Education in Higher Education
 - 3.2 Needs for Population Education in Higher Education
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

In this unit, you will learn the general aims and objectives of population education.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- state the goals of population education at higher level of Education
- state the reasons for population education at higher level of Education.

3.0 MAIN CONTENT

3.1 Population Education in Higher Education: What are Its Goals?

The fundamental goal of include Population Education in university curricula is to allow students (undergraduates) to transfer their understanding of population issues to community members. However, it has social as well as academic consequences. Through access to information and knowledge transmission, these aims aim to provide opportunities for undergraduates and the community to raise understanding of the relationship between population and quality of life.

The followings are some of the goals of PE programs offered by universities:

1. To assist undergraduates and the general public in understanding population issues, as well as to supplement and update university curricula to keep up with national and worldwide changes in population education.
2. To promote the incorporation of population education in teacher training and orientation, and to incorporate PE studies into the curriculum at higher levels.
3. Achieve desired changes in society's attitudes, behaviors, and ideals about gender equality in social, economic, and political processes, as well as national and global developments.
4. To build and develop audio-visual products such as cassettes and DVDs for use in classrooms.
5. Establish Population Education Clubs, and Population Education Resource Centres (PERCs) in universities to bring them closer to the population and to provide appropriate answers to population-related concerns.
6. To develop sensitive and high-quality human resources committed to fulfilling important roles in a variety of fields, including teaching, research, curriculum development, and training.
7. To encourage undergraduates to take on problems in the promotion of ideals like gender equality, secularism, socialism, and democracy.

Due to the inter-disciplinary character of population studies, it is necessary to coordinate and interact with other universities/institutions in teaching, curriculum design and restructuring, research, and extension activities.

3.2 Needs for PE at Higher-Level Curriculum

In the population education program, the instructor is expected to meet specific goals and objectives. As a result, the instructor must use appropriate teaching materials and procedures. This, however, can only be accomplished if s/he is aware of the modifications to be made and in what order they should be made. That is, he or she must be familiar with population education's topic. The curriculum is made up of rationally and sequentially organized academics, activities, and experiences.

The following summarizes the need for and significance of curriculum in population education at higher level:

1. **Attainment of Objectives:** Simply defining the objectives of population education at a higher education level will not produce

a favourable outcome. To attain the goal of population education, well-planned initiatives and organizations are required. We must consider what knowledge, actions, experiences, and other factors will aid in the fulfilment of the specified objectives.

2. **Criteria for Appropriate Teachers:** The type of teachers necessary for these new sorts of education at the higher level of education can only be revealed through the curriculum. Teachers should be aware of the type of work they are expected to complete, which should be in accordance with the curriculum's standards.
3. **Selection of Appropriate Methods:** The curriculum for population education at the higher education level allows the instructor to choose appropriate teaching methods. "How to teach" will be determined by "What to teach."
4. **Reflects Educational Trends:** The curriculum is the vehicle for achieving the goals of population education at the higher education level, which are dynamic and change in response to changing social demands. Naturally, the curriculum will mirror educational trends and population increase.
5. **Easy to Develop:** Unlike at the school level, it is simple to prepare curricular material at the upper level because pupils at this level are older and have more experiences. They can quickly comprehend the underlying relationship that exists between population increase and other variables. As a result, not just our country, but the entire world, must create a variety of population education programs for university students. L
6. **Easy to Teach and Explain:** Because higher education students are more mature and have a greater comprehension level, it is simple to address various population-related issues with them. Some topics, such as the physiology of human reproduction and the structure and functions of sex glands, cannot be included in the population education curriculum of school instruction. L
7. **Society's Leader:** Students in higher education are the society's leaders. They have a significant amount of power over the masses. Their population knowledge aids them in disseminating information on population growth to the general public.
8. **Research:** The main goals of higher education are teaching, research, and extension. The value of research work is emphasized in higher education. Effective planning and new innovations in the field of population education are required for the development of new theories. The value of population education research cannot be overstated.

SELF-ASSESSMENT EXERCISE

1. State three goals of population education in higher education.

2. Highlight three needs of population education in higher education.

4.0 CONCLUSION

The goals of population education at higher level of education include, enabling people to understand the issues relating to the population, to keep up with the dynamic nature of population issues and to promote the inclusion of population education in teachers training. There is also a dire need for population education at higher levels of education because, at higher levels of education, researches are conducted which leads to development of new theories.

5.0 SUMMARY

In this unit, you have been taught the goals and needs for population education at higher levels of education.

6.0 TUTOR-MARKED ASSIGNMENT

1. Discuss six (6) goals of population education at higher level of education.
2. give five (5) reasons for the inclusion of population education in higher education.

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UNIT 5 POPULATION EDUCATION: ITS IMPORTANCE

CONTENTS

- 1.0 Introduction
- 2.0 Objective
- 3.0 Main Content
 - 3.1 Importance of Population Education
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

In this unit, you will learn the importance of population education.

2.0 OBJECTIVE

By the end of this unit, you will be able to:

- state the goals of population education at higher level of Education.

3.0 MAIN CONTENT

3.1 Population Education

The followings are some of the importance of population education:

- A) **Controlling Population Explosion:** The globe is currently witnessing population explosion, which is an unparalleled increase in population. This is a harmful trend since it jeopardizes the nation's and humanity's well-being and growth. As a result, population education can act as a deterrent to the worldwide peril that humanity faces.
- B) **Excellent Quality of Life:** Population growth is a significant impediment to people's quality of life. As a result, population education is a powerful tool for informing people about a better quality of life that may be achieved through a well-planned intervention to reduce overcrowding and secure a higher level of living.
- C) **Adequate Use of Natural Resources:** Rapid population increase has resulted in an uneven and indiscriminate use of natural resources. As a result, a slew of issues affecting people and

society have arisen. Individuals will get the necessary skills to address these issues through population education.

- D) Resolving the Food Crisis:** Developing countries such as Nigeria struggle to make ends meet. They are also unable to address the needs of millions of helpless and impoverished people by providing enough nourishment. People's awareness of the negative repercussions of overpopulation can help in this respect, as can population education.
- E) Developing a Favourable and Healthy Attitude Among Students:** In the long run, population education can assist to establish a positive attitude toward exponential population expansion in the young generation, thereby lessening the impact on the country's economy and development. It can assist us in assisting pupils to develop a realistic and logical mindset in order to make rational decisions concerning the impending problem of population increase.
- F) Developing Appropriate Reproductive Health Behaviour:** The majority of the population of the country is childbearing age. As a result, they must be well-informed about the consequences of population growth. Population education is necessary because it can assist in the development of appropriate reproductive behaviour among the younger generations.

SELF-ASSESSMENT EXERCISE

1. Describe population.
2. Provide at least three (3) definitions for Population Education.
3. Explain the five broad goals of population education.

4.0 CONCLUSION

Population education is a structured program of teaching that focuses on the development of knowledge, skills, beliefs, and values related to population issues in order to benefit oneself, one's family, and the general public. To avoid an unprecedented population increase, it is critical to comprehend the notion of population education. The meaning of population education, its importance, and general goals will provide learners with a firm foundation of information that will be expanded upon in later modules.

5.0 SUMMARY

This section looked at population, population education, general population education goals and objectives, and the necessity and need for population education.

6.0 TUTOR-MARKED ASSIGNMENT

1. Describe a population.
2. What is population education?
3. List five objectives of population education in higher education.
4. List and explain four needs for population education in Nigerian schools.

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ANSWERS TO SAEs

Answer to SAE question (Module 1, Unit 1)

1. population is a collection of individuals who live together in a specific geographical area. A population, according to Momoh (2021), is a distinct collection of individuals who make up a nation or a special group of people who have common features. A population is the group of people from which a sample is taken for a research in statistics. As a result, population refers to any group of people who are linked by similar characteristics.
2. Population education is a term that is used globally to refer to educational programs that assist learners in acquiring knowledge, attitudes, skills, and values that will enable them to make informed decisions about population events and issues that will affect their quality of life and the quality of life of society in the future (UNESCO, 1976).

Population education is defined by Huether and Gustavus (1977) in Ruth (2008) as "any program, course, unit, or set of lesson plans dealing with the nature and meaning of population change, composition, distribution, mortality, migration, or fertility (including reproduction and related topics); the courses of these processes, or their consequences for individuals, families, societies, or the environment."

Swastic (2020) defined population education as the study of population, family, and sex knowledge and attitudes. Population awareness, family living, sex and reproductive education, and basic values are all part of population education.

(Module 1, Unit 2)

Answer

1. Population education is a term that is used globally to refer to educational programs that assist learners in acquiring knowledge, attitudes, skills, and values that will enable them to make informed decisions about population events and issues that will affect their quality of life and the quality of life of society in the future (UNESCO, 1976).

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Swastic (2020) defined population education as the study of population, family, and sex knowledge and attitudes. Population awareness, family living, sex and reproductive education, and basic values are all part of population education.

2. Population education is solely an educational program that, like any other educational program, assists students in developing their knowledge, understanding, skills, attitudes, and values in relation to the program's content materials.
 - ii. Its concept is multidisciplinary and cross-disciplinary in nature. It provides a learning environment for understanding the population situation in the family, community, nation, and the globe at large, as well as the consequences of demographic variables for the individual's, family's, and society's well-being.

Module 1, Unit 2

Answer

1. Population education is a term that is used globally to refer to educational programs that assist learners in acquiring knowledge, attitudes, skills, and values that will enable them to make informed decisions about population events and issues that will affect their quality of life and the quality of life of society in the future (UNESCO, 1976).

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 - i. iii. It provides a learning environment for understanding the population situation in the family, community, nation, and the globe at large, as well as the consequences of demographic variables for the individual's, family's, and society's well-being

(Module 1, Unit 3)**Answer**

- i) Population policy awareness
 - ii) To effect behavioural changes
 - iii) To understand that family life is controllable
 - iv) To promote awareness and comprehension
 - v) To assist the government in reaching its population goals
2.
 - (i) Assisting pupils in recognizing the causes of demographic phenomena and assisting individuals in making changes in order to remove barriers to social progress.
 - (ii) Assisting individuals in gaining the necessary information, skills, attitudes, and values to grasp the notion of population education.
 - (iii) Assisting students in making informed decisions about current population issues.

(Module 1, Unit 4)**Answer**

1.
 - i. To assist undergraduates and the general public in understanding population issues, as well as to supplement and update university curricula to keep up with national and worldwide changes in population education.
 - ii. To promote the incorporation of population education in teacher training and orientation, and to incorporate PE studies into the curriculum at higher levels.
 - iii. Achieve desired changes in society's attitudes, behaviours, and ideals about gender equality in social, economic, and political processes, as well as national and global developments.
2. Research

Attainment of objectives
Societies' leader

Module 1, Unit 5**Answer**

1. population is a collection of individuals who live together in a specific geographical area. A population, according to Momoh

(2021), is a distinct collection of individuals who make up a nation or a special group of people who have common features. A population is the group of people from which a sample is taken for a research in statistics. As a result, population refers to any group of people who are linked by similar characteristics.

2. Population education is a term that is used globally to refer to educational programs that assist learners in acquiring knowledge, attitudes, skills, and values that will enable them to make informed decisions about population events and issues that will affect their quality of life and the quality of life of society in the future (UNESCO, 1976).

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Swastic (2020) defined population education as the study of population, family, and sex knowledge and attitudes. Population awareness, family living, sex and reproductive education, and basic values are all part of population education.

3.
 - A. To ensure awareness and understanding, it should include fundamental demographic concepts, such as population situation, population processes and developments, various concepts of quality of life, human reproduction and the family, and micro and macro inter-relationships between quality of life and other factors.
Changes in the population, population plans and programs, and so on.
 - B. Make both teachers and students aware of the rapid rate of population growth in light of pressing national issues: It should explain in detail how rapid population growth affects individuals, families, societies, and nations, both directly and indirectly, upsetting the entire balance of existence and resulting in a large gap between developed and developing countries in today's world.
 - C. Assist the government in reaching its population goals: Governments these days appear to be preoccupied with achieving defined population targets through a variety of educational and out-of-school-time programs.
students in high school As a result, population education should focus on direction and capability to assist governments in running their programs effectively and sustainably for the benefit of all.

- D. Understanding that family size is manageable: Students should be able to grasp that family size is controllable, that population limits can help the country establish a greater quality of life, and that a small family can have a big impact.

Family size can have a significant impact on a family's quality of life; therefore, today's and tomorrow's Indian families should be small and compact in order to provide a good future for the younger generation.

- E. To effect behavioural changes: To effect behavioural changes in health knowledge, health attitudes, and health habits. The ultimate goal should be to improve and sustain one's physical, mental, environmental, and familial health.
on all levels.

MODULE 2 SCOPE OF POPULATION EDUCATION

Unit 1	Demography
Unit 2	Population Change
Unit 3	Reproductive Health
Unit 4	Determinants of Population Growth
Unit 5	Planning for Future

UNIT 1 DEMOGRAPHY**CONTENTS**

1.0	Introduction
2.0	Objectives
3.0	Main Content
3.1	Definition of Demography
3.2	The concerns of Demography
3.3	Important Questions raised by Demographers
3.4	Describe Demographic Data
3.5	State the Features of Census
4.0	Conclusion
5.0	Summary
6.0	Tutor-Marked Assignment
7.0	References/Further Reading

1.0 INTRODUCTION

The scope of population education are important in gaining an in-depth understanding of the course. Population education has five major scope which include demography, population change, reproductive health, determinants of population change and planning for the future.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- define demography
- state the concerns of demography
- list the important questions raised by demographers in studying a population
- describe demographic data
- state five features of census.

3.0 MAIN CONTENT

3.1 Demography

The study of human populations is known as demography. It is concerned with the size, composition, and distribution of populations throughout space, as well as the mechanism by which populations change. Births, deaths, and migration are the big three of demography, and they all contribute to population stability or change. Demography is sometimes defined as the study of the entire population, with a focus on trends across time, subgroup comparisons, and the causes and consequences of major demographic factors. A population's demography usually explains the population in terms of major demographic characteristics such as age, gender, race/ethnicity, marital status, and economic position.

One thing to keep in mind is that demography depicts life's two extremes: birth and death (which includes life history as well as age-specific fertility and mortality) (vital rates). You should also keep in mind that vital rates affect not just the age distributions of individuals in communities, but also the related gene frequencies, both within and between populations, and over generations (Moorad, 2013).

Demography has also been referred to as population science. Demographers study the three major demographic processes of death, birth, aging, and migration in order to better understand population dynamics. All three processes influence population changes, such as how people live on the planet, how nations and civilizations are formed, and how people establish their own culture and values.

The majority of demographic study is focused on people, but there is also the specialised field of biodemography. It's the study of a population's geographical distribution, size, and composition. It's also the study of population changes and the components of those changes, such as natality (birth rate), mortality (death rate), territorial movement (migration), and social mobility (change of status) (Duncan & Hauser 1972).

Demographers are well-known for examining populations, but they can also draw conclusions about individuals within those populations. This is because some data widely used in demography, such as life expectancy and fertility rate, may be transformed from population demographic variables into assertions about average people. The study of changes in population size, growth rates, and composition is the subject of demographic analysis.

3.2 Concerns of Demography

1. The size of the population
2. Population increase or decrease
3. Processes and components of population.
4. The distribution of the population
5. Structure of the population
6. The features of the population

3.3 The most important demographic questions

1. What is the population size (or size range)?
2. What are the demographics of the population in terms of age, gender, race, marital status, and so on?
3. What are the population's characteristics?
4. What is the population's spatial distribution?
5. How do population changes occur throughout time? - Populations are not distributed randomly in space.
6. How does population change overtime?

There are eight possible responses to these questions.

- The three demographic processes are used to answer these demographic questions (components of demographic change), and these are
 1. Mortality
 2. Migration
 3. Fertility

3.4 Demographic Data

As civilizations rise and as nations develop, governments build systems for gathering information about their people. Minimally, they wish to know how many of what kind are where. The current standard data-gathering system, evolved in the West, has as its foundation the decennial census. But a census tells only about one moment. Therefore, in this system censuses are supplemented by the registration of population events (births, deaths) and/or by sample surveys. With the advent of technological literacy in modern societies there is enormous untapped potential for measuring the digital traces left behind by Internet and cell phone users, and this will be an emerging method of data collection in the near future (Palmer et al., 2013; Watts, 2007). Such emerging data sources are popularly referred to as “big data.” But even with the most sophisticated combination of these elements, gaps will still remain that must be filled by estimation. This unit treats the

currently used interrelated elements in order: censuses, registration, sample surveys, and estimation.

Methods of Demographic Analysis

These can be divided into two categories: direct and indirect approaches.

Direct Methods

Direct data comes from vital statistics registries, which keep account of all births, deaths, and legal status changes like marriage, divorce, and migration (registration of place of residence). Registry statistics are the best approach for calculating the number of births and deaths in developed nations with good registration systems (such as the United States and Europe).

Another typical direct method of gathering demographic data is through a census. A census is usually carried out by a national government and aims to count every individual in the country. Censuses are only held every 10 years or so, as opposed to vital statistics data, which is collected on a continual basis and summarized on an annual basis. However, they are not always the most reliable source of information on births and deaths. After a census, analyses are undertaken to determine how much overcounting or undercounting occurred. These graphs compare census sex ratios to those calculated using natural values and mortality data.

More than just counting persons is done during censuses. Individual variables such as occupation, marital status, age, sex, literacy/level of education, job status, and geographic location are often collected in addition to information about families or households. Language, religion, nationality, migration or place of birth/previous residency, and citizenship may also be collected.

Nigerian culture is influenced by the country's diverse ethnic groupings. There are over 521 languages spoken in the country, 1150 dialects, and various ethnic groupings. Hausa and Fulani, who live primarily in the north, Yorubas, who live primarily in the south-west, and Igbos, who live primarily in the south east, are the four major ethnic groups in Nigeria.

Basic Characteristics of a Census

A census should contain four essential qualities, according to the United Nations, which is where international standards are developed. To begin with, it should be personalized; each person's characteristics should be

documented separately. Individuals can then be cross-classified later in the tabulation process. Second, it should be universal; everyone in the designated territory should be numbered and characterized in the same way. Third, it should be done at the same time; enumerators should provide each person's location and characteristics as of a specific "census moment." Fourth, censuses should be routine; they should be conducted on a regular basis. Regularity makes describing trends and ensuring uniformity between censuses easier. The United Nations encourages countries to conduct decennial censuses in years ending in zero so that worldwide comparisons can be made (United Nations, 1998, 2008).

In line with these objectives, modern censuses have evolved into a collection of government-mandated procedures:

1. It establishes the geographic boundaries of the coverage area. It also specifies the geographic borders of the sub-areas for which it needs different data in the end. Sub-areas should be small enough for each enumerator to be responsible for them individually.
2. The government selects the characteristics it needs to know about each of its citizens and creates a questionnaire for them.
3. At the same time, the government dispatches the designated enumerator to each sub-area to visit households and list all of the people living there. Simultaneously, the enumerator is to collect questionnaire data on each of the persons. Traditionally, the enumerator goes to each home, finds a competent informant, and collects information about each person who lives there, filling out a distinct row or column on the questionnaire.
4. The government compiles data from the sub-areas, tabulating population numbers by sub-area (distribution) and individual trait category (composition).
5. The government informs the citizens who sponsored the investigation.

Certain governments may opt to stray from this set of traditions for good reason. Recent U.S. censuses, for example, have strayed from the processes previously outlined in two ways:

- (1) they used a mail-out/mail-back procedure instead of face-to-face interviews for the vast majority of the population, and
- (2) they only asked select questions of a sample of the whole population.

Indirect Methods

In places and times where complete data is not available, such as much of the developing world and most of historical demography, indirect techniques of data collection are required. The sister method, in which survey researchers ask women how many of their sisters have died or had children, and at what age, is one of these strategies in contemporary demography. Researchers can then estimate birth and death rates for the entire population using these surveys.

In today's demographics, other indirect ways include asking people about their siblings, parents, and children. In historical demography, further indirect methods are required. Models of mortality (such as the life table, Gompertz models, hazards models, Cox proportional hazards models, multiple decrement life tables, Brass relational logits), fertility (Hernes model, Coale-Trussell models, parity progression ratios), marriage (Singulate Mean at Marriage, Page model), and disability (such as the life table, Gompertz models, hazards models, Cox proportional hazards models, multiple decrement life tables, Brass relational logits (Keyfitz)).

Demographic sample surveys have become so widely used around the world that they are now considered standard practice. Along with censuses and registration, they are essential components of national data systems.

(According to the United Nations, 1999). Surveys are used to improve the accuracy of other data sources and are even used to replace them if necessary, and to add detail to them.

Procedures for reporting births and deaths are particularly challenging for developing countries to keep up. In these nations, sample surveys are frequently used to estimate national fertility and mortality instead of registration. Obviously, such polls cannot provide the kind of continual and comprehensive accounting that a sophisticated method of registration registration is capable of. They can, on the other hand, give richer national-level data by asking detailed retrospective questions.

Such surveys are also used by census bureaus to create inter-censal or post-censal data. It's possible that census bureaus have demographic data questions that should not be included in the census but should be answered on a regular basis for a more affordable sample. There are a vast variety of demographic surveys that have been repeated over time and hence have come to act as key sources of population data

SELF-ASSESSMENT EXERCISE

1. What is ~~demograh~~demography?
2. State three important questions raised by demographers in studying a population.

4.0 CONCLUSION

Demography studies the characteristics of a population, their size, how they change over time, their distribution in terms of age, ~~gender, marital~~gender, marital status, fertility etc. It answers a lot of questions about the population and tends to describe the population in an epidemiological manner.

5.0 SUMMARY

In this unit, you have been taught the definition of demography, importance of demography and concerns of demography, demographic data and methods of gathering demographic information.

6.0 TUTOR-MARKED ASSIGNMENT

1. Define demography.
2. State three concerns of demography.
3. List six important questions raised by demographers in studying a population.
4. What is census?
5. Describe five features of census.

7.0 REFERENCES/FURTHER READING

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UNIT 2 SCOPE OF POPULATION EDUCATION (POPULATION CHANGE)

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Definition of Population Change
 - 3.2 Types of Population Change
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Population change is a scope of population education that deals with changes in size and structure of a population. This unit deals with the definition and types of population change.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- Define demography
- State the types of population change.

3.0 MAIN CONTENT

3.1 Population Change

The change in the number of people in a certain area over time is referred to as population change. Both the size and structure of the population can vary. In fact, it does so all of the time, which is known as dynamism (a process of change). The next sections cover population dynamics, both in terms of size and structure.

3.2 Types of Population Change

A) Population Change in size

In terms of population size, there are two types of changes. Some examples are:

- i) **Natural Change:** A population typically grows via births and shrinks by deaths. The population size of a country at any one period can be conceived of as the balance between these two variables (birth and death). The population grows whenever there are more births than deaths. When deaths outnumber births, however, the population decreases.
- ii) **Actual Change:** Only a few populations exist in isolation; for the most part, people migrate in and out of the country. There will be a net migration surplus if there are more immigrants (people going in) than emigrants (people leaving). However, there will be a net migration deficit if emigrants outnumber immigrants. All of these changing demographic factors, such as births, deaths, immigration, and emigrants, result in a change in the overall population. Gross population change, also known as actual population change, is the resultant change.

B) Population change in structure

Individual components that make up the population are referred to as population structure. Demography usually takes into account the following factors:

- i) **Age structure:** This refers to the percentage of persons in various age groups. Nigeria, for example, has a very high proportion of youthful people, whereas wealthy countries are seeing an increase in the number of elderly people. Unfortunately, for care and survival, both of these groups rely on the working adult population. The reliance ratio, on the other hand, is a result of this. In comparison to those in the economically active population, the dependency ratio is the balance between the young dependent population (0-16 years) and the elderly dependent population (65+ years) (17-64 yrs).

In Nigeria, for example, the elderly dependence ratio was 5.1 in 2020. This indicates that for every 100 people of working age, there were around five people aged 65 and up (15-64). The youth dependency ratio, on the other hand, was 80.9, implying that for every 100 working-age residents, there were around 81 young people aged 14 years. With a

median age of just more than 18 years, Nigeria's population is among the youngest in Africa and the globe. Simona (Simona, 2021).

- ii) **Gender structure:** This refers to a population's gender balance. While you might imagine that male and female migration will be fairly equal in most nations, migration may be more prevalent among one gender group than the other (both emigration and immigration). This will have a significant impact on the gender mix in both the origin and destination countries. Similarly, political factors such as war can have a significant impact on the gender mix, either in terms of casualties or in terms of people fleeing as refugees as a result of the conflict. In Nigeria, the female population is estimated to be 99.13 million, while the male population is estimated to be 101.83 million (Aaron, 2019).
- iii) **Fertility structure:** Age and gender characteristics can have a combined effect on a population's fertility structure. The percentage of women of childbearing age in a population is known as fertility structure. There would be a lower impact in areas with optimal birth control uptake than in areas with poor uptake. As a result, the proportion of women of childbearing age is a good predictor of birth rates. The fertility rate in Nigeria is 5.39 children per woman. Nigeria, in particular, is among the countries with the highest fertility rates in the world (Aaron, 2020).
- Iv) **Affluence structure:** Affluence structure refers to the degree of similarity in wealth distribution among the population in relation to wealth disparity. The Coefficient is a tool for identifying countries with substantial wealth disparities between the richest and poorest citizens, as well as those with a more equitable distribution of wealth. Despite Nigeria's vast resources and potential, there remains widespread poverty throughout the country. Nigeria is one of the world's poorest countries (Nation's Encyclopedia, 2021). Since 1981, Nigeria has been in a state of stagnation and relative decline, with per capita GDP falling from US\$1,200 in 1981 to around US\$300 in 2000. According to the CIA World Factbook (2020), 34.1 percent of the population lives in poverty.
- V) **Ethnic Structure:** Some populations are ethnically diverse, while others are more homogeneous. Historical and political considerations, as well as recent migration patterns and sources, all influence ethnic composition. With multi-generational descendants of original migrants (Nigeria), an ethnically mixed community may have existed for decades, if not centuries, or it

may have just developed with original migrants and their first generation children (e.g.g. China). This is not an exhaustive list of structural variables; a population can be defined by a variety of factors (such as language structure, employment structure, and so on), but it is the dominant shares of these main characteristics that distinguish one population from another in terms of demographics.

SELF-ASSESSMENT EXERCISE

1. Describe population change as a scope of population education.
2. Give the two ways by which Population change can be described.

4.0 CONCLUSION

Population change is a branch of population education which studies how population change in size and structure with time. Changes in size can be natural or actual, while changes in structure could be in terms of age, gender, fertility, affluence and ethnicity.

5.0 SUMMARY

In this chapter, you have been taught, population change as a scope of population education and the types of population change.

6.0 TUTOR-MARKED ASSIGNMENT

1. What is population change?
2. Describe population change in terms of size and structure

7.0 REFERENCES/FURTHER READING

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UNIT 3 SCOPE OF POPULATION EDUCATION (SEXUAL AND REPRODUCTIVE HEALTH)

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Description of Sexual and Reproductive Health
 - 3.2 Causes of Reproductive Disorders
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Sexual and reproductive health deals with the sexuality and reproductive vibrancy of a population. In this unit, you will be taught the description of reproductive health and causes of reproductive disorders.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- describe sexual and reproductive health
- state the causes of reproductive health problems.

3.0 MAIN CONTENT

3.1 Sexual and Reproductive Health

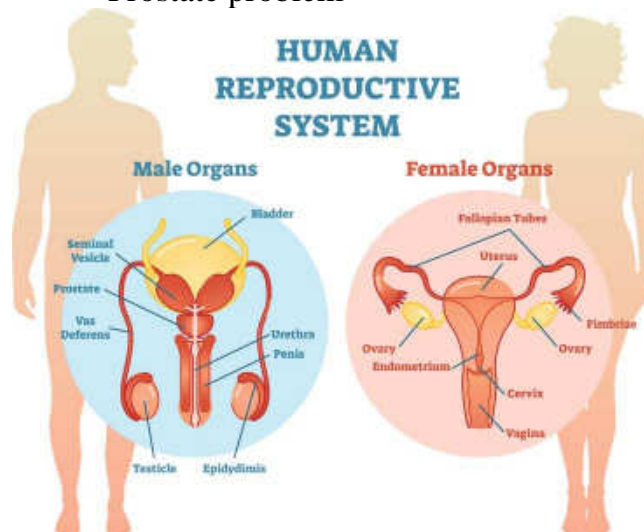
Another key aspect of population education is this. The well-being of the male and female reproductive systems throughout all stages of life is referred to as reproductive health. Organs and hormone-producing glands, such as the pituitary gland in the brain, make up these systems. Female reproductive organs are the ovaries, while male reproductive organs are the testicles; both genders are encouraged to keep their reproductive systems healthy. Because they manufacture and release hormones, they also serve as glands. However, some people may develop reproductive problems. Millions of people (both men and women) suffer from reproductive diseases around the world.

Female reproductive abnormalities might include;

- early or delayed puberty.
- Endometriosis is a disease that affects the intestines (when the tissue lining the inside of the womb, called endometrium, grows outside of it).
- Breast milk supply is in short supply.
- Fertility problems or infertility (difficulty getting pregnant).
- Heavy or irregular bleeding is a symptom of menstrual problems.
- Polycystic ovarian syndrome (PCOS) is a kind of polycystic ovary syndrome (when the ovaries produce too much male).
- Complications of pregnancy
- Noncancerous growths in a woman's uterus or womb are known as uterine fibroids.

The following are examples of male disorders:

- Impotence or erectile dysfunction.
- Low sperm count.
- Low libido
- Prostate problem



Source: National Institute of Environmental Health Sciences, (2020).

3.2 Causes of Reproductive Disorders

Some reproductive problems have been linked to environmental variables. Environmental influences have been shown to have harmful effects on reproductive health in the following ways, according to research:

- Lead poisoning can affect both males and women's fertility.
- Mercury exposure has been associated to nervous system disorders such as memory, attention, and fine motor skills.
- Diethylstilbestrol (DES), a medication once provided to pregnant women, has been linked to an increased risk of cancer, infertility, and pregnancy difficulties in their female offspring.
- Endocrine disruptive compounds, or chemicals that interact with the body's hormones, may play a role in puberty, fertility, and pregnancy issues.

SELF-ASSESSMENT EXERCISE

1. What is reproductive health?
2. List four reproductive abnormalities in women.

4.0 CONCLUSION

Reproductive health ensures the wellbeing of the reproductive organs. It deals with the causes and treatment of reproductive health disorders in both male and females. Some of the disorders in male include low sperm count, low libido and prostate issues. In females, reproductive problems ranges from fertility issues to endometriosis, breast cancer, heavy or irregular periods.

5.0 SUMMARY

In this unit, you have learnt the meaning of reproductive health, types of reproductive health problems in both male and females and causes of reproductive health issues.

6.0 TUTOR-MARKED ASSIGNMENT

1. Describe reproductive health.
2. State five causes of reproductive health issues.
3. List three types each of reproductive health issues in female and male.

7.0 REFERENCES/FURTHER READING

Edmonston, Barry, & Charles Schultze, (1995). *Modernizing the U.S. Census. Panel on Census Requirements in the Year 2000 and Beyond, Committee on National Statistics, Commission on Behavioral and Social Sciences and Education, National Research Council.* Washington, DC: GPO.

UNIT 4 SCOPE OF POPULATION EDUCATION (DETERMINANTS OF POPULATION CHANGE AND PLANNING FOR THE FUTURE)

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Determinants of Population Change
 - 3.2 Planning for the Future
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Determinants of Population Change is concerned with those factors that determine the growth or otherwise of a population and their consequences.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- explain the determinants of population change
- describe planning for the future as a scope of Population Education.

3.0 MAIN CONTENT

3.1 Determinants of Population Change

Birth, death, and migration all contribute to population change. It also includes biological, social, and cultural factors that have a direct impact on population evolution. It also examines elements that drive population change, such as poverty and practices. A shift in population signifies a shift in the number of individuals. This includes demographic processes such as mortality, fertility, and migration. Biological (genetic), social, religious, economic, and cultural variables can all influence demographic trends. Rapid population expansion has an impact on a location's social, economic, and environmental elements. The negative health implications of population increase are an essential aspect of population education. It also addresses the negative effects of population expansion on everyday life.

3.2 Setting Goals for the Future

This is another important scope of population education. It covers a wide range of population management issues, such as marriage age and first-born child spacing, family planning, family welfare, and contraceptive use. When discussing the scope of population education, the following considerations are also taken into account:

Population education has been increasingly focused on improving people's quality of life. In light of this, the conceptual framework for population education are based on six primary themes:

- i) family size and welfare,
- ii) delayed marriage,
- iii) responsible parenthood,
- iv) population change and resource development,
- v) population related beliefs and values, and
- vi) women's status.

These themes are addressed through content from six content areas:

- I) population and economic development,
- ii) population and social development,
- iii) population, environment and resources,
- iv) population and family life,
- v) population, health and nutrition, and
- vi) population dynamics.

Aside from the previously specified content areas, this conceptual framework incorporates developing themes such as teenage problems, sexually transmitted illnesses, including AIDS, urbanization, and care for the elderly. However, since the Millennium Summit in 2000, when population and development education goals were included in the Millennium Development Goals (MDGs), the content and scope of population and development education has expanded dramatically. It includes anything related to achieving the MDGs' goals, such as eradicating poverty and hunger, achieving universal primary education, promoting gender equality and women's empowerment, lowering child mortality rates, improving maternal health, combating HIV/AIDS, malaria, and other diseases, ensuring environmental sustainability, and developing a global partnership for eradicating poverty and hunger. Finally, the objectives, content, and scope of population education differ from one target group to the next, based on their educational level, as well as national, local, and individual requirements and challenges.

SELF-ASSESSMENT EXERCISE

1. Briefly describe determinants of population change as a scope of population education.
2. Highlight the six themes that the conceptual framework for population education are based on.

4.0 CONCLUSION

Determinants of population change and planning for the future are very important scopes of population education. They study how population grows, problems associated with population growth and how these problems can be prevented in order to have a healthy population.

5.0 SUMMARY

The scope of population education was reviewed in this unit, which included demography, determinants of population change and planning for the future.

6.0 TUTOR-MARKED ASSIGNMENT

Discuss planning for the future as a scope of population education.

7.0 REFERENCES/FURTHER READING

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Answers to SAEs**Module 2, Unit 1****Answer**

1. Demography is sometimes defined as the study of the entire population, with a focus on trends across time, subgroup comparisons, and the causes and consequences of major demographic factors. A population's demography usually explains the population in terms of major demographic characteristics such as age, gender, race/ethnicity, marital status, and economic position.
2.
 - i. What is the population size (or size range)?
 - ii. What are the demographics of the population in terms of age, gender, race, marital status, and so on?
 - iii. What are the population's characteristics?

Module 2, Unit 2**Answer**

1. The change in the number of people in a certain area over time is referred to as population change. Both the size and structure of the population can vary. In fact, it does so all of the time, which is known as dynamism (a process of change).
2. Size and structure

Module 2, Unit 3**Answer**

1. The well-being of the male and female reproductive systems throughout all stages of life is referred to as reproductive health.
2.
 - I. early or delayed puberty.
 - II. Endometriosis
3. Fertility problems or infertility (difficulty getting pregnant).

Module 2, Unit 4**Answers**

1. It also includes biological, social, and cultural factors that have a direct impact on population evolution. It also examines

elements that drive population change, such as poverty and practices.

- 2
- i) family size and welfare,
- ii) delayed marriage,
- iii) responsible parenthood,
- iv) population change and resource development,
- v) population related beliefs and values, and
- vi) women's status.

MODULE 3 THEORIES OF POPULATION EDUCATION

Unit 1	Malthus Theory
Unit 2	KarlMarx's Theory
Unit 3	Theory of Demographic Transition

UNIT 1 MALTHUS THEORY

CONTENTS

1.0	Introduction
2.0	Objectives
3.0	Main Content
	3.1 Description of Population Theories
	3.2 Malthus Theory
4.0	Conclusion
5.0	Summary
6.0	Tutor-Marked Assignment
7.0	References/Further Reading

1.0 INTRODUCTION

Population education has its foundation laid on theories from sociologist and early biologists. Some of these will be discussed and criticized in this chapter.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- describe population theories
- explain Malthus Theory.

3.0 MAIN CONTENT

3.1 Theories of Population:

Since the beginning of time, population theory (population size and change) has been a hot topic. Many ancient philosophers, such as Confucius (China), Kautilya (India), Ibn Khaldin (Arabic), Plato (Greece), and modern intellectuals, such as Adam Smith, David Richard, and others, have made significant statements on population issues, either directly or indirectly. For example, in his Arthashastra, Kautilya, a contemporary of Plato, wrote that "a large population is a source of political, economic, and military strength of a nation."

Similarly, Ibn Khaldin, an Arab historian from the 14th century, claimed in his thesis of 'rise and fall' that dense population growth is generally beneficial to the maintenance and expansion of imperial power. The Almighty's command to Adam and Eve to "be prolific and multiply, and replenish the earth" has served as a guiding concept for Jews' views on marriage and procreation.

Confucius, a Chinese philosopher, advocated for a numerical balance between people and environment. As a result, he was opposed to unchecked population expansion. He was the first to propose the idea of an ideal population level. The first intellectuals in ancient Greece favoured population development, but Plato was a restrictionist who advocated an absolute limit on population growth.

Edmond Halley (1656-1742), one of the first demographers, was the first to use death statistics in different age groups to predict a person's chance of death as he or she progressed through each age group. However, it was only in the last 250 years that it became a science. The systematic collection of data began on a broad scale in Europe in the nineteenth century.

3.2 The Theory of Malthus

The fundamental person in the population statistics analysis was Thomas Robert Malthus (1766-1834). In the history of population theories, his formulation on population was a watershed moment. He made a broad generalization on the relationship between population and social change. Malthus maintained in his *Essay on the Principle of Population* (1798) that the population may grow by multiples, doubling every twenty-five years, due to the strong attraction of the two sexes. He claimed that the population will someday reach a point where food production would become insufficient. Human reproduction capacity outpaced the rate at which land-based sustenance could be enhanced. Malthus went on to say that if population growth is unregulated, it will increase in a geometrical ratio. Only an arithmetical ratio increases subsistence. Malthus said that the world's population was outstripping the available food supply. He claimed that whereas the food supply grows in an arithmetic progression (1, 2, 3, 4, etc.), the population grows in a geometric growth (1, 2, 4, 8, and so on). According to him, the population may double every twenty-five years, increasing by multiples. He also said that, the gap between food supply and population will widen over time. Even if food supply increases, it will not be enough to meet the demands of a growing population. Furthermore, famine and other natural disasters inflict widespread suffering and raise the death rate, which is nature's population control mechanism.

In summary, Malthus' theory states that:

1. Population is inevitably limited by means of subsistence;
2. Population invariably increases where means of subsistence increase, unless prevented by some very powerful and obvious checks; and
3. Population invariably increases where means of subsistence increase, unless prevented by some very powerful and obvious checks.
4. These checks, as well as the checks that restrict population superiority and maintain its consequences on a par with the means of subsistence, are all reducible to moral restraint, vice, and suffering.

Malthus based his ideas on two basic human qualities that are required for survival:

- i) the desire for sustenance, and
- (ii) sexual passion.

It was the second that caused individuals to marry at a young age, resulting in such a great number of births that, if uncontrolled by misery and vice, the population would double in a few years.

Malthus identified two types of controls that kept population in check:

1. **Positive means:** He mentioned famine (hunger), disease or war, plague, and malevolent female practices.
2. **Preventive methods:** He requested artificial birth control and suggested that the birth rate be reduced through preventative measures such as late marriage (delaying marriage until later in life), moral restraint, and chastity as an alternative (abstinence).

He claimed that if such restrictions were not in place, the globe would face widespread hunger, poverty, and misery. The 'positive' and 'preventive' checks that occur in the human population to prevent excessive growth are related to mortality and fertility practices, respectively. The conflict between population and resources, according to Malthus, was a significant cause of much of humanity's misery. Contraceptive measures, on the other hand, did not produce the same incentive to work hard as deferring marriage. The positive and preventive checks, according to Malthus, are inversely connected. To put it another way, where positive checks are highly effective, preventive checks are less effective, and vice versa. However, some of these checks are always active in all communities, albeit to varied degrees of efficacy. Despite these safeguards, Malthus thought that the

inability of increased food supply to keep up with population growth always leads in some form of overpopulation.

Criticism

Malthus' beliefs have been severely criticized for a variety of reasons.

1. The validity of his two sets of ratios has been questioned by his adversaries, which is one of the fundamental objections of his theory. It is believed that population growth has rarely followed a geometrical pattern, and that production means have rarely multiplied in mathematical progression.
2. Malthus overemphasized the need of "positive" checks and overlooked the importance of "preventive" checks such as contraception and family planning. Neo-Malthusists advocated that birth control should be used in marriage. Human advancements in the fields of birth control, health and nutrition, and agriculture have aided in achieving a balance between human reproduction and food supply to a large extent.
3. Malthus was also chastised for disregarding the influence of changing technologies and the resulting changes in a society's socioeconomic structure. He underestimated the ability of new agricultural technology and crop fertilization to support big populations. Food, energy, and other resources all have absolute limits, according to Neo-Malthusians. Furthermore, they claim that the situation is exacerbated by so-called developed (industrialized) actions' disproportionate consumption of such resources.

Other researchers have questioned this formulation. Even in 2012, no one can deny that starvation is a very real threat. According to the International Food Policy Research Institute, 65 countries out of 79 are classified as having an alarming degree of hunger. The five hungriest countries in the world are Barundi, Ethiopia, Chad, Eritrea, and Timor-Leste. Many reports of starving death and malnutrition have been published over the world. With such pictures in mind, a World Bank spokesman declared in 1981 that the "spirit of Malthus has not yet been buried." Gains in food supplies, ironically, do not necessarily translate into advances in the fight against hunger. It raises food prices, making it more difficult for the poor to obtain the food they require.

4. With the exception of the horrible disasters sometimes produced by Tsunami, Katrina, Rita, and floods or rainfall in desert areas like Banner and Jaisalmer in August 2006, both the positive checks of hunger and sickness mentioned by Malthus do not operate now. However, when a disaster of this type occurs in any

part of the world, surplus resources from all over the world are quickly dispatched to the devastated area. Even in poor countries, a considerable drop in the death rate is a crucial component in the population boom.

5. Furthermore, the natural disasters mentioned above have occurred in both overpopulated and underpopulated places, indicating that there is no causal relationship between positive checks and overpopulation.
6. Malthus also failed to recognize biological restrictions, such as the fact that a population can only increase to a particular size.

SELF-ASSESSMENT EXERCISE

1. Briefly describe theories of population education.
2. Give a summary of Malthus population theory.

4.0 CONCLUSION

Theories of population education are quite important as they form the basis for which population is studied and gives direction to researchers as to what to do when studying the population. Malthus theory is a very important in explaining how population grow, and how population growth can affect a nation if there is no counter measure to prevent the consequences.

5.0 SUMMARY

Theories of population was described in this unit and Malthus theory of population was examined.

6.0 TUTOR-MARKED ASSIGNMENT

1. Describe Malthus theory.
2. Criticise Malthus Theory.

7.0 REFERENCES/FURTHER READING

Binswanger, H., & Pingali, P. (1989). Population growth and technological change in agriculture. In: K. Davis, M. Bernstam, & H. Sellers (Eds.). *Population and Resources in a Changing World*, pp. 367–385. Stanford: Morrison Institute for Population and Resource Studies.
<https://link.springer.com/article/10.1007%2FBF02208003>

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UNIT 2 KARL MARX'S THEORY AND THEORY OF DEMOGRAPHIC TRANSITION

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Description of Karl Marx's Theory
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Population education has its foundation laid on theories from sociologist and early biologists. Some of these will be discussed and criticized in this chapter.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- describe Karl Marx's theory.

3.0 MAIN CONTENT

3.1 Karl Marx's Theory:

Marx's Reaction to Malthus' Thesis:

The argument over Malthus' idea has raged on to this day. Others, particularly sociologists, have argued against his idea, which was endorsed by economists such as J.S. Mill and J.M. Keynes. According to them, the pervasive poverty and misery of the working class was caused by a faulty social organisation, not by an everlasting law of nature as proposed by Malthus.

Karl Marx went even further, claiming that starvation is caused by unequal wealth distribution and accumulation of wealth by the capitalists. It has nothing to do with the growth in size of the population. The population is reliant on economic and social structures. According to Malthus, the issues of overpopulation and resource limits are fundamental and unavoidable aspects of the capitalist system of production. When new technology began to offer farmers far more

power, Malthus' claim that food production could not expand rapidly was debunked. A growing population, according to French sociologist E. Dupreel (1977), would spur quick invention and development to tackle issues, but a stable population would be complacent and less likely to progress. During the Great Depression of the 1930s, the discussion shifted slightly due to a dramatic drop in the birth rate in industrialized (western) countries. Some prophesied the extinction of the human species. Schemes were presented to incentivize families to have more children by providing them with financial incentives.

3.2 Theory of Demographic Transition

After World War II, the birth rate increased dramatically, particularly in developing countries such as India, Africa, and Bangladesh. Birth control programs were put in place to keep the population under control and prevent hunger. Despite the challenges, Malthus's argument became widely accepted throughout his lifetime. His views had a significant impact on public policy, classical and neoclassical economics, demographers, and Charles Darwin's evolutionary biologists. His population principle has been successful in emphasizing the importance of maintaining a balanced link between population expansion and subsistence means. Men currently feel the need to utilize contraception to keep their families below tolerable limits because of a considerable proportion of truth in Malthus' population principle, as critics of Malthus failed to realize. Malthus' other major contribution was to establish a new line of thought in which the dynamics of population rise were studied in the context of human welfare. Human population growth is thus seen to be S-shaped, with a transition from one type of demographic stability with high death rates to another type of plateau with low death and birth rates. Coale and Hoover, among the later demographers, expanded on the significance of development and modernization in the process of demographic transition, claiming that a society characterized by peasant economy has extremely high birth and death rates.

Because of a lack of enough nutritious food, primitive hygienic conditions, and the lack of any preventive and curative disease control measures, death rates are high. On the other hand, a high birth rate is a functional response to high death rates, especially among newborns and children. Different countries of the world are at different stages of the demographic transition in the modern world, as they would be at any point in history. This, according to Glenn Trewartha (1969), is largely related to man's dual nature. Biologically, man is the same everywhere and is involved in the process of reproduction, according to him, but culturally, man varies from one corner of the world to the next. Because of man's cultural diversity, distinct fertility patterns emerge in different

locations, culminating in the various stages of demographic transition outlined above.

Criticism:

Although demographers have praised the notion of demographic transition, it has also been questioned for a variety of reasons. Some detractors have even gone so far as to suggest that it isn't even a hypothesis.

The following are the key criticisms:

1. This idea is solely based on European, American, and Australian empirical findings or experiences.
2. It is neither predictive nor segmental nor inevitable in its stages.
3. The importance of man's technological advancements, particularly in the field of medicine, which has the potential to reduce death rates, cannot be overstated.
4. It neither provides a fundamental understanding of the process of fertility decline nor identifies the key variables involved.
5. It does not specify when a country will go from one level to the next.
6. It is unsuitable for the world's emerging countries, which have recently experienced exceptional population expansion due to dramatic reductions in death rates.

Despite these flaws and criticisms, the demographic transition theory performs a good job of portraying the world's demographic history at a macro level of generalisation. The transition process for every country can be easily understood as an empirical generalization formed on the basis of studying the demographic trend in the West.

SELF-ASSESSMENT EXERCISE

1. Briefly describe Karl Marx's Theory.
2. Give five key points in the criticism of the theory of demographic transition.

4.0 CONCLUSION

Both Karl Marx's and demographic transition theories criticised Malthus theory. The two theories reiterate that, overpopulation is actually not responsible for scarce resources but the accumulation of wealth by the well to do people in the population does.

5.0 SUMMARY

The ideas of population education studied in this unit include Karl Marx's theory and the theory of demographic transition.

6.0 TUTOR-MARKED ASSIGNMENT

1. Explain Karl Marx's Theory.
2. Discuss the theory of demographic transition.

7.0 REFERENCES/FURTHER READING

Mohammed, A. (2020) . Population Education Theories
http://www.mrtredinnick.com/uploads/7/2/1/5/7215292/population_theories.pdf

Binswanger, H., & Pingali, P. (1989). Population growth and technological change in agriculture. In: K. Davis, M. Bernstam, & H. Sellers (Eds.). *Population and Resources in a Changing World*, pp. 367–385. Stanford: Morrison Institute for Population and Resource Studies.
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Answers to SAEs

Module 3, Unit 1

Answers

1. The fundamental person in the population statistics analysis was Thomas Robert Malthus (1766-1834). In the history of population theories, his formulation on population was a watershed moment. He made a broad generalization on the relationship between population and social change. Malthus maintained in his *Essay on the Principle of Population* (1798) that the population may grow by multiples, doubling every twenty-five years, due to the strong attraction of the two sexes. He claimed that the population will someday reach a point where food production would become insufficient. Human reproduction capacity outpaced the rate at which land-based sustenance could be enhanced.

2. Malthus' theory states that:

- Population is inevitably limited by means of subsistence;
- Population invariably increases where means of subsistence increase, unless prevented by some very powerful and obvious checks; and
- Population invariably increases where means of subsistence increase, unless prevented by some very powerful and obvious checks.
- These checks, as well as the checks that restrict population superiority and maintain its consequences on a par with the means of subsistence, are all reducible to moral restraint, vice, and suffering.

Module 3, Unit 2

Answer

1. The argument over Malthus' idea has raged on to this day. Others, particularly sociologists, have argued against his idea, which was endorsed by economists such as J.S. Mill and J.M. Keynes. According to them, the pervasive poverty and misery of the working class was caused by a faulty social organization, not by an everlasting law of nature as proposed by Malthus. Karl Marx went even further, claiming that starvation is caused by unequal wealth distribution and accumulation of wealth by the capitalists. It has nothing to do with the growth in size of the population. The population is reliant on economic and social structures.

2. Although demographers have praised the notion of demographic transition, it has also been questioned for a variety of reasons. Some

detractors have even gone so far as to suggest that it isn't even a hypothesis.

The following are the key criticisms:

- I) This idea is solely based on European, American, and Australian empirical findings or experiences.
- II) It is neither predictive nor segmental nor inevitable in its stages.
- III) The importance of man's technological advancements, particularly in the field of medicine, which has the potential to reduce death rates, cannot be overstated.
- IV) It neither provides a fundamental understanding of the process of fertility decline nor identifies the key variables involved.

MODULE 4 POPULATION CHANGE _____ AND OVERPOPULATION IN NIGERIA

Unit 1	Overview of Nigeria's Population
Unit 2	Dynamics of Population Growth in Nigeria and its Implications for Development
Unit 3	Causes of Overpopulation in Nigeria
Unit 4	Effects of Population Explosion on Educational Sector in Nigeria
Unit 5	Proposed Measures to curb Population Explosion Nigeria

UNIT 1 OVERVIEW OF NIGERIA'S POPULATION

CONTENTS

1.0	Introduction
2.0	Objectives
3.0	Main Content
3.1	Overview of Nigeria's Population
3.2	Dynamics of population growth in Nigeria and its implication for Development
4.0	Conclusion
5.0	Summary
6.0	Tutor-Marked Assignment
7.0	References/Further Reading

1.0 INTRODUCTION

Overpopulation is an undesirable condition in which the number of existing human population is greater than the actual capacity that the earth can carry. The population of Nigeria is broadly discussed in this unit and its implication for development.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- describe the population of Nigeria
- explain the dynamics of population growth in Nigeria and its implication for Development.

3.0 MAIN CONTENT

3.1 Overview of Nigeria's Population

The rapid population increase of emerging countries has hampered governments' efforts to feed citizens and supply them with high-quality social services. On the one hand, rapid growth can be credited to improvements in human survival linked to the application of contemporary medical research and technology to health issues, improved sanitation, and child immunization, all of which have resulted in a lower death rate (Ashford, 2001).

On the other hand, high fertility is encouraged by traditional beliefs about how valuable children are, particularly sons, who are seen as assets to be relied upon by their parents in agricultural production and for support in old age, as well as polygamy, the fear of child death, and low levels of female education. Furthermore, the influence of churches that preach that children are God's gifts severely limits Nigeria's chances of lowering the birth rate (National Population Commission, 2003).

As a result, the global population has been growing, and the last two decades have been demographically unprecedented, with the global population increasing from 4.8 billion in 1985 to 6.4 billion in 2004. A large portion of this rise happened in developing countries (including Nigeria), as seen by their population growth from 3.7 billion to 5.1 billion during the same period, compared to 1.1 billion to 1.2 billion in industrialized countries (Population Reference Bureau, 2004).

3.2 Nigeria's Population Growth Dynamics and Implications for Development

Population, according to Hornby (2010), is the total number of people who live in a certain area. The number of people living in a country has a direct impact on the country's progress. Without the country's human resources, it cannot run itself. True, a country's human resources are derived from its entire people, without which technical advancement is impossible. The population of a country, on the other hand, is a natural phenomena. In Nigeria, Christians believe that the Bible commands them to "go into all the world and reproduce," implying that God Almighty controls the population. Forgetting that the same Almighty God did not command men and women to have children they could not support.

Meanwhile, population explosion is defined as an increase in the total number of people living in a certain territory, city, or country without a corresponding increase in available resources sufficient to support the

people. Nigeria is currently experiencing a population surge in all sections of the country. Nigeria's significant population growth has put a strain on all areas of the economy, resulting in high living costs.

Nigeria is a country where some married and unmarried couples have ~~children~~children, they are unable to support. The government of the day has no control over the number of children per couple. With the Corona Virus sickness, also known as Covid-19, it is evident to all Nigerians that the country is experiencing a population surge. Nigeria is now experiencing a high level of poverty.

The imbalance between available resources and population is one of the causes contributing to Nigeria's abnormally high level of poverty. For instance, the prices of things on the market are currently increasing on a daily basis. Without a doubt, population growth is one of the elements contributing to the market's abnormally high pricing of commodities.

Population growth, on the other hand, should be viewed as an opportunity disguised as a challenge. Overpopulation in Nigeria is hindering the effort of Nigerian government in planning well for the future. Plans can only be implemented successfully if they are backed up by solid data. However, due to the unreliability of demographic data, plan execution in the country is a useless endeavour. Hence, the country remains under-developed even after about 61 years of independence.

Nigeria has a high fertility rate, and it is clear that the government's efforts to provide the people's fundamental requirements are hampered by the country's big population. With a population of over 130 million people and an annual growth rate of around 3% (United Nations, 2004), a significant percentage of the country's resources are surely being consumed rather than saved for future development. As a result, the rate of development is slower than population growth, resulting in stagnation in the delivery of social services. As a result, whatever progress made in the fight against poverty is effectively erased.

SELF-ASSESSMENT EXERCISE

1. Why do you think Nigeria's population keeps rising every day?
2. What is the implication of overpopulation on the development of Nigeria?

4.0 CONCLUSION

Nigeria's population keep rising everyday due to societal believes that children are form God. People keep giving birth even though they are not capable of giving them good life. The lack of solid data on birth,

migration and others also hinder the government's effort in planning for the future.

5.0 SUMMARY

In this unit, the overview of Nigeria's population and its implication for development was examined.

6.0 TUTOR-MARKED ASSIGNMENT

1. Give an overview of Nigeria's population.
2. Discuss the implications of Nigeria's population on development.

7.0 REFERENCES/FURTHER READING

Alyssa, T. K. (2018). Population growth in schools. Accessed on 22nd February, 2021 from <https://ihstimes.com>>uncategorized.

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UNIT 2 CAUSES OF OVERPOPULATION IN NIGERIA

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Causes of Overpopulation in Nigeria
 - 3.2 Consequences of Overpopulation in Nigeria
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Overpopulation is an undesirable condition in which the number of existing human population is greater than the actual capacity that the earth can carry. The population of Nigeria is broadly discussed in this unit and its implication for development.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- state the causes of overpopulation in Nigeria
- state the consequences of overpopulation in Nigeria.

3.0 MAIN CONTENT

3.1 Nigerian Overpopulation Causes

The causes of Nigeria's population increase are diverse. This unit will attempt to identify and discuss as many of the major issues as feasible.

1. **Governments' failure to enact birth control legislation:** As previously stated, the federal, state, and local governments have all failed in this regard. Nigeria is a country where married and unmarried couples have the freedom to give birth to their children in whatever way they wish. Nigeria is a country with a large number of orphanages. In most cases, an orphanage is a place for children whose parents have died (Hornby, 2010). However, there are orphanages in Nigeria that house children whose parents are still alive. This is a symptom of population growth. According to Campbell (2018), Eze Duruiheoma, the previous Chairman of the National Population Commission (NPC), stated that

Nigerians were aware of their status as Africa's most populous country and were proud of it.

According to the author, Nigeria's population would overtake that of the United States as the world's third most populous country by 2050, following China and India. According to Campbell (2018), the former Chairman of the National Population Commission (NPC) also stated that Nigeria has no population policy that would limit births, and Nigerians have historically cherished large families. However, the population of human beings in Nigeria has outgrown available resources due to a lack of birth control laws enacted by the Federal, State, and Local Governments. It poses a significant threat to the country's development.

2. Lack of family planning: Because the federal, state, and local governments failed to control the number of children per couple, each couple's responsibility to adopt effective family planning fell on them as well. According to Umana (2019), the majority of couples failed to use contraception to prevent pregnancy. In addition, Umana (2019) stated that inability to utilize contraception is a prevalent practice among couples in Nigeria's northern region.

3. Early marriages: Couples who married at a young age had a significant impact on population increase. Such couples lack the maturity to limit the number of children they will have together. Marriage between a man and a woman is a highly significant matter that should not be taken for granted. In Nigeria, we've seen situations of couples who married and then divorced a few years later, leaving their children to fend for themselves. We have had incidents when new-born kids were dumped in adjacent refuges or abandoned houses by couples. This is a sign that the pair isn't ready to get married. Furthermore, Nigeria as a country has faced similar circumstances, resulting in fast population increase.

4. Male child preference syndrome: Male children in Nigeria were valued higher than female children (Oramah, 2006). According to Oramah (2006), the reasons for this practice include male children carrying on the family name, better upper-body strength for manual labour, and others. Unfortunately, in most situations, such a behaviour leads to the frequent practice of having many children in an attempt to create male kids. In addition, in the majority of cases, couples without a male child or children will face pressure from the husband's family. In order to meet his family's demands, the man will marry another woman. The process is likely to continue until at least one male child is

born. According to Osam (2019), who cited Nnadi (2013) and Ogege (2011), society valued male children more than female children due to property and other traditional benefits associated with male offspring.

5. **Religious beliefs:** In Nigeria, there are three major religions: Christianity, Islam, and local tradition. Men in Islam, as well as in local traditional religions, were permitted to marry many wives. According to Oramah (2006), the Islamic religion promotes big families and early marriages, both of which are linked to the polygamous family system. Furthermore, according to Osam (2019), such men are polygamists who believe they have the financial means to support such big families, despite the fact that they are contributing to Nigeria's population increase.
6. **Nigerians have a high percentage of illiteracy:** Illiteracy is a sickness that is often undetected by the person affected. The person in question believed that what she or he was doing was correct, but it was not. This is precisely the behaviour of some polygamist guys. As used in this work, illiteracy refers to persons who lack knowledge about population and sex educations.
7. **Some men and women have strong sexual desires:** Normal men and women, on the other hand, have sexual desires. However, when both partners' sexual desires are excessively strong, it becomes a major social issue. A man with a strong sexual desire cannot effectively stay with one wife. Such a man will end up marrying a huge number of wives and having a large number of children. causes of our beloved country's population explosion [The](#) different causes of Nigeria's population explosion are listed below.
Also, there were a big number of women with strong sexual desires; these women will inevitably end up having children with men they cannot support.
8. **Social security for the elderly:** In Nigeria, numerous societies believed that children were their parents' only source of assistance as they grew older (Oramah, 2006). Because of this mentality in some homes, most males ended up having a large family. With so many offspring, several men and women believed that one or more of the youngsters would be able to look after them when they were older. Some parents also believed that if they died, the success of their funerals would be determined by the huge number of their children present. In most circumstances, the opposite is true. As a result, Osam (2019) stated that the presence of Almajari, or street beggars, has resulted in socio-economic issues such as poverty. All of these are the results of couples having too many children without properly managing them.

9. **Perceived high newborn mortality:** Some couples have a strong belief in the high baby mortality rate. With this mindset, some men and women end up producing an excessive number of children that they are unable to regulate and manage. According to Oramah (2006), some people believe that having a large number of children is necessary since some will survive and others will die. Oramah (2006) went on to say that the children who survived would help their parents on the farm, support them when they were older, and so on. This type of mentality has infiltrated the minds of a large number of Nigerians. Today, the Federal Government is unable to provide Nigerians with accurate population data.
10. **Immigration:** According to the Renewable Resources Coalition (2016), unrestricted immigration into countries would result in overpopulation to the point that such countries will no longer be able to support such a population. Nigeria, as a country, fits into one of these categories. Today, Boko Haram is a problem in Nigeria's north-western region. Some of the Boko Haram members are not Nigerians.
11. **Better medical facilities:** Victor (2018) believes that one of the causes of population increase is the government's provision of better medical facilities. Victor (2018) emphasized that ailments that had previously claimed thousands of lives have now been cured as a consequence of vaccines developed by medical scientists. According to Victor (2018), individuals in Nigeria are now living longer as a result of improved medical facilities. In a technical sense, this has aided Nigeria's rapid population increase.

SELF-ASSESSMENT EXERCISE

1. List five (5) causes of overpopulation in Nigeria.
2. Explain three (3) of the above listed causes of overpopulation in Nigeria.

4.0 CONCLUSION

The causes of overpopulation in Nigeria include; ~~religious~~religious ~~belifes~~beliefs, immigration, better medical facilities, illiteracy etc.

5.0 SUMMARY

In this unit, the causes of overpopulation in Nigeria was examined.

6.0 TUTOR-MARKED ASSIGNMENT

1. Explain eight (8) causes of overpopulation in Nigeria.

7.0 REFERENCES/FURTHER READING

Aaron, O.N., (2021). Nigeria Death rate from 2008-2018.
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Isaac, A.S. (2020). Population Change
"https://en.wikipedia.org/w/index.php?title=Population_change&oldid=996269199". Accessed on 22/03/2020

UNIT 3 EFFECTS OF NIGERIA'S POPULATION EXPLOSION ON THE EDUCATIONAL SECTOR

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Consequences of Overpopulation on Nigeria's educational
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

In this unit, you will learn the effects of overpopulation on educational sector in Nigeria.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- state the effects of overpopulation on Nigerian educational sector.

3.0 MAIN CONTENT

3.1 Effects of Nigeria's Population Explosion on the Educational Sector

The effects of population boom can be seen in different sectors of the economy, but this section focused on the educational sector. As a result of the population growth,

- 1. Educational facilities are overburdened:** The term "educational facilities" refers to both people and material resources. The educational facilities offered at the primary and secondary school levels of education have been overstretched by the large number of students who seek to obtain a basic education, particularly in schools located in urban areas. The situation is similar at the university and polytechnic levels of schooling. We have situations at various universities in Nigeria where a lecture classroom intended for 100 students is crammed with more than

200 students, with some students receiving lectures outside the lecture hall.

2. **Mass production of low-quality graduates:** As a result of the overcrowding of educational facilities by a large number of students, there is a propensity for educational institutions, particularly those owned by governments, to create low-quality graduates. Nigeria, as a country, is not immune to this. A lecturer who is overworked, for example, is unable to give his or her all to the students. One of the direct consequences of high population expansion, according to Mfono (2008), was the accelerated growth of the school-age population. Mfono (2008) went on to say that population increase often worked against the enhancement of educational quality. Nigeria's population expansion has hampered the country's ability to produce quality graduates in favor of quantity graduates. The Academic Staff Union of Universities (ASUU) has raised an alarm over the aforesaid assertion, but the Federal Government has remained unconcerned about the problem. The Academic Staff Union of Universities (ASUU) has requested that the Federal Government provide personnel and material resources to the various public universities.
3. **Expensive higher education:** In an effort to control the large number of applicants seeking admission to various colleges, some state governments have hiked school fees to the point where some students are unable to afford it. This type of development is not conducive to a country's economic development. Furthermore, the expense of university education for private individuals is rising. Some kids became frustrated and began to believe the opposite.
4. **Corruption in the educational sector:** Because the number of applicants seeking admission to various public universities and polytechnics far outnumbers the available human and material resources, some university and polytechnic staff have taken it upon themselves to extort large sums of money from prospective students. Some students were deceived, and they were denied entrance to tertiary institutions. At truth, corruption has reached epidemic proportions in Nigeria's tertiary institutions. The tertiary institutions took advantage of the increase in the number of potential applicants.
5. **Ineffective teaching and learning:** In a large class, effective teaching and learning are difficult to achieve. A densely crowded class is a sign of population growth. Overcrowding in a classroom during teaching and learning can result in a loss of

control while also having a detrimental impact on the students (Alyssa, 2018). According to Alyssa (2018), students in this situation are more likely to have negative views such as drug use, forming gangs, and other vices. Furthermore, according to Ochonogor and Umudhe (2007), the large number of students in some classrooms made class administration difficult, resulting in inadequate teaching and learning.

SELF-ASSESSMENT EXERCISE

List five consequences of overpopulation on Nigeria's educational system.

4.0 CONCLUSION

Overpopulation is an undesirable condition in Nigeria as the number of people in the country is greater than the actual capacity that the government can cater for. The impact of such menace on the education sector cannot be over-emphasized. These include ineffective teaching and learning, corruption in the education sector, expensive higher ~~education, and education, and~~ overburden of school infrastructures.

5.0 SUMMARY

In this unit, you have learnt the effects of overpopulation on educational sector in Nigeria.

6.0 TUTOR-MARKED ASSIGNMENT

1. Discuss five impacts of overpopulation on Nigeria's educational sector.

7.0 REFERENCES/FURTHER READING

Aaron, O.N. (2021). Nigeria Death rate from 2008-2018. www.statistica.com.

Isaac, A.S. (2020). *Population Change*

"https://en.wikipedia.org/w/index.php?title=Population_change&oldid=996269199". Accessed on 22/03/2020

UNIT 4 **PROPOSED CONTROLS FOR NIGERIA'S POPULATION EXPLOSION**

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Proposed Controls for Nigeria's Population Explosion
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

In this unit, you will learn the Proposed Controls for Nigeria's Population Explosion.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

State the control measures which can be used to curb Nigeria's population explosion.

3.0 MAIN CONTENT

3.1 Proposed Controls for Nigeria's Population Explosion

Nigeria is now suffering a severe population surge. Natural death or unforeseen circumstances are the only ways to lessen the already existing overpopulation without resorting to coercion. However, there are some steps that can be taken to reduce the country's ever-increasing birth rate so that the available resources can sustain the population in the near future.

- i. **The Federal Government should send a birth rate control bill to the National Assembly for consideration as soon as possible:** According to the proposed bill, each couple should have no more than four (4) children, regardless of gender. Single parents should be subject to the same laws. The Federal Government should ensure that the proposed measure is fully implemented after it is passed by the National Assembly and signed into law.

ii. Establishment of a central data base for all births and deaths:

The Federal Government shall establish a central electronic data base for all new births and deaths through the National Population Commission (NPC). The officers of the National Population Commission (NPC) in each state should work together with families, traditional birth attendants, and health [centerscentres](#) to register births and deaths and transfer the information to the NPC's central data system. The Federal Government will be able to identify persons who have broken the birth rate control law as a result of this approach. In addition, there will be a significant reduction in the incidence of false age declarations and other forms of criminality in Nigeria.

iii. Sex education:

As a full flesh course, sex education should be incorporated into our various tertiary institutions. Sex education should be taught as a subject at the primary and secondary school levels.

iv. The federal, state, and local governments should encourage the elderly by providing a stable monthly financial package:

The concept of old-age social security will then be technically corrected in the minds of certain Nigerians.

v. Women's Empowerment:

Studies demonstrate that women who have access to reproductive health services are more likely to take birth control, while those who work are less likely. The United Nations Population Fund is attempting to address both challenges at the same time by implementing microcredit programmes that aim to turn young women into reproductive health activists.



vi. Encourage family planning:

Simply informing men and women about contraception can make a significant difference. Iran's fertility rate plummeted from 5.6 births per woman to 2.6 births per woman in a decade after the country implemented a nationwide family planning program in 1989. In just five years, a comparable campaign in Rwanda witnessed a threefold increase in contraceptives use.



vii. Make education fun: The Population Media [Center](#) ~~Center~~ in the United States gets inventive to reach out to women. Its radio soap operas addressing reproductive difficulties have been listened to by as many as 500 million individuals in 50 countries. Tuning in was reported by 63 percent of Ethiopian women seeking reproductive health treatments.



viii. Government incentives: A senior government official should be in charge of dealing with population-related challenges. Governments should encourage "responsible parenting," with subsidies limited to the first two children unless the family is in poverty.

viii. One-child policy: Fertility in China plummeted from six births per woman in the 1960s to 1.5 births per woman in 2014. Amnesty International, on the other hand, claims that the program resulted in coerced or forced abortions and sterilisations.

It also caused a gender imbalance by disrupting established support mechanisms for the elderly.



SELF-ASSESSMENT EXERCISE

1. Explain three likely measures to curb overpopulation.

4.0 CONCLUSION

Nigeria is overpopulated, and the country's resources are insufficient to meet the needs of all of its residents, according to a demographic summary. Some of the consequences include the already-observed high costs of items on the market, widespread unemployment, and disputes. It has also made appropriate planning for the nation's development difficult.

5.0 SUMMARY

In this lesson, you learned about Nigeria's population and its implications for development, as well as the unique causes that contribute to the country's population boom and possible solutions to the problem.

6.0 TUTOR-MARKED ASSIGNMENT

1. Explain the reasons for overpopulation in Nigeria.
2. Explain the implications of overpopulation on Nigeria's development.
3. Describe the contraceptive prevalent rate in Nigeria.

7.0 REFERENCES/FURTHER READING

The Open University, (2020). *Family Planning*.

"https://www.open.edu/openlearncreate/theme/image.php/openlearncreate/the_me/1617006864/favicon">

United Nations (2001). *Manual X: Indirect Techniques for Demographic Estimation*, New York: United Nations, available online at:
<http://www.un.org/en/development/desa/population/publications/manual/estimate/demographic-estimation.shtml>

Answers to SAEs

Module 4, Unit 1

Answer

1. High fertility is encouraged by traditional beliefs about how valuable children are, particularly sons, who are seen as assets to be relied upon by their parents in agricultural production and for support in old age, as well as polygamy, the fear of child death, and low levels of female education. Furthermore, the influence of churches that preach that children are God's gifts severely limits Nigeria's chances of lowering the birth rate (National Population Commission, 2003).
2. Overpopulation in Nigeria is hindering the effort of Nigerian government in planning well for the future. Plans can only be implemented successfully if they are backed up by solid data. However, due to the unreliability of demographic data, plan execution in the [country becomes country becomes](#) almost impossible. Hence, the country remains under-developed even after about 61 years of independence. Nigeria has a high fertility rate, and it is clear that the government's efforts to provide the people's fundamental requirements are hampered by the country's big population.

Module 4, Unit 2

Answer

- I. Better medical facilities
 - II. Immigration
 - III. Illiteracy
 - IV. Religious beliefs
 - V. Lack of family planning
2. **A) Better medical facilities:** Victor (2018) believes that one of the causes of population increase is the government's provision of better medical facilities. Victor (2018) emphasized that ailments that had previously claimed thousands of lives have now been cured as a consequence of vaccines developed by medical scientists. According to Victor (2018), individuals in Nigeria are now living longer as a result of improved medical facilities. In a technical sense, this has aided Nigeria's rapid population increase.
 - B) **Immigration:** According to the Renewable Resources Coalition (2016), unrestricted immigration into countries would result in overpopulation to the point that such countries will no longer be able to support such a population. Nigeria, as a country, fits into one of these categories. Today, Boko Haram is a problem in

Nigeria's north-western region. Some of the Boko Haram members are not Nigerians.

C) Religious beliefs: In Nigeria, there are three major religions: Christianity, Islam, and local tradition. Men in Islam, as well as in local traditional religions, were permitted to marry many wives. According to Oramah (2006), the Islamic religion promotes big families and early marriages, both of which are linked to the polygamous family system. Furthermore, according to Osam (2019), such men are polygamists who believe they have the financial means to support such big families, despite the fact that they are contributing to Nigeria's population increase

Module 4, Unit 3

Answer

- I) Ineffective teaching and learning,
- II) corruption in the education sector,
- III) expensive higher education,
- IV) overburden of school infrastructures.
- V) Mass production of low-quality graduates

Module 4, Unit 4

Answer

1. While force cannot be used to manage overpopulation, some steps can be used to reduce it. The following are examples of such measures:
 - i. Federal Government Enactment of Birth Rate Control Law: The Federal Government should present a birth rate control bill to the National Assembly for consideration as soon as possible. According to the proposed bill, each couple should have no more than four (4) children, regardless of gender. Single parents should be subject to the same laws. The Federal Government should ensure that the proposed measure is fully implemented after it is passed by the National Assembly and signed into law.
 - ii. Establishment of a central data base for all births and deaths: The Federal Government should establish a central electronic data base for all new births and deaths through the National Population Commission (NPC).
 - iii. Sex education: As a full flesh course, sex education

should be offered into our various tertiary institutions.
Sex education should be taught as a subject at the
primary and secondary school levels.

MODULE 5 GENERAL FACTORS IN POPULATION DYNAMICS

- Unit 1 General Factors in Population Dynamics
- Unit 2 Consequences of Population Explosion
- Unit 3 Curbing Overpopulation in Africa

UNIT 1 FACTORS IN POPULATION DYNAMICS

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 General Factors in Population Dynamics
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Population dynamics is the study of how and why populations change in size and structure over time. Important factors in population dynamics include rates of reproduction, death and migration. In this chapter, you will learn the factors responsible for population changes including birth, death, immigration, emigration and fertility, urbanization, agricultural change, emancipation of women and others.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- sState the factors in population dynamics.

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3.0 MAIN CONTENT

3.1 General Factors in Population Dynamics

If a sparsely inhabited place cannot sustain life, it can become highly populated. More importantly, with each passing year, technological advancements have impacted humanity in a variety of ways. One of these has been the ability to save lives and improve medical care for everyone. A direct outcome of this has been an increase in longevity and

population growth. The key elements that cause population change are covered in the following sections.

I) Number of births

Many factors influence population growth, the most important of which are birth and death rates, which influence the rate of natural change (increase or decrease) within the population. A population change occurs when babies are born. Some key phrases are used by social scientists who examine population trends. The first consideration is the fertility rate. The fertility rate of a country simply refers to the number of children born over a given time period. This is not the same as the fecundity rate.

The number of children that could be born in a particular community is referred to as the fecundity rate. Simply simply, fecundity refers to a person's biological ability to bear children. This is usually between the ages of early adolescence and mid-forties for women. The window for guys is larger. However, when a man gets older, factors like sperm count decrease. In most circumstances, the fecundity rate is higher than the fertility rate. Furthermore, birth rates differ throughout countries for a variety of reasons, including personal preference and socio-political considerations. Poverty levels, contraception availability, maternity and newborn care, and nutrition availability all have an impact on the birth rate in a given society at a given time.

II) Reduction in the Death Rate

Similarly, as individuals of a society die, the population changes, and this is known as the mortality rate. It is the total number of people who die in a given society. The number of deaths per 1,000 people is commonly used to calculate this. The death rate in Nigeria, for example, is 12 per 1000 inhabitants (Aaron, 2021). Factors such as the availability of quality famine, medical treatment, war, or disease determine a country's death rate. The population will stable if the number of children born each year equals the number of people who die. Factors that increase the population death rate, on the other hand, only last a short time, whereas those that enhance the birth rate last longer.

Migration (third)

In the population dynamic, migration is a significant component. The term "migration" refers to the act of moving. It refers to the movement of people from one society to another. Emigration and immigration are the two types of migration. Emigration is the act of leaving one's home nation for another, whereas immigration is the act of entering a country

other than one's own. These two processes have a big influence on population shifts.

The population of a country is frequently reduced as a result of emigration. If you live in Ilorin and emigrate to Lagos, for example, you are reducing the population of Ilorin but increasing the population of Lagos because you moved there. However, it is vital to remember that immigration and emigration do not affect the world's overall population or the number of individuals alive at any given time; they only affect the population of a specific location.

People are currently migrating from rural areas to metropolitan areas in large numbers. The increasing movement of people from rural areas is mainly due to rural people's inability to support their families by traditional means, therefore they migrate to cities in search of work. This has resulted in congestion in many of the world's greatest cities, potentially resulting in poverty and food, water, and shelter shortages. The fact that the majority of the world's population now lives in cities has resulted in tremendous expansion in metropolitan areas. This trend is known as urbanization, and it simply refers to people moving from rural to urban areas. Unchecked immigration into countries, on the other hand, will result in overpopulation to the point that those countries will run out of resources to support their population. Nigeria, as a country, fits into one of these categories. Today, Boko Haram is a problem in Nigeria's ~~northwestern~~north-western region. Boko Haram has a large number of non-Nigerians among its ranks.

IV) Urbanisation

Rural to urban migration was prevalent in the past centuries in wealthy countries, but it is now happening in poorer countries, according to observations. Urbanization, on the other hand, has a considerable impact on population increase. This is because it has an impact on a country's birth and mortality rates. The birth rate tends to climb as a country becomes more urbanized, whereas the death rate tends to reduce. Because people in cities have more access to adequate medical care than people in rural areas, birth rates will rise. As a result, infant mortality will decline and birth rates will rise. Nonetheless, this is a short-term change since, as urban ~~centers~~centres develop over longer periods of time, birth rates may reduce as a result of simple access to family planning. Specifically, death rates decrease in urban regions because it is less expensive and easier to obtain medical and educational services, as well as more stable food supply. This means that people are better educated, fed, and can be treated successfully when they become ill. Unfortunately, this is not always the case in more isolated rural areas,

and as a result, death rates in urban areas are lower than in rural ones. Population growth is the net result of this.

(V) Agricultural Change

Over the last 400 years, agricultural advances have been significant, and the world now produces more food than ever before. Many of these agricultural reforms, even at a local level, often result in individuals being ejected off their farms. Due to the inactive nature of the work, it also tends to promote high birth rates. As a result of the consistent supply of food provided by modern farming, individuals tend to have more children since they can easily feed them. As a result, birth rates are higher and famines are less common. Overpopulation arises as a result of this.

Typically, technological revolutions and population explosions occur simultaneously. The tool-making revolution, the agricultural revolution, and the industrial revolution are the three major technical revolutions. Humans have been able to boost food production and yields utilizing fertilizers, herbicides, and pesticides thanks to agricultural developments in the twentieth century. This increased human food availability, resulting in population increases.

VI) Improved Medical Services

The most important reason why the equilibrium has been irreversibly disrupted is technological growth. Science has enabled families to feed more mouths by developing better and easier methods of food production. Medical scientists produced several breakthroughs, allowing them to beat a wide range of diseases once again. Because of the invention of vaccines, many illnesses that once claimed thousands of lives can now be healed. The earth's equilibrium was maintained due to increasing food supply and fewer causes of death, which has considerably contributed to overpopulation.

VII) More Helping Hands in the Fight Against Poverty

It's important to recognize that overpopulation has a psychological component.

Poverty is one of the primary reasons of overpopulation in underdeveloped countries. Rural areas are facing a significant population expansion due to a lack of educational resources and high death rates, which leads to greater birth rates. For some years, the situation has been that only a small percentage of the population has enough money to live comfortably, while the majority of the population

is poor and has to give birth to a large number of children to compensate for the high infant mortality rate. As a result, poverty, natural disasters, and the need for extra hands to labor are all key contributors to overpopulation. When compared to previous generations, it can be shown that the majority of these children now live and consume resources that are insufficient to meet the needs of the entire population.

VIII. Child Labor

Child labour is still widely used in many parts of the world, which is a big tragedy. According to UNICEF, over 150 million children are currently employed in countries where child labour laws are lacking. Children who are considered as a source of revenue by destitute families begin working at a young age, missing out on educational possibilities, especially in the areas of birth control and population education. They are frequently unable to obtain the necessary training in family planning and fertility difficulties. As a result, they have unintended pregnancies and contribute to population growth.

IX) Fertility Treatment Technological Advancement

Couples with fertility challenges can now undergo fertility therapy and have their own babies as a consequence of recent technological advancements and medical science discoveries. Because there are now efficient drugs that can boost the chances of conception, the birth rate has increased. As a result of medical innovation, today's pregnancies are safer than in the past. As a result, there is a decrease in maternal mortality, which contributes to population increase.

X) Inadequate Family Planning

Family planning allows a couple to have the number of children they want, which benefits mothers' health and contributes to the nation's socioeconomic progress. It is normal practice in underdeveloped nations, such as Nigeria, for women to have a large number of children in a short period of time. As a result, the country's population has increased considerably, but economic growth has not kept pace with it. Unfortunately, an unbalanced population will always have a negative impact on the country's well-being. One of the ways that is proving to be beneficial in addressing such issues is family planning.

Family planning is the process by which couples decide on the number of children they want to have in their lifetime and the spacing between them. This means that any partner in a partnership has equal say over their future fertility. In order to appropriately plan for future children, couples must have accurate information on when, how, and when not to

utilize contraceptive methods of their choice. This type of planning allows mothers and their children to benefit from the advantages of birth spacing and pregnancies that are planned.

SELF-ASSESSMENT EXERCISE

1. How do you define population dynamics?
2. Highlight five factors that influence population dynamics and explain them.

4.0 CONCLUSION

Overpopulation poses a major threat to the population's health, economy, and environment. Nigeria is overpopulated, which has resulted in a slew of negative consequences, including a lack of jobs, food and water scarcity, increased agricultural activity, pandemics, high living costs, and a slew of other threats.

5.0 TUTOR-MARKED ASSIGNMENT

Describe five factors that contribute to overpopulation.

6.0 SUMMARY

You learned about the various factors that contribute to overpopulation, as well as the consequences of overpopulation, such as depletion of natural resources, environmental degradation, conflict and wars, increased unemployment, high living costs, pandemics and epidemics, malnutrition, starvation, and famine, water scarcity, and low life expectancy, in this unit.

7.0 REFERENCES/FURTHER READING

- Alyssa, T. K. (2018). *Population Growth in Schools*. Accessed on 22nd February, 2021 from <https://ihstimes.com>>uncategorized.
- Campbell, J. (2018). Nigeria faces a crippling population boom. Accessed on 18th March, 2021 from <https://www.cfr.org/blogs>>nigeria.
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UNIT 2 POSITIVE CONSEQUENCES OF OVERPOPULATION ON A POPULATION

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Positive consequences of population explosion
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Overpopulation can have both positive and negative implications on a particular population. Some of these positive implications will be discussed in this unit.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

State the positive consequences of overpopulation.

3.0 MAIN CONTENT

3.1 Population Explosion: Positive Consequences

The population of a country has a significant impact on the country's progress. Without its human resources, a country cannot manage itself. Human resources are derived from the entire population of the country, without a shadow of a doubt. Technological advancement is impossible to achieve without the people that live in a country. The population of a country is, nonetheless, a natural occurrence. The Bible tells Christians to go forth into the world and multiply. In other words, God Almighty determines the human population. However, the same Almighty God did not command man to have children he could not support.

Meanwhile, population explosion refers to an increase in the overall number of people living in a given territory, city, or country without a corresponding increase in the available resources to support them. Nigeria is currently experiencing a population surge in all sections of the country. Nigeria's significant population growth has put a strain on all areas of the economy, resulting in high living costs. The causes that

caused Nigeria's population expansion, according to Fan and Besong (2010), were a high birth rate, a low mortality rate, and immigration. Nonetheless, the effects of this population rise can be either favourable or harmful, and include, but are not limited to:

Overpopulation's Beneficial Effects

Population expansion can occasionally have negative implications; this is especially true in third-world countries, where overcrowding places a strain on resources. Nonetheless, many people feel that population expansion benefits societies. Economic benefits such as tax base expansion, higher consumer spending at local firms, and cultural changes to keep up with rising populations are among them. The Population Debate's History.

The perceived effects of population growth are divided into two schools of thought. In 1798, Thomas Malthus proposed that rapid population expansion would overburden the Earth's resources, resulting in sickness, starvation, and death. The world's population was barely 800 million when he made his prediction, but it is currently over 7 billion. More modern hypotheses, on the other hand, argue that population expansion can have just as many beneficial as bad consequences.

1. Boosting the Economy

Several modern-day experts have emphasized the economic benefits of population expansion. According to the Harvard Initiative for Global Health, per capita incomes increased by two-thirds with the doubling of the global population in the latter three decades of the twentieth century. Of course, this means that death rates among pregnant women, newborns, and children are lower. Countries upgrading their trade structures are another evidence of wealth brought on by population expansion. Higher population countries have more people working and, most importantly, innovating. Take a look at the Chinese city of Shenzhen. China's population has exploded, and the country now has one of the world's largest sharing economies, making it one of the world's top exporters.

For population growth to have a good impact, the countries that are experiencing it must have sound policies in place to guide it. Countries that can improve health care and medicine, as well as build solid economic strategies and other social changes that keep up with population increase, will prosper.

Meanwhile, many economists contend that more population means more property taxes, school financing, corporate revenue, and federal grants going into municipal coffers.

Increased Innovation

Opponents of population increase have frequently complained about the strain on resources. However, according to Danish economist Ester Boserup, expanding populations put pressure on society to innovate so that it can better serve the multitude. High-yield crops, for example, were created to improve food supply in response to rising population.

Population growth as Sign of Social Health

Despite the fact that population increase is not a direct consequence of health, rising societies are frequently associated with healthy cultures. For example, population increase is frequently associated with decreasing death rates as a result of breakthroughs in medicine and science. Furthermore, countries that have experienced a drop in population growth, such as Japan, are confronting a problem. Japan boasts the world's highest rate of centenarians and the world's largest elderly population. This has been a source of concern for the country, as fewer individuals are having children, putting Japan's future in jeopardy.

SELF-ASSESSMENT EXERCISE

- How do you define population dynamics?
- State three positive implications of overpopulation.

4.0 CONCLUSION

Overpopulation can also have positive impacts ~~on~~ population's health, economy, and environment. Nigeria is overpopulated, which has resulted in a slew of negative consequences, including a lack of jobs, food and water scarcity, increased agricultural activity, pandemics, high living costs, and a slew of other threats.

5.0 TUTOR-MARKED ASSIGNMENT

Discuss three positive implications of population growth.

6.0 SUMMARY

You learned about the various positive implications of population growth which include boosting the economy, sign of social health and innovation.

7.0 REFERENCES/FURTHER READING

- Alyssa, T. K. (2018). *Population Growth in Schools*. Accessed on 22nd February, 2021 from <https://ihstimes.com>>uncategorized.
- Campbell, J. (2018). Nigeria faces a crippling population boom. Accessed on 18th March, 2021 from <https://www.cfr.org/blogs>>nigeria.
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UNIT 3 NEGATIVE CONSEQUENCES OF OVERPOPULATION ON A POPULATION

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Negative consequences of population explosion
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

Overpopulation can have both positive and negative implications on a particular population. Some of the negative implications will be discussed in this unit.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- state the negative consequences of overpopulation

3.0 MAIN CONTENT

3.1 Overpopulation's Negative Consequences

I) Natural Resource Depletion

Overpopulation has serious consequences. The first is the depletion of the planet's resources. Normally, the planet can only produce a finite amount of water and food, which is currently insufficient to meet the current needs of the Nigerian population due to overpopulation. The majority of the environmental damage seen in the last fifty years is due to an increase in the global population, which leads to a variety of activities that deplete natural resources. Cutting down forests, hunting wildlife recklessly, polluting the environment, and producing a slew of other issues are examples of such practices. According to studies on overpopulation, acts of violence and aggressiveness outside of a combat zone have increased dramatically as people compete for resources.

II) Environmental Degradation

Overuse of coal, oil, and natural gas has begun to have major environmental consequences. Furthermore, the exponential increase in the number of automobiles and industry has had a substantial impact on air quality. Increased ~~carb~~carbon dioxide (CO₂) emissions cause global warming, polar ice melting, shifting climatic patterns, and rising sea levels as a result of pollution.

Environmental degradation is a process in which the natural environment is harmed in some way, resulting in a reduction in biological variety and overall environmental health. This process can occur naturally or as a result of human activity. Environmental deterioration is widely acknowledged as one of the planet's most serious problems. Unfortunately, humans have only the earth to live on, and if the environment is irrevocably damaged, human existence may be doomed.

Human exploitation is the primary source of environmental degradation. Although nature has its own ways of degrading the environment, it also renews it, making it more hospitable to various life forms. Human activities, on the other hand, have had a rapid and depleting influence on the environment, with a recovery rate that cannot keep up with the rate of degradation. Climate change, global warming, and thermal pollution are all issues that require environmental protection legislation and implementation.

Different Types of Degradation

Many causes contribute to the environment's steady degradation. There are three types of environmental degradation, according to Ansumant (2021). Land degradation, also known as soil degradation, water degradation, and air degradation are the three types. Degradation of these three habitats has a big impact on the global climate and living circumstances in general. All environmental components are interdependent, and degradation of one kind automatically leads to the breakdown of the others.

Water Degradation

The release of toxic elements into water bodies causes water deterioration or pollution, rendering it unfit for use by animals or people. A moving water body acts as a very effective form of garbage disposal for those who live in riverine areas, urban ~~centers~~centres, or near the sea. The drainage and sewage systems in numerous big centres are a good example of this. Many businesses dump their garbage into

rivers and lakes, which are also major causes of pollution. These industrial wastes are typically unprocessed and often include hazardous compounds that, if employed, might poison aquatic life forms, animals, and humans.

The use of chemicals in agriculture, such as manures and pesticides, frequently results in chemical pollution of local water bodies after rain or irrigation systems wash the dangerous compounds into the water supply. These compounds are exceedingly hazardous to both the aquatic ecology and human health. Another major public health concern is water contamination in the oceans and seas (marine pollution). The majority of ships and steamers dump their garbage (solid waste) and sewage (liquid waste) into the water, polluting the marine ecosystem. The ecology has also been harmed by oil spills from ships, tankers, and offshore wells.

Soil Pollution or Land Degradation

The soil provides a suitable environment for the growth and nurturing of a wide range of plant species. It also serves as a home for a variety of animals and microorganisms that play an important role in maintaining the ecological balance. When the soil's composition is contaminated as a result of the disposal of hazardous waste or the usage of chemicals, it is harmful to the organisms that rely on the soil for their survival. When compared to other types of pollution, the environmental impact of soil pollution or land pollution is typically overlooked.

Illegal disposal of waste that cannot degrade naturally, such as plastic materials, Styrofoam, metal scraps, and technological waste, is one of the most significant means of harming the soil. These wastes remain embedded in the soil, affecting the soil's fertility. Pollution from irresponsible dumping of biodegradable or organic waste might result in unusable land sections due to the dirt.

Land degradation can also develop as a result of mining. Deep mining results in deep and exposed shafts, making the ground unsuited for farming or habitation. The subsurface voids left by mining activities can result in the formation of a variety of sinkholes, which can be quite dangerous. Drilling on a regular basis loosens the soil and facilitates erosion.

Another severe hazard to the land is quarries, which end up polluting natural landscapes by generating a variety of pollutants. It's not just about the influence on the land's physical features; it's also about the vibrations created by the drilling and explosives employed, which could result in a variety of health issues and leave the area unfit for usage or living. Noise pollution is also a result of the operation of such big

machines. With the massive amount of dust and gravel released into the air every day, it also contributes to air pollution. Soil erosion and landslides are encouraged by the unregulated cutting of land and stones from slopes.

Agricultural operations, though often disregarded, contribute to land deterioration. Farming the same crop on the same piece of land can deplete soil fertility. Crop rotation can assist to enhance soil quality and conserve natural resources, but it is not widely practiced, resulting in a progressive decline in land produce. The use of chemicals in agriculture as fertilizers or pesticides often produces hazardous chemical residues that can enter the food chain and pollute water bodies. Aside from that, overgrazing on pasture land can result in a loss of flora and fertility over time.

Land deterioration can also be caused by deforestation. The loosening of soil caused by tree cutting or felling exacerbates soil erosion. Deforestation frequently results in the extinction of many animals and plant species, as well as the loss of habitat for many more.

Degradation of the atmosphere (air)

Air pollution causes atmospheric degradation, which is a major contributor to environmental challenges such as global warming and greenhouse gas emissions. Increased air pollution has resulted in negative health effects such as environmental health concerns in both humans and animals. Air pollution has a cascading effect, affecting the collapse of other ecosystems as well.

Sources of Air Pollution

Vehicle and Industrial Emissions: Vehicle and industrial emissions are the most significant contributors to air pollution. Carbon monoxide, carbon dioxide, sulfur dioxide, nitrogen oxides, and hydrocarbons are the main components of smoke produced by the combustion of fossil fuels in automobiles and businesses, all of which are harmful to the environment.

High Sulphurdioxide Concentration: Sulphur dioxides at high concentrations in the air can cause respiratory illnesses in humans and animals, as well as the development of Sulphur Smog when exposed to sunlight. London Smog is another name for sulphurous smog. When fossil fuels containing sulphur coal are burned, sulphur dioxide emissions are emitted. The principal greenhouse gas that has contributed to global warming is carbon dioxide. The property of the carbon dioxide molecule to absorb and re-emit infrared radiation from the sun traps heat

within the atmosphere. The increased acidity of ocean water is also due to the high concentration of carbon dioxide in the atmosphere. Another gas emitted during the combustion of fossil fuels is carbon monoxide, which is extremely detrimental to one's health. When it comes to connecting with the blood's haemoglobin molecules, carbon monoxide has a higher affinity than oxygen. When the concentration of carbon monoxide in the air rises, the blood is unable to provide the essential oxygen to the body's cells, resulting in carbon monoxide poisoning and death.

Persistent Organic Pollutants (POPs): Another type of air pollutant is persistent organic pollutants. These are a set of poisonous chemical compounds that are regarded a global concern since they can be transferred by air or water and have a harmful impact on the environment. Chlorofluorocarbons, or CFCs, are the most dangerous of the POPs. This substance is utilized in the manufacture of refrigerants, aerosol sprays, and foam blowing agents. Once released into the atmosphere, the CFC complex goes to the upper strata of the atmosphere, where ultraviolet rays from the sun break down the compound and liberate chlorine molecules. The chlorine molecule then breaks down the ozone molecule into smaller molecules, destroying the ozone layer that shelters the earth from the sun's ultraviolet rays.

Unsanitary Living Conditions and Waste Disposal: The atmosphere is degraded by more than only the chemical compounds emitted by the burning of fossil fuels or the use of organic contaminants. Odours are another type of air pollution that has a severe impact on the environment. Unsanitary living conditions and careless disposal of solid waste and sewage can cause odours or ~~odor~~odour, causing the living circumstances in a given area to worsen. It might not only make it difficult to breathe due to the stink, but it can also cause infections and attract flies and animals.

Another cause of air pollution is the discharge of particulate matter into the atmosphere, such as dust, sand, and gravel, from the building and mining sectors. The presence of particulate matter makes it difficult to breathe and leads to the creation of smog over cities. Deforestation has resulted in a significant drop in the amount of vegetation on the planet's surface. Land clearing increases the risk of soil erosion and loss of fertility. One of the most significant consequences of fewer trees is a decrease in photosynthesis, the natural process of turning toxic carbon dioxide to oxygen. As a result, a bigger amount of carbon dioxide is now trapped in the atmosphere.

Natural disasters: Natural disasters result from a variety of natural processes that wreak havoc on the environment. Volcanic eruptions, for example, can degrade the atmosphere and land on a vast scale. Natural

catastrophes, such as floods, earthquakes, wildfires, storms, and hurricanes, can have a wide range of effects on the ecosystem. In fact, these diverse environmental degradations have thrown the human population into disarray.

(III) Conflict and War

Overpopulation, particularly in developing nations, places a significant burden on the resources available for development. As a result, there is a war or struggle for finite resources among the uncontrollably rising population. As a result, there is a lot of strife and turmoil. Conflicts over water and land are escalating across the country, potentially resulting in wars. More diseases spread as a result of war, making them more difficult to control. Hunger is yet another major problem that the globe is grappling with, and the death rate of children has risen. Poverty is the most serious issue that may occur as a result of overcrowding. All of these will undoubtedly deteriorate if remedies to the problems influencing our population are not pursued.

Communities in the midst of civil conflicts are frequently impoverished, as public services are rarely effective or even viable. Refugees and displaced people may also be denied access to the host community's services. Persistent and widespread insecurity eventually leads to a breakdown of health care, resulting in the health state of impacted communities deteriorating. In my opinion, In many circumstances, the government seems uninterested in the wellbeing of these groups, which might exacerbate their deterioration. Several wars have endured for years, if not decades, with intermittent and violent outbursts, resulting in a new social order into which generations are born and bred known as normalised conditions. In these circumstances, long-term peaceful agreements and the resumption of regular development are extremely rare (Collier, 2007).

The major effects of war and conflict on the Population

Conflict-related mortality:

Death, often known as mortality, is the most harmful human outcome of combat. There are two types of deaths: direct and indirect (caused by the resulting disease, hunger, or lack of care). Excess deaths, or deaths that would not have occurred if there had been no conflict, are usually referred to as such. Of course, indirect deaths are difficult to determine, leading to heated dispute over how to assess conflict-related death tolls (Degomme & Guha-Sapir, 2010).

Indeed, due to the range of data sources and methodology used, as well as the considerable advocacy or legal consequences of the death estimates, measuring excess mortality will remain a contentious and delicate activity. Despite the fact that precise point estimates of the number of dead will unavoidably spark disagreement, few will deny that armed conflict leaves major demographic differences among active-age men and across the population.

IV) Fertility Rate Increase

The impact of conflict on reproduction rates may be measured in two ways: the complexity of reproductive reactions and ~~behaviors~~behaviours in the face of violence and adversity, which includes both biological and socioeconomic factors, has been highlighted. Fertility patterns are more frequently than not unstable during long-term conflicts, and they fluctuate dramatically over time. Conflicts and the accompanying killings have been shown to increase fertility. It's worth noting that high fertility can occur in conflict-affected countries due to a phenomenon known as the insurance effect. When people's perceptions of the future become more unclear, they believe that having more children will ensure the maintenance of a minimal level of income. It serves as a buffer against unexpected events and provides financial help in old life. High fertility compensates for the higher likelihood of losing a child in frequent conflict situations where child mortality is high, as the fertility shift is commonly explained (Kalemli-Ozcan, 2002).

On the one hand, due to conflict-related instability, fertility rates have been observed to decline. Age at marriage, frequency of sexual intercourse, and labor migration can all be influenced by an increase in violence, psychological stress, income insecurity, and poor health, all of which can reduce fertility by reducing the number of children per woman (Blanc, 2004).

V) Increased Unemployment

When a country gets overpopulated, there are fewer jobs available to support a high number of people, resulting in unemployment. For example, in Nigeria, rising unemployment encourages crime such as stealing and cybercrime (Yahoo Yahoo), as people try to feed their families and provide them with basic necessities at any cost.

VI) Exorbitant Living Expenses

The price of numerous vital commodities, such as food, shelter, and healthcare, rises as the gap between demand and supply widens owing to overpopulation. People will have to pay more to survive and feed their

family as a result of this. This is the case in Nigeria, where consumer prices are constantly increasing without equivalent increases in wages and income.

(VII) Pandemics and Epidemics

Poverty has been related to a number of environmental and social factors, including overcrowding and unsanitary living circumstances, malnutrition and inaccessibility, inadequacy, or a lack of health-care facilities, all of which may increase the risk of infection among the poor. Furthermore, large population densities enhance the likelihood of new pandemics and epidemics arising. Due to overcrowding, which is a major factor in infectious diseases, there have been recent outbreaks of diseases such as meningitis, measles, and whooping cough in various Nigerian towns.

(VIII) Malnutrition, starvation, and famine

When there is an over-abundance of people, the available resources will be insufficient to meet their requirements. As a result, food and water will be in limited supply. When resources are short, famine and malnutrition are bound to result in poor health and diseases like rickets, kwashiorkor, marasmus, and scurvy, which are caused by a lack of nutrients in the diet. Famine is usually linked with less developed areas, and there is a strong link between poverty and famine.

IX) Water Scarcity

Overpopulation is a significant threat to the world's freshwater resources. According to scientists, by 2025, human demand for fresh water will account for almost 70% of the freshwater accessible on the earth. People living in disadvantaged communities who already have limited access to such water will be particularly vulnerable.

X) Decreased Life Expectancy

Less developed countries account for a major percentage of global population growth. As a result, less-developed countries suffer from reduced life expectancy as a result of population growth. This results in a scarcity of resources in many countries, leading in decreased access to medical care, clean water, food, and jobs, as well as a steep drop in life expectancy.

XI) Extinction

The impact of overpopulation on the world's animals is substantial. As the demand for land develops, natural habitats, such as forests, are being destroyed at an increasing rate. There has been a direct correlation discovered between the rise in human population and the decline in the number of species on the planet. According to scientists, approximately half of the world's biological species may face extinction if current trends continue.

XII) Increased Intensification of Agriculture

As the world's population has grown throughout time, farming practices have changed to produce enough food to sustain the growing number of people. Intensive agricultural methods, on the other hand, have the potential to harm local ecosystems and land, posing future concerns. Intensive farming, in particular, has contributed to climate change as a result of the technology necessary. If the population continues to grow at its current rate, this effect will most likely become more pronounced.

XIII) Climate Change at a Faster Pace

Larger countries, such as China and India, are forced to continue growing their industrial capacities because to overpopulation. Apart from the United States, they are now the second or third largest emitters in the world. Human actions are influencing global temperatures, according to scientists. The globe may be at risk of natural disasters due to the depletion of the ozone layer and the harmful impacts of carbon if measures to reduce individual carbon footprints on a large scale are not done.

SELF-ASSESSMENT EXERCISE

State five implications of overpopulation and explain each one.

4.0 CONCLUSION

Overpopulation poses a major threat to the population's health, economy, and environment. Nigeria is overpopulated, which has resulted in a slew of negative consequences, including a lack of jobs, food and water scarcity, increased agricultural activity, pandemics, high living costs, and a slew of other threats.

5.0 TUTOR-MARKED ASSIGNMENT

1. Describe three factors that contribute to overpopulation.

2. Overpopulation has numerous negative repercussions, discuss.

6.0 SUMMARY

You learned about the various consequences of overpopulation, such as depletion of natural resources, environmental degradation, conflict and wars, increased unemployment, high living costs, pandemics and epidemics, malnutrition, starvation, and famine, water scarcity, and low life expectancy, in this unit.

7.0 REFERENCES/FURTHER READING

- Alyssa, T. K. (2018). Population growth in schools. Accessed on 22nd February, 2021 from <https://ihstimes.com>uncategorized>.
- Campbell, J. (2018). Nigeria faces a crippling population boom. Accessed on 18th March, 2021 from <https://www.cfr.org>blogs>nigeria>.
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Answers to SAEs**Module 5, Unit 1****Answer**

1. The study of how and why populations vary in size and structure through time is known as population dynamics. Rates of reproduction, death, and migration are all important elements in population dynamics. In this chapter, you'll study about the elements that cause population shifts, such as birth, death, immigration, emigration, and fertility, as well as urbanization, agricultural development, and women's emancipation.
2. The following are some of the elements that contribute to population change:
 - I. Urbanisation
 - II. Changes in agriculture
 - III. Improved Medical Services
 - IV. Child Labour (Child Labour)
- V) Fertility Treatment Technological Advancement

Module 5, Unit 2**Answer**

1. The study of how and why populations vary in size and structure through time is known as population dynamics. Rates of reproduction, death, and migration are all important elements in population dynamics. In this chapter, you'll study about the elements that cause population shifts, such as birth, death, immigration, emigration, and fertility, as well as urbanization, agricultural development, and women's emancipation.
2. The following are some of the elements that contribute to population change:
 - i) Increased Innovation
 - ii) Population growth as Sign of Social Health
 - iii) Boosting the economy

Module 5, Unit 3

Answer

- I) Malnutrition, Starvation, and Famine
- II) Water Scarcity
- III) Shorter Life Expectancy
- IV) Extinction
- V) Increased Intensive Farming

MODULE 6 CURBING OVERPOPULATION IN AFRICA

- Unit 1 How to Curb Overpopulation in Africa
- Unit 2 Overview of Family Planning
- Unit 3 Methods of Teaching Population Education

UNIT 1 HOW TO CURB OVERPOPULATION IN AFRICA

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Education of Girl Child
 - 3.1.2 Making People Aware of Family Planning
 - 3.1.3 Tax Concessions
 - 3.1.4 Knowledge of Sex Education
 - 3.1.5 Emancipation of Women
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

In this unit, you will be taught the suggested ways to curb population explosion in Nigeria, including education of girl child, making people aware of family planning, tax concessions, knowledge of sex education and emancipation of women.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- state how to curb overpopulation in Africa.

3.0 MAIN CONTENT

3.1 How to Curb Overpopulation in Africa

1. Education of Girl Child:

Over 130 million young women and girls around the world are currently out of school. The vast majority of these people reside in male-dominated societies, mainly in Sub-Saharan Africa and South and West Asia, where women do not have the same educational opportunities as men. Gender stereotypes and under age marriage obstruct their access to

education even more. A female with less education is more likely to have children at a young age, making her open to exploitation. Furthermore, poor families are less likely to send their female children to school. All of this can be avoided if girls are given equal educational opportunities. They will have to devote their energies to going to school rather than marrying and starting a family.

2 Raising Public Awareness about Family Planning

As the country's population continues to rise at an alarming rate, there is a pressing need to enhance public knowledge about the benefits of family planning. It's also crucial to educate people about the dangers of overpopulation and how to slow down population increase. It is critical to inform people about the many safe sex techniques and contraceptive options that are available in order to avoid undesired pregnancy.

3 Reductions in Taxes

To combat overpopulation, Nigeria's government may need to implement a variety of tax exemption schemes. One of these options could be waiving a portion of income tax or cutting income tax rates for just married couples with one or two children. This could work since humans are more oriented toward money, resulting in some favourable outcomes.

4 Sex Education Knowledge

Teaching sex education to young children in elementary school should be a requirement. Most parents are embarrassed to discuss such topics with their children, which leads to their children seeking such information on the internet or discussing it with their peers, where they often receive incomplete information, leading to sexually active teenagers who are unaware of contraceptives and embarrassed to seek such information. As a result, it is critical for parents and teachers to let go of their old inhibitions and provide adequate and reasonable sex education to their children or students.

5 Education

Education is unquestionably important in determining a country's birth and mortality rates, as well as its population growth rate. Simple health-related activities can help lower death rates, while family planning education can help reduce birth rates. For example, following World War I, when many European countries suffered large population losses, several governments adjusted population education to encourage more births in order to increase population growth. In the long run, however,

as education levels rise, parents tend to have fewer children, allowing them to focus their resources on improving the lives of those few children. This implies that appropriate population education can have a significant impact on population maintenance and avoidance of overpopulation. However, a lack of education causes people to have as many children as they want, even if they are unable to care for them.

6 Women's Emancipation

Women have more freedom to work whenever they wish in many wealthy countries. However, this is not the case in various nations around the world (for example, Nigeria), where many women are trapped in unpaid (and frequently very difficult) jobs such as housekeeping and subsistence farming plots. Many events in many wealthy countries have contributed to expanding women's equality, including women getting the ability to vote, work in factories, and do all of the tasks that were previously reserved for men. Women's independence has had a significant demographic impact by delaying childbearing age. Women are now far more likely to attend university and work for a few years before starting a family. As a result, there may be fewer children born per woman. This is due to the fact that women's fertility decreases as they become older. The average age of first birth in 2002 was 29 years, three years higher than it was in 1971.

7 Dismantling Obstacles to Contraception

More than 200 million women worldwide do not use modern contraception to avoid pregnancy. Lack of access, concerns about adverse effects, and social pressure (typically from male partners) to not take it are also factors. These women are largely from the world's poorest countries, where the population is expected to increase by 3 billion by 2100. Overseas assistance funding for family planning is critical, both in terms of maintaining adequate amounts and effective service delivery, and it works hand-in-hand with improving gender equality and engaging men.

Because of preconceptions, norms, and pressures within their countries or communities, some people opt not to utilize contraception around the world. Very high family sizes are desirable in some countries, whereas contraception is discouraged or prohibited in others. Successful family planning programs have included work with women and men to improve attitudes about contraception and family size. Religious boundaries may be dismantled or ignored. When Iran's religious leader declared that contraception was compatible with Islamic doctrine, a highly successful family planning campaign was launched. Portugal and Italy, both largely Catholic countries in Europe, have some of the lowest fertility rates.

8 Poverty Reduction and Global Justice

According to the United Nations, the world's poorest countries will drive population growth during the next century.

Getting out of poverty is not just a fundamental human right, but it's also a critical way to reduce birth rates. Above all, the remedies aid in the reduction of poverty. Furthermore, lower child mortality due to better access to health care and economic opportunity leads to smaller family sizes. International aid, fair trade, and global justice are all strategies that can be used to help reduce the world's population to levels that are sustainable. A more equitable distribution of resources and a shift away from our harmful growth-based economic systems are essential for a brighter future for people and the world.

SELF-ASSESSMENT EXERCISE

Describe the impact of the following factors on Africa's overpopulation.

1. Women's Emancipation
2. Education

4.0 CONCLUSION

Educating the general public helps them understand the importance of having only one or two children at most. Similarly, education aids people in comprehending the most up-to-date technologies available for their use. Families with four or five children should be discouraged if they are going through a difficult time. Furthermore, effective birth control and family planning can assist women in determining their own reproductive decisions. During discussions on overpopulation, open conversation on abortion and voluntary sterilization should be promoted.

5.0 SUMMARY

You learned about the numerous methods for reducing overpopulation in Nigeria in this unit. These include girl-child education, women's empowerment, increasing public awareness of family planning, sex education, and tax breaks.

6.0 TUTOR-MARKED ASSIGNMENT

1. Explain four ways through which overpopulation could be curbed in Nigeria as a developing country on African continent.

7.0 REFERENCES/FURTHER READING

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UNIT 2 OVERVIEW OF FAMILY PLANNING IN NIGERIA

CONTENTS

- 1.0 Introduction
- 2.0 Objective
- 3.0 Main Content
 - 3.1 Family Planning Overview
 - 3.2 Benefits of Family Planning
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

The conceptualisation of population education, as well as the nature of population education are all covered in this unit.

2.0 OBJECTIVE

By the end of this unit, you will be able to:

- state how to curb overpopulation in Africa.

3.0 MAIN CONTENT

3.1 Family Planning Overview

One of the most effective measures to minimize maternal, new-born, and child mortality is through family planning. Family planning involves the use several available family planning methods in spacing child birth. Some of these methods include the use of injectables, hormonal pills, intra uterine devices, implant, sterilization, vasectomy and tubal ligation. It can lower maternal mortality by lowering the number of unplanned pregnancies, abortions, and the percentage of high-risk new-borns. Meeting women's needs for contemporary contraception is predicted to save one-quarter to one-third of all maternal fatalities, saving 140,000 to 150,000 lives every year.

Additional health, social, and economic benefits of family planning include reducing HIV transmission, promoting gender equality, reducing poverty, accelerating socio-economic development, and protecting the environment. 867 million (57%) of women of reproductive age in developing countries (including Nigeria) require contraception because they are sexually active but do not wish to have a child in the next two

years. Approximately 222 million (26%) of these people do not have access to modern contraception, resulting in a substantial unmet demand. Unmet family planning needs were added to the fifth Millennium Development Goal in 2006 as an indicator for tracking maternal health improvement.

According to the 2006 population census in Nigeria, there were 44,152,637 women of reproductive age at the time. According to the Nigerian Demographic and Health Survey (NDHS) 2013, just 15.1% of married women of reproductive age used any form of contraception. Ten percent of currently married women use a modern method of contraception, while 5% use other methods. Furthermore, in Nigeria, there is a considerable unmet demand for family planning, with 16 percent of married women having an unmet need for family planning (NDHS 2013).

3.2 The Advantages of Family Planning

I) Economic and social advantages

Women benefit from family planning because it lowers their health risks and provides them more control over their reproductive lives. Women can take advantage of education, job, and civic opportunities if they have better health and more control over their life. Families with fewer children are more likely to be able to send their children to school, and even girls have the opportunity to pursue higher education. As a result, their first marriage is generally postponed, and their years of fertility are limited. Being an employee has a number of advantages for them.

If parents' numbers are limited, it will not be difficult for them to clothe and nourish their children. Because the costs of caring for a small family are lower, they can save more and become self-sufficient. On addition, if the family is small, both the government and the family will invest less in social services. This will aid in the conservation of key resources, thereby contributing to the nation's economic prosperity (see fig1).

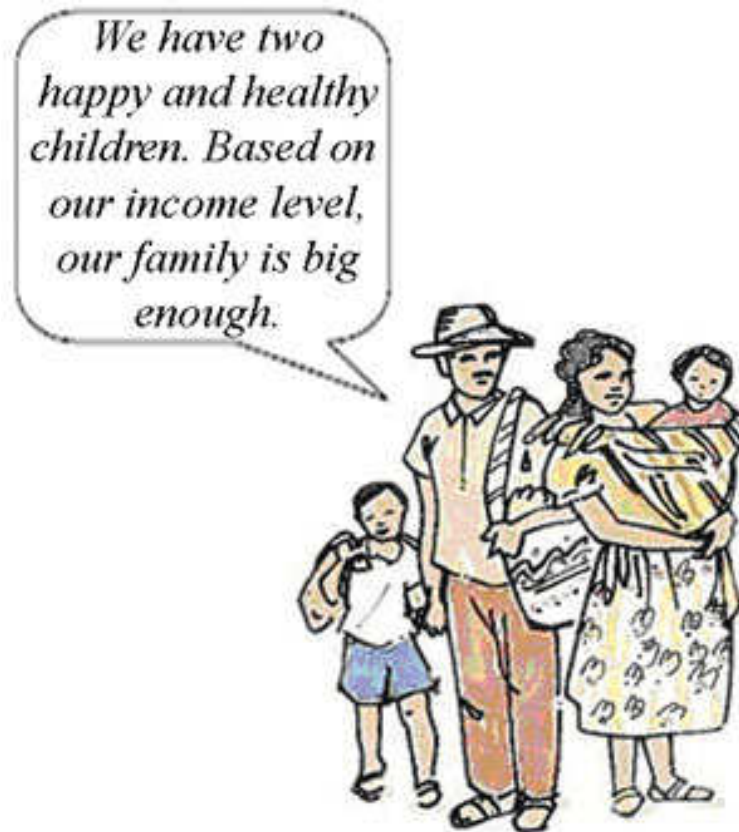


Figure 1: A contented family.

II) Benefits of Family Planning to mothers

By preventing undesired and high-risk births, contraception lowers maternal mortality and improves women's health. It contributes to a reduction in the number of unsafe abortions. Some contraceptives also aid in the improvement of women's health by lowering the risk of disease transmission and protecting them from certain cancers and other issues.

III) Avoiding pregnancies that are too early or too late:

When mums are at risk for difficulties due to their youth or elderly age, family planning can help them avoid pregnancy. Younger mums are at a higher risk of developing pregnancy-induced hypertension (high blood pressure). Again, older mothers who have had five or more children are more likely to experience uterine rupture during labour, which can result in significant vaginal haemorrhage and shock. In areas where emergency obstetric care is unavailable, these two age-related outcomes have been the primary causes of maternal mortality.

IV) Abortion prevention:

The majority of abortions occur as a result of an unwanted pregnancy, and inexperienced abortionists are responsible for a greater proportion of maternal deaths. Abortion is one of the top causes of maternal death in Nigeria. Eventually, family planning can assist moms in avoiding such high-risk behaviours.

Benefits to Children

Family planning has a direct impact on the health and development of children. Indirectly, it improves mother health, which benefits children's well-being and development. Youngsters who are adequately separated are more likely to be well-fed and healthy than children who are closely spaced. Mothers can care for their children with plenty of time and good health.

Benefits to the Nation

Family planning's usefulness in tackling a variety of difficulties in developing countries is now well recognized. The achievement of the Sustainable Development Goals hinges on family planning. As a result, achieving it correctly can help governments fulfil associated goals like education, especially for women and girls. If done correctly, it can help to prevent unwanted and high-risk pregnancies, which often result in the deaths of both the mother and the baby. It's also significant for other reasons. It can help to minimize women's dependency by providing them with greater work options. It can also help to slow down population increase. It can help to improve economic development when accompanied with a favourable political situation.

Contraceptives are the cornerstone of good family planning. However, various factors can influence how it is used. This covers both societal conventions and beliefs as well as couples' preferences and decisions. Myths and misconceptions play a part as well, such as the notion that those who use contraceptives suffer from health problems or irreversible infertility, or that contraceptives lower sexual desire while increasing promiscuity among women.

Low access to health-care facilities and society's patriarchal nature are also important issues. For the past ten years, Nigeria has made no progress in improving contraceptive use. Contraceptive use is quite low in the country. The main reason for the low uptake is because Understanding what we mean by knowledge, on the other hand, is crucial to solving Nigeria's dilemma. We all know that what people know has an impact on their behaviour. As a result, it is reasonable to conclude that contraceptive awareness is a significant predictor of

contraceptive use. It is reasonable to assume that the more people who are aware about contraceptives, the more likely they are to utilize them.

This is not the case, according to a 2013 Nigerian demographic health survey. A contraceptive method was known by 85 percent of women and 95 percent of men. However, just 15% of people were using it. Women who want to postpone or delay their pregnancies by not taking contraceptives have 16 percent of their requirements unmet. Nothing since the 2013 report suggests that the situation has improved. Nigeria's ongoing population rise, as well as maternal and newborn fatalities, demonstrate this.

The Gap

Knowing how to use contraception entails knowing at least one method. Female and male sterilisation, the pill, the intrauterine device (IUD), injectables, implants, male and female condoms, the diaphragm, foam/jelly, and the lactational amenorrhoea method are all modern contraceptive methods, whereas traditional methods include periodic abstinence and withdrawal.

A Nigerian woman or man between the ages of 15 and 49 knows approximately 5 of the 15 contraceptive techniques. Furthermore, the most commonly cited procedures were those with the largest pregnancy risks. The pill (71%) was the most commonly mentioned technique by women, which has a 9 percent failure rate and can result in nine unwanted births per hundred women each year.

The male condom (91 percent) was the most commonly mentioned option for men, with an 18 percent failure rate. In a year, this can result in 18 unwanted pregnancies for every 100 women. The long-acting reversible implants method, which can last between three and five years for women, is one of the least well-known procedures among both men and women in Nigeria. Implants have a failure rate of 0.05 percent. Only 17.9% of males and 24.7 percent of women were aware of it.

The Consequences

If present trends in contraception use and fertility continue, Nigeria's population will continue to rise enormously over the next 10 to 20 years. This will have far-reaching repercussions. Because of the age structure of exponential population increase, the population will be largely reliant, with few productive and more dependent people. In addition, health disparities will worsen. Already overburdened infrastructure will be strained, while growing urbanization will reduce service availability, posing new social and economic concerns.

Nigeria's family planning programs must be rethought immediately. It must, in particular, ensure that individuals are aware of the wide range of contraceptive options available, as well as the most effective varieties and how to obtain them.

A project like this should also try to reduce myths and misconceptions in the public's mind. Algeria has successfully closed family planning gaps by combining contraceptive availability, educational efforts, and collaboration with religious organizations. Only a determined effort can help Nigeria turn things around and close the knowledge gap.

SELF-ASSESSMENT EXERCISE

Explain two benefits of family planning to the mother and child.

4.0 CONCLUSION

Family planning is very important in making life easier for the mother, child and the nation at large. It involves spacing of children in order to allow for proper planning on the number of children.

5.0 SUMMARY

You learned about family planning and it's importance in this unit.

6.0 TUTOR MARKED ASSIGNMENT

1. What is family planning?
2. Explain the benefits of family to;
 - I. The mother
 - II. The child
 - III. The nation

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UNIT 3 METHODS OF TEACHING POPULATION EDUCATION

CONTENTS

- 1.0 Introduction
- 2.0 Objectives
- 3.0 Main Content
 - 3.1 Methods of Teaching Population Education
- 4.0 Conclusion
- 5.0 Summary
- 6.0 Tutor-Marked Assignment
- 7.0 References/Further Reading

1.0 INTRODUCTION

The methods of teaching population are very important as they determine to a large extent, the acceptability of its content. In this unit, you will learn the various methods of teaching population education including lecture method, demonstration method, discussion method, field trip, role play, etc.

2.0 OBJECTIVES

By the end of this unit, you will be able to:

- explain the various methods of teaching population education;
- identify the merits and demerits of various methods of population education
- discuss the importance of various methods of teaching population education.

3.0 MAIN CONTENT

3.1 Population Education Teaching Methods

The concept of population education arose as a result of the world's fast population rise. The fact that population growth has occurred all throughout the world is well recognized. Poverty and pollution are developing to a larger extent everywhere in the modern world as the population grows. The rapid rise of population makes it impossible to provide fundamental human requirements and degrades people's quality of life. As a result, all citizens must be mindful of the rapidly rising population. It is past time for us to comprehend the negative effects of overcrowding on quality of life. Malthus, the famed economist, was quoted in this regard.

Various Teaching Methods for Population Education

Population education is a new branch of research that tries to improve people's attitudes and behaviour patterns when it comes to population issues. Population education empowers people to make reasonable decisions about their own lives and the lives of others. Teaching population education can be done in a variety of ways. These strategies are critical for overcoming the challenges that arise with population education. Rapid population expansion is currently causing a slew of issues in society. As a result, people must exercise caution and be aware of the situation. People should also be aware of the effects of population growth. The many approaches of population education will be addressed in this section.

1. Observation

One of the most prevalent teaching approaches is observation. It's also known as a popular and straightforward approach of population education research. It is a method of social science study that entails direct observation of phenomena in their natural environments. It is the oldest kind of research that focuses on a variety of social problems or difficulties. In this method, the learner immediately observes the problem in order to collect data. There are numerous difficulties concerning population education, such as the small family norm, maternal and child health, illiteracy, and family planning, to name a few, and observation technique is quite effective in investigating such issues. As a result, the information acquired using this method is extremely accurate and trustworthy. Controlled observation, non-controlled observation, participant observation, and non-participant observation are examples of observation methodologies.

Controlled observation occurs when observation is carried out according to a pre-determined strategy that includes an experimental process. Non-controlled observation, on the other hand, takes place in natural settings and aids in obtaining a spontaneous image of life and people. The observer in participant observation becomes more or less one of the groups being observed. The observer will be in close proximity to the person being seen and may even engage in some activity with the person or group being observed. The observer in non-participant observation takes a stance that is not distracting to the group.

Advantages of the observation method:

1. The observation approach facilitates and directs the teaching-learning process.
2. It fosters social skills in kids such as cooperation, teamwork, and sympathy, among others.
3. This strategy can alleviate the routine and boredom of classroom instruction.
4. This strategy imprints the students' minds with a lasting image of the objects.
5. Students can use this strategy to satisfy their curiosity and observe reality on their own.

Disadvantages of observation methods:

1. Observation is a time-consuming and costly method.
2. This strategy is inappropriate for students in lower grades.
3. Specially trained teachers are required for the proper application of the observation method.
4. Parents may be hesitant to send their children for observation at times.

2. Role Play

In role plays, participants act out a real-life situation using their own experiences. Role plays, when done successfully, boost participants' self-esteem, allow them to understand or even experience empathy for other people's perspectives or positions, and usually conclude with practical answers, solutions, or suggestions.

Advantages

- 1) Role plays are helpful for experimenting with and developing interviewing skills, as well as assessing the intricacies and potential conflicts that can arise during group sessions.
- 2) They are good energisers and help participants consolidate different lessons in one setting.

Demerits

- 1) Role plays can be time-consuming, and their success is contingent on participants' willingness to participate actively.
- 2) Some trainees may find a role play to be overly vulnerable, scary, or humiliating. This apprehension can be alleviated right away by a thorough explanation of the goals and expected outcomes.

- 3) Some role plays can elicit significant emotions from the audience. As a result, it's critical to follow up a role play with a comprehensive debriefing. This gives the trainer and the participants the opportunity to raise and discuss new concerns.

3. Self-Study

Self-study is a population education strategy in which a student studies alone without the assistance of a teacher or trainer. In this strategy, the student is in charge of his or her own work. No one tells him or guides him in this regard. As a result, this strategy is referred to as "learning on your own." It is the most effective way since pupils have more independence in their study, which boosts self-esteem and responsibility. This strategy entails gathering data, processing it, and storing it. To properly use the self-study approach, the guide or teacher must exhibit the ability to study in front of the students. He should help them gather the materials and facilities they'll need to do the autonomous study.

Advantages of self-study:

1. The self-study technique helps pupils develop personality traits such as self-reliance, self-dependence, and self-confidence.
2. It encourages kids to be more creative.
3. It teaches students how to be systematic and structured.
4. It expands the students' mental horizons and intellectual capacity.
5. This strategy encourages students to make the most of their free time and expand their knowledge.
6. This strategy aids pupils in the study of any subject.

Advantages of the self-study strategy include:

1. There is no teacher or guide to help students remedy their mistakes.
2. The self-study strategy is not appropriate for lower-class students.
3. This strategy necessitates meticulous planning.
4. The approach cannot be carried out in the absence of a suitable atmosphere and facilities.
5. It is a waste of time and energy for students if they have no interest in toward self-study.

4. Discussion Method

The process of teaching and learning is a collaborative effort between teachers and students. Students take an active role in the learning

process when using this strategy. The discussion approach is a useful tool for identifying various issues in population education. It entails research and preparation, subject matter selection and arrangement, idea enhancement, and learning techniques. It is a method for making group decisions in a systematic way. Deliberation might take the form of a debate, a symposium, a panel discussion, or a conference, among other things. According to Johnson, the following topics will be discussed:

- A. The leader
 - B. The group
 - C. The problem
 - D. The content
- A. The Leader: In the discussion technique, the facilitator is the teacher. He is in charge of the discussion planning, topic selection, and organizing. The teacher's role as a leader is to steer the discussion and ensure that all members of the group engage.
 - B. The group: The leader may encourage all members of the group to participate actively in the conversation.
 - C. The problem: Both the teacher and the students should choose the topic or problem for discussion. The subject should be based on a real-life scenario.
 - D. The content: We must continually rely on facts and generalizations in this manner. Different points of view will be discussed in order to reach an agreement.

Having a Conversation

The instructor might lead the discussion or it can be done in groups. The goal in either scenario is to achieve the instructional objectives by allowing trainees to:-

- i) connect the lesson to relevant personal experiences or incidents that occurred in the workplace.
- ii) participate in the discussion by contributing ideas or personal viewpoints.
- iii) apply what they've learnt to real-life situations or to solve difficulties.
- iv) Summarize what they've learned.

Discussion guidelines:

1. Active involvement principle
2. The principle of freedom for work
3. Principle of group and actual participation

Advantages of the discussion method:

- i) Every member of the group has an equal opportunity to voice their thoughts on the topic of discussion during discussion. It aids in the development of linguistic expression.
- ii) The discussion approach is a group decision-making process.
- iii) Group members have arguments and rationally develop their points of view, which improves critical thinking and reasoning.
- iv) Discussion fosters the habit of tolerating others' viewpoints, understanding other points of view, and expressing one's own point of view in front of the group.
- v) The discussion technique aids in the development of a greater grasp of the numerous discussion subjects.

Advantages and disadvantages of the discussion method:

- i) This strategy does not provide members of the group with first hand experiences.
- ii) There is relatively little opportunity for students to practice reading and writing in this scenario.
- iii) The discussion approach takes a long time.
- iv) The group's members do not all contribute evenly to the debate.

Some kids lack self-assurance and are hesitant to communicate their feelings. As a result, the clever pupils may dominate and deny others the opportunity to succeed.

5. Methodology of Instruction

Another technique of teaching population education is the lecture method. It entails imparting knowledge in a spoken form. This strategy is primarily used by teachers at the higher levels of education. Students should be encouraged to ask questions in order to clear up their doubts. Maps, charts, models, pictures, and other visual aids should be used by the teacher. During his speech, he attempted to motivate the pupils. Students benefit from a well-prepared and presented lecture.

The lecture approach can be taught in lower classes through storytelling and interaction. In the classroom, a liberal and easy atmosphere is created, where students can openly ask questions of the teacher and therefore expand their knowledge.

This strategy takes the shape of a formal discourse or lecture at a higher level of education. To deliver in front of the students, the teacher should prepare a lecture on the specified themes. The teacher should be

confident in his delivery of the lecture and allow time for queries from his students. He should pay attention to the children in the classroom.

Advantages of the lecture method:

- j) The lecture technique is a particularly successful way of population teaching because it allows teachers to effectively encourage students.
- ii) A properly delivered lecture technique can clear up students' doubts.
- iii) This strategy can help students and teachers save time and energy. A teacher can present his material accurately and easily using this way.
- iv) The lecture approach can be applied to a variety of situations.

The teacher uses the lecture approach to present the key elements of the course.

Advantages of a lecture method:

- i) In the lecture approach, students are passive learners who are unable to fully participate in the learning scenario.
- ii) All lecturers are unable to conduct their lectures adequately.
- iii) The lecture method dulls and monotonizes the teaching–learning situation.
- iv) This strategy simply provides theoretical information.

6. Project Method

The project method can be used extremely effectively by teachers to teach pupils about population education. This method arose as a reaction to the theoretical, bookish, and disconnected approach to education. It stresses student participation and accountability. It entails examining all of the components of an issue and considering their potential solutions. The problem chosen for the project must be relevant to real-life situations. Kilpatrick, a well-known educator, defined education as "a whole-hearted purposeful action carried out in a social milieu."

The project method is based on a few fundamental ideas. The list is as follows:

- i) The principle of purpose
- ii) The principle of action
- iii) The principle of reality
- iv) The principle of experience
- v) The principle of freedom

vi) The principle of utility

Students are only interested in their work or learning if it has a purpose, includes activity, provides experience that is relevant to their daily lives, and gives them the freedom to conduct their job in a way that is valuable to them.

Project method steps:

There are a few stages to follow when performing a project method. The list is as follows:

- i) Creating an environment: The teacher must create an environment that encourages students to think about a project.
- ii) Project selection: Students choose a project with the assistance of their guide or teacher. The proposal should be based on a real-life scenario.
- iii) Planning: The students should now establish a plan for the project's execution. The project's duty should be distributed based on the participants' interests and abilities. For the project to be completed, proper cooperation is required.
- iv) Project Execution: Students complete the project under the supervision of their teacher or supervisor. While working on the project, the students engage in a variety of activities. They gain knowledge by doing things for themselves. It's practical and beneficial to them. Judging and evaluating: After the project is completed, the students gather to discuss and evaluate it.
- vi) Documentation: The students should preserve a record of the project's completion. They should keep a full record of the project's progress from start to finish. This will be advantageous in the future.

Advantages of the project method:

- i) The project approach is founded on Thorndike's three principles of learning: rules of exercise, laws of preparation, and laws of effect.
- ii) Because the pupils complete each stage independently, they gain self-confidence.
- iii) The project method fosters students' spirit of teamwork. iv) They are aware of the value of labor.
- v) The project provides students with practical experience.
- vi) The students will benefit from this strategy in their future preparation. The project method fosters a variety of attitudes in students, including teamwork, organization, correct pronunciation, speaking style, and self-awareness.

Project method disadvantages:

- i) Project method is costly. It necessitates a large amount of material.
- ii) Dominant pupils deny other students the opportunity to succeed. As a result, they are unable to fully participate.
- iii) A project's successful completion necessitates the use of a properly trained teacher. The project will not be able to achieve its goal without a qualified teacher.
- iv) The instructor's workload is excessively high in the project method, because the teacher is expected to guide each student individually. He is responsible for the project's overall success.
- v) The project method does not provide systematic knowledge. This method cannot supply the entire curriculum of a subject.

7. Assignment Method

In general, an assignment is a piece of work that is assigned to pupils for a specific amount of time. Because there is inadequate time in school to complete the entire prescribed syllabus in a timely manner. As a result, the task is required. It teaches the child to rely on his or her own abilities.

Assignment types include:

1. **Essays:** Essays are used to assess a student's understanding of a subject or topic as well as their ability to articulate it.
2. **Writing:** This form of assignment assesses a student's ability to innovate.
3. **Oral presentation:** Oral presentations are used to evaluate abilities, comprehension, and the capacity to organize information.
4. **Projects:** Students' creativity and ingenuity are assessed through projects.
5. **Group discussion:** Through group discussion, the instructor can assess the communication and cooperative skills of the students, as well as the quality of their leadership.

Assignment merits:

1. Assignments can pique students' interest and push them to study by generating interest and attention.
2. It encourages students to build self-study habits.
3. It has the potential to establish a contact between teachers and parents.
4. It assists pupils in accomplishing their objectives.
3. It helps kids build self-confidence and self-reliance.

4. The students' reading habits are developed as a result of the assignment.

Assignment disadvantages:

1. Assignment is a tedious and monotonous learning approach.
2. Too many homework assignments bore youngsters.
3. Some teachers fail to check the homework.
4. There is no provision for direct experience in the assignment technique.

8. Field Research

The most successful approach of providing first hand experience of things is field research. Students can correlate theoretical information with practical understanding using this strategy. They have the ability to gather first hand information about a subject. They can distinguish between theoretical information and real-life situations. For the field study to be successful, it must be meticulously organized. All members should be guided by the leader. After taking the trip, students will have a better understanding of the different effects of population expansion in society. They have a clear sense of the population problem thanks to their visual experience. The student must analyse the field research after it is completed, and recounting the experience in depth is also beneficial.

SELF-ASSESSMENT EXERCISE

1. Explain two approaches to teaching population education.

4.0 CONCLUSION

Several strategies can be used to improve population education comprehension. Some of these methods include, discussion methods, assignment methods, lecture methods, project methods, field study methods, and self study methods.

5.0 SUMMARY

You learned the methods of studying population education, such as the discussion method, assignment method, lecture method, project method, field study method, and self-study approach.

6.0 TUTOR-MARKED ASSIGNMENT

1. Explain six different techniques of teaching population education.
2. Explain the benefits and drawbacks of each strategy.

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Answers to SAEs

Module 6, Unit 1

Answer

1. **Women's Emancipation:** Women have more freedom to work whenever they wish in many wealthy countries. However, this is not the case in various nations around the world (for example, Nigeria), where many women are trapped in unpaid (and frequently very difficult) jobs such as housekeeping and subsistence farming plots. Many events in many wealthy countries have contributed to expanding women's equality, including women getting the ability to vote, work in factories, and do all of the tasks that were previously reserved for men. Women's independence has had a significant demographic impact by delaying childbearing age. Women are now far more likely to attend university and work for a few years before starting a family. As a result, there may be fewer children born per woman. This is due to the fact that women's fertility decreases as they become older.

2. **Education**

Education, without a doubt, has a critical influence in determining a country's birth and mortality rates, as well as its population growth rate. Simple health-related activities can help lower death rates, while family planning education can help reduce birth rates. Longer term, when education levels rise, people are more likely to have fewer children, allowing them to spend their resources on improving the lives of those few children. This implies that appropriate population education can have a significant impact on population maintenance and avoidance of overpopulation. However, a lack of education causes people to have as many children as they want, even if they are unable to care for them.

Module 6, Unit 2

Answer

To the mother

- I) **Avoiding pregnancies that are too early or too late:** When mums are at risk for difficulties due to their youth or elderly age, family planning can help them avoid pregnancy. Younger mums are at a higher risk of developing pregnancy-induced hypertension (high blood pressure). Again, older mothers who have had five or more children are more likely to experience

uterine rupture during labour, which can result in significant vaginal haemorrhage and shock. In areas where emergency obstetric care is unavailable, these two age-related outcomes have been the primary causes of maternal mortality.

II) Abortion prevention:

The majority of abortions occur as a result of an unwanted pregnancy, and inexperienced abortionists are responsible for a greater proportion of maternal deaths. Abortion is one of the top causes of maternal death in Nigeria. Eventually, family planning can assist moms in avoiding such high-risk behaviours.

Benefits to Children

- I) Family planning has a direct impact on the health and development of children.

Youngsters who are adequately separated are more likely to be well-fed and healthy than children who are closely spaced.

Module 6, Unit 3

Answers

- 3) An important technique of teaching population education is the lecture method. It entails imparting knowledge in a spoken form. This strategy is primarily used by teachers at the higher levels of education. Students should be encouraged to ask questions in order to clear up their doubts. To motivate pupils, the teacher should use maps, charts, models, pictures, and other visual aids in his lesson. Students benefit from a well-prepared and presented lecture.

The lecture approach can be taught in lower classes through storytelling and interaction. In the classroom, a liberal and easy atmosphere is created, where students can openly ask questions of the teacher and therefore expand their knowledge. This strategy takes the shape of a formal discourse or lecture at a higher level of education. To deliver in front of the students, the teacher should prepare a lecture on the specified themes. The teacher should be confident in his delivery of the lecture and allow time for queries from his students. He should pay attention to the children in the classroom.

Advantages of lecture method:

I The lecture technique is a particularly successful way of population teaching because it allows teachers to effectively encourage students.

- ii) A properly delivered lecture technique can clear up students' doubts.
- iii) This strategy can help students and teachers save time and energy. A teacher can present his material accurately and easily using this way.

Advantages of lecture technique I In the lecture approach, students are passive learners who are unable to fully participate in the learning scenario.

- ii) All lecturers are unable to conduct their lectures adequately.
- iii) The lecture method dulls and monotonizes the teaching–learning situation.
- iv) This strategy simply provides theoretical information.

2. Field Research

The most effective approach of obtaining information is through a field research. Research in the Field. Students can correlate theoretical information with practical understanding using this strategy. They have the ability to gather first-hand information about a subject. They can distinguish between theoretical information and real-life situations. For the field study to be successful, it must be meticulously organized. All members should be guided by the leader. After taking the trip, students will have a better understanding of the different effects of population expansion in society. They have a clear sense of the population problem thanks to their visual experience. The student must analyse the field research after it is completed, and recounting the experience in depth is also beneficial.