



# POPULATION RESEARCH CENTER

## FORMAN CHRISTIAN COLLEGE

(A CHARTERED UNIVERSITY)



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# NEWSLETTER

BIANNUAL - JULY - DECEMBER, 2021

4<sup>TH</sup> EDITION

## RESEARCH PUBLICATION

*“Determinants of Physical, Psychological and social well-being in older adults residing in senior care facilities and implications for practice”*

The PRC research paper titled “Determinants of Physical, Psychological and social well-being in older adults residing in senior care facilities and implications for practice” is submitted to BMC Geriatrics . The study investigated the effect of relocation autonomy, loneliness, and satisfaction with service quality along with socio-demographic variables on physical, psychological, and social well-being of older residents living in 18 senior care facilities of Punjab, Pakistan (n = 270) by using a structured interview questionnaire. Data was analyzed through SPSS (v. 25). The results of Multiple Linear Regression analyses showed that the models predicting physical ( $R^2 = .579$ ), psychological ( $R^2 = .654$ ), and social well-being ( $R^2 = .615$ ) were statistically significant ( $p < .001$ ). Loneliness significantly predicted physical ( $b = - 0.14$ ,  $p = .005$ ), psychological ( $b = - 0.19$ ,  $p < .001$ ), and social ( $b = - 0.36$ ,  $p < .001$ ) well-being. Control over relocation process significantly predicted physical ( $b = 0.56$ ,  $p < .001$ ) and psychological ( $b = 0.36$ ,  $p < .001$ ) well-being. The study recommends that interventions such as mandating relocation support programs, increasing therapeutic interventions such as reminiscence therapy, training staff members to attend to the needs of older adults, and mobilizing local community engagement can improve the physical, psychological, and social well-being of older adults living in old age homes and other senior care facilities.

## HIGH LIGHTS

- Research Publication
- International Institutional Linkages
- Workshop on Asian Demographic and Human Capital Projection
- Meeting with the Ministry of Planning, Development and Special Initiatives Government of Pakistan
- Collaboration with Population Council and its Partners
- Certification Program in Demography and Population Studies
- Academic Conference on Opportunities and threats: Population growth and the way ahead
- Workshop on “Data Analysis using SPSS”



*“ Population Growth is the primary source of environmental change*

*-Jacques Yves Cousteau*

*“Research is creating new knowledge” - Neil Armstrong*



“Population, when unchecked, increases in a geometrical ratio” Thomas Malthus

### WORKSHOP ON ASIAN DEMOGRAPHIC AND HUMAN CAPITAL PROJECTION

PRC has been added in the Multidimensional Demographic Modeling (MDM) research group. PRC participated in a workshop being organized by Asian Demographic Research Institute – International Institute for Applied Systems Analysis (ADRI – IIASA) on the 17th of September 2021. It was attended by demography experts from 11 country teams. This is a project headed by Dr. Samir KC, who is heading a demographic pillar at ADRI (ADRI is directed by Dr. Leiwen Jiang, *Senior Associate, Population Council, New York, and Professor and founding director of the Asian Demographic Research Institute (ADRI) Shanghai University*). Dr Samir is also working at the Vienna Institute of Demography, so he is representing both these institutes.

### MEETING WITH THE MINISTRY OF PLANNING, DEVELOPMENT AND SPECIAL INITIATIVES GOVERNMENT OF PAKISTAN

PRC had a meeting with the Ministry of Planning, Development and Special Initiatives on 26th October, to discuss and deliberate on making headways with reference to accurate demographic data collection and analysis for informed and efficient policy making. It was discussed that this initiative should lead to the development of data repository. All relevant demography related data that has been collected by relevant government departments and (government, semi-government and private) demography and population research institutes could be stored in the repository and made publically available. Once the data repository is established then possibilities of developing a consensus on a national research agenda that collates available data to policy questions, through the present form could be explored leading to collaborative research at the national level.

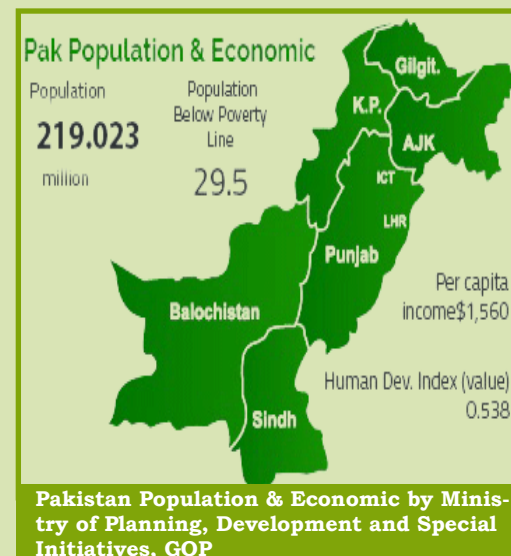
### COLLABORATION WITH POPULATION COUNCIL AND ITS PARTNERS

PRC signed a letter of support/ collaboration with the Population Council and its partners on submitting research proposal focusing on initiative around. The anticipated capacity building activities will include but are not limited to organizing training workshops, conducting research studies, preparing peer reviewed publications etc.

### INTERNATIONAL INSTITUTIONAL LINKAGES

With the help of the Population Council, PRC established contact with and is in process of exploring areas for mutual collaboration with the following international research institutions:

- University of Hong Kong, Department of Sociology
- Center for Family and Population Research, National University of Singapore
- National Institute of Demographic Studies, Paris
- Max Planck Institute of Demographic Research







## CERTIFICATION PROGRAM IN DEMOGRAPHY AND POPULATION STUDIES

The Population Research Center (PRC) launched its certification program in “Demography and Population Studies” in Fall 21 for baccalaureate students at FCCU. The certification program requires students to take a total of four courses in preferably in one academic year (two in each semester). Students are required to take a total of four selected courses (3 CH each) to complete the certification (total: 12 CH).

One 100/200 level course was selected to be included in the certification program from each of the following departments: Economics, Geography, Statistics and Sociology. The courses were selected on the basis of their relevance to the overall theme of the certification program. Students can complete the certification program in one academic year by enrolling for two courses in FALL and two courses in SPRING, every year.

The list of the courses included in the certification program is provided below:

- Sociology SOCL110- Introduction to Demography
- Statistics STAT103-Quantitative Methods in Social Sciences
- Economics ECON210- Population Economics
- Geography GEOG220 - Human Domains of Geography

Students taking the four courses will be able to concurrently claim these CHs as counting toward their major, minor or general elective course requirements.

As part of the certification program, students will be provided multiple opportunities in the form of workshops and seminars that will help them understand and connect the concepts learned in these courses with their real-world application. The tentative list of workshops and seminars that will be offered in the 2022 fall semester is provided below:

- One-day Workshop: Quantitative research methodologies using SPSS
- One-day Workshop: Introduction to STATA
- Seminar on Population dynamics

## ACADEMIC CONFERENCE ON OPPORTUNITIES AND THREATS: POPULATION GROWTH AND THE WAY AHEAD

The day-long event was titled “Opportunities and threats: Population growth and the way ahead”. The event was held on the 02<sup>nd</sup> of December, 2021. The event was divided into two sessions. In the first session, a panel discussion was held, which included international and national experts in the field of demography and population studies. The second session of the conference comprised of the original research paper presentations (a total of 4 papers were presented). The central theme of the panel discussion was "the relationship between population growth and socio-economic and political development by reviewing and assessing the challenges and opportunities, in order to design the strategies for overcoming population growth related issues." At the beginning of the discussion each panelist and paper presenter were requested to share their thoughts or their research on the topic of the day. This was followed by a discussion session and a Q & A session.



The list of experts who participated in the panel discussion is as follows:

<b>PANEL 1</b>	
Dr. Zeba Sathar - Senior Associate & Country Director, Population Council, Pakistan	Chair Panelist
Dr. Gavin Jones - Emeritus Professor – Australian National University	Topic: Main population challenges facing Pakistan
Prof. Eric Fong - Professor, Chair and Head, Department of Sociology, The University of Hong Kong	Topic: Opportunities and Challenges: Migration among East and Southeast Asian Economies
Dr. Ghulam Muhammad Arif - President , Population Association of Pakistan	Topic: Internal Migration Patterns in Pakistan : Implications for Socio-Economic Development
Dr. Minhaj A. Qiqwai - Research Consultant at the Department of Community Health Sciences- Aga Khan University	Topic: Public Health Policy and Disease Control
<b>PANEL 2</b>	
Dr. Farid Midhet - Professor and Chair of Public Health Department at Iqra University Karachi	Topic: Pakistan's population explosion- its causes and consequences
Dr. Nasra Shah - Professor, Lahore School of Economics	Topic: International Labor Migration from Pakistan: A Safety Valve or a Slippery Slope?
Ms. Shahnaz Wazir Ali -President - SZABIST	Topic: Issues of Population, education and workforce
Mr. Muqaddar Shah - Programme Analyst UN-FPA	Topic: High population growth rate and its linkages with development sectors including economy, climate change and women empowerment
Ms. Saima Bashir - Senior Research Demographer, PIDE	Topic: Who wants a child? Couples' fertility preferences, women's education and contraceptive use in Pakistan

The proceedings of the event were recorded and are available on YouTube: <https://youtu.be/Vv1SyKzv0Kc>

The PRC will also be publishing the proceedings of the event in the shape of a booklet which will be disseminated to all concerned government departments, universities and research centers. A soft copy of the booklet will also be made publically available.



“ Population Explosion, Leads To Starvation ”





**L to R:** Dr. M. Vaqas Ali, Dr. Sikandar Hayat, Dr. Jonathan S. Addleton, Dr. Zeba Sathar, Dr. Gavin Jones, Dr. Eric Fong, Dr. Ghulam M. Arif.



**L to R:** Dr. Minhaj A. Qidwai, Dr. Ali, Dr. Farid Midhet, Dr. Nasra Shah, Ms. Shahnaz Wazir, Mr. Muqqadar Shah, Ms. Saima Bashir



**L to R:** Dr. Sara Rizvi, Dr. Alamgir, Dr. Khadija Shakrullah, Dr. Ali Bhatii, Dr. Iram Naseer, Dr. Jamal Abdul Nasir, Mr. Sher Khan

## PAPER PRESENTERS

### Mr. Syed M. Asim Alamgir

Associate professor, Department of Statistics, University of Peshawar

*Topic: A Comparative study of the Determinants of Socio-Economic and Demographics Factors of the Child malnutrition in South Asian Countries*

### Ms. Iram Naseer Ahmad

Assistant Professor of History, Department of History & Pakistan Studies, FCCU

*Topic: Environmental Challenges and Green economy; A Case Study of South Asia*

### Mr. Jamal Abdul Nasir

Chairperson, Department of Statistics, Government College University, Lhr

*Topic: Population Growth and Demographic Dividend in South Asia*

### Mr. Sher Khan

M.Phil, Quaid-i-Azam University, Islamabad

*Topic: Toward Economic Growth without Emissions Growth: The Role of Urbanization & Industrialization in Pakistan*



## PRC ORGANIZED A WORKSHOP TITLED “DATA ANALYSIS USING SPSS”

The PRC organized an online workshop on Data Analysis Using SPSS on 29th January 2022. Dr. Anwar Mughal, Assistant Professor, Department of Statistics, FCCU was the facilitator of the workshop. The workshop was open to all FCCU students however, participation in the workshop was mandatory for all students registered in the PRC Certification Program. The workshop was divided into two sessions.

The workshop had a hands-on learning format and participants applied newly learned analysis techniques to a mock dataset after demonstration by the facilitator.

*In the first session Dr. Mughal covered the following topics:*

- Identification of variables and its types
- Creating datasheet on SPSS / Coding and creating datasheet
- Introduction to basic graphical charts (pie-charts, bar charts, etc.)
- Data entry demonstration on SPSS sheet
- Basic descriptive analysis of extreme data.

*In the second session Dr. Mughal covered the following topics:*

- Testing reliability of study instrument and calculating scores
- Understanding framework of study
- Descriptive Statistics of the data
- Regression analysis
- Cross-tabulation and Chi-square techniques of independence
- Correlation analysis
- T-test application
- ANOVA



Dr. Anwar Mughal - Assistant Professor

## PRC WELCOMES DR. SARA RIZVI JAFREE AS NEW MEMBER OF PRC ADVISORY BOARD

**Dr. Sara Rizvi Jafree**

*Chairperson & Associate Professor*

*Department of Sociology*

*Ph.D. & MPhil (Institute of Social and Cultural Studies, University of Punjab, PK)*

*BSc Honors (London School of Economics and Political Science, UK)*



Dr. Jafree's areas of interest lie in public health, minority studies, and social policy development. She has received funding for projects related to microfinance poverty alleviation, intergenerational learning between the elderly and youth, and digital health literacy access for women at the primary healthcare level. She is currently pursuing an online Post-Doctorate Fellowship from the University of Oxford, UK, and planning to write her next book on Social Policy. Dr. Jafree is also working on a multifaceted nationwide project related to COVID-19 and its effect on maternal health indicators.



## PRC PARTNERS



## CONTACT US

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## MEET THE PRC TEAM MEMBER



Ms. Syeda Zain Fatima Shamsi is currently working with Population Research Center as an Administrative Assistant. She joined PRC in March 2020. Ms. Fatima has done M. Phil in Business Administration from Kinnaird College for Women Lahore. She has also completed her degree in Law from IUB in 2021. She has 7 years of working experience in administration, project management, coordination, organizing and report writing. Previously, she has worked with Sports Board Punjab as an Assistant Manager (Coordination) and as a Research Associate in Lahore University of Management Sciences. She has strong administrative skills, good communication and ability to manage a team. Ms. Fatima has interest in reading, writing, travelling and playing badminton.



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