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Urbanization and Infrastructure Development in Pakistan: Assessing the Challenges of Sustainable Growth

Abstract

This research examines the infrastructure problems that urbanize fast in Pakistan with a special focus on Karachi Lahore and Islamabad. Cities in Pakistan are growing rapidly which creates enormous demand for basic services and runs ahead of building new infrastructure. Research shows urban planning problems and funding shortages result from poor governance to create proper infrastructure. The analysis shows that applying eco-friendly technology plus smarter urban design with transportation improvements offers proven ways to tackle these problems. Interviews and research results indicate that Pakistan's urban infrastructure problems make life harder for city residents. The research supports planning improvements and renewable energy support to create a more sustainable urban environment in Pakistan.

Keywords: Urbanization, Infrastructure, Sustainable Development, Green Technologies, Urban Planning, Pakistan, Public Transportation

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Abstract

This research examines the infrastructure problems that urbanize fast in Pakistan with a special focus on Karachi Lahore and Islamabad. Cities in Pakistan are growing rapidly which creates enormous demand for basic services and runs ahead of building new infrastructure. Research shows urban planning problems and funding shortages result from poor governance to create proper infrastructure. The analysis shows that applying eco-friendly technology plus smarter urban design with transportation improvements offers proven ways to tackle these problems. Interviews and research results indicate that Pakistan's urban infrastructure problems make life harder for city residents. The research supports planning improvements and renewable energy support to create a more sustainable urban environment in Pakistan.

Keywords: Urbanization, Infrastructure, Sustainable Development, Green Technologies, Urban Planning, Pakistan, Public Transportation

Introduction

The Pakistani demographic experienced rapid urbanization throughout recent decades because of population expansion and both socioeconomic

transformations and the continuous migration from rural to urban areas. Several developing countries share the same urbanization patterns as Pakistan. The rapid urbanization of Pakistan faces distinct issues because it requires improved infrastructure as well as



lasting sustainable practices (Farooq et al., 2024). Induction of economic growth through urbanization creates new professional job possibilities but simultaneously damages urban infrastructure network components. Fast-growing urban populations alongside an insufficient infrastructure base create various problems that use up resources while leading to population density increase eco-deterioration and diminished living conditions for city dwellers.

The cities of Karachi along with Lahore and Islamabad serve as economic and social activity centers in Pakistan. The urban population of Pakistan currently stands at 40% and researchers predict this number continue growing during future decades. The transformation of Pakistan's demographic profile mostly results from citizens pursuing improved job opportunities together with better healthcare education access and perks associated with urban existence. Urban growth at this rate has produced multiple substantial difficulties especially regarding infrastructure development (Shao et al., 2021). The growing size of urban areas created overwhelming requirements for basic services such as water, sanitation, transportation, housing, and energy which exceeded the ability of local government and authorities to manage.

The main challenge for infrastructure development in Pakistan stems from insufficient urban planning practices. Urban growth in numerous cities proceeds as a disconnected operation leading to chaotic expansion while informal housing areas emerge as a consequence. The uncontrolled spread of cities has caused land usage inefficiencies combined with traffic jams and difficulties in delivering essential services including garbage disposal, water supply, and electric power services. Urban poor populations experience the brunt of these deficiencies when they have to survive in densely populated settlements that lack dependable infrastructure. The existing social inequalities become worse when these disparities appear which prevents sustainable development (Sovacool et al., 2022).

Cities are facing major problems with their transportation systems which run throughout urban areas. The expansion of cities leads to greater demands

for movement yet Pakistan faces problems in developing its urban transportation infrastructure. The majority of urban areas do not provide dependable public transport capabilities that can transport people efficiently throughout their populated zones (Ceder et al., 2021). Urban traffic congestion occurs every day in major metropolitan areas which produces more contamination, extends travel durations, and diminishes work efficiency. When public transport fails to provide safe sustainable options people usually choose their personal cars which leads to deeper problems of traffic blockage and environmental contamination. Public transportation infrastructure which includes metro systems and bus rapid transit (BRT) corridors receives insufficient investment which prevents city residents from securing alternative transportation options thus obstructing urban sustainability goals.

The city faces essential problems in managing its water supply and dealing with waste products. Cities grow too rapidly which leads to serious strain on their existing water infrastructure. Water resources in urban regions have measurable boundaries which result in shortages of groundwater supply due to excessive extraction and industrial disposal of wastewater. This situation causes damage to both water quality and availability for urban residents. The urban areas in Pakistan experience dual challenges of limited water resources along with insufficient waste management practices. The lack of proper waste disposal management together with insufficient recycling installations has produced massive amounts of accumulated waste visible in streets and drains as well as public spaces. The situation leads to multiple health threats while simultaneously damaging environmental health (Xu et al., 2022).

The lack of energy resources acts as a major obstruction to metropolitan development and sustainable practices. The power grid in many urban areas of Pakistan remains inefficient because it combines dated systems with increasing energy requirements during times of erratic power supply. Power outages during frequent periods and load-shedding events create problems for all citizens and both residential neighborhoods and industrial

operations. The country depends too much on fossil resources to generate power while this policy leads both to atmospheric contamination and climatic disruption. The essential requirement for sustainable urban energy requirements demonstrates the necessity to enhance energy source variety through renewable additions such as solar and wind power (Hoang et al., 2021).

The process of urbanization in Pakistan creates unavoidable destruction to the environment. The growing city boundaries press into natural areas including forests and agricultural regions therefore diminishing climate change defense capabilities. Modern urban areas are experiencing more frequent occurrences of urban heat islands since human activities make cities noticeably hotter than surrounding rural spaces. Greenhouse gas emissions created by vehicles and industrial facilities together with building operations cause both air pollution and global warming. Urban entities worldwide experience rising risks from climate-connected emergencies that include floods coupled with heatwaves and droughts. Existing climate-unprepared infrastructure systems create additional problems by increasing city exposure to environmental emergency events.

The increasing housing shortage and the inability to offer affordable and suitable real estate have worsened because of Pakistan's urban growth. Housing shortages in major cities lead numerous citizens to reside in informal residential settlements whereas they should inhabit proper housing solutions. Inhabitants of these regions suffer from substandard life quality due to their lack of basic resources such as road systems and access to clean water and proper sanitation and electrical power services (Mncube et al., 2023). Both the state along with private sector lack the capability to meet the expanding demand for affordable housing which has resulted in a proliferation of substandard housing and increased formal sector development alongside worsening urban infrastructure conditions.

The problems caused by urbanization in Pakistan intensify because of inadequate governance along with scarce monetary resources. Urban

administrations struggle to manage infrastructure effectively due to their inadequate technical skills together with funding difficulties and impaired political momentum toward improvement. The country faces developmental issues because of corrupt practices, ineffective public finances, and insufficient plans for long-term development (Kuipers et al., 2022). Urban areas experience implementation delays due to an ineffective framework between provincial, local, and federal governments throughout Pakistan which interferes with resource allocation. Poor governance capacity interferes with initiatives to meet different urban population needs.

The government of Pakistan must develop complete urban planning strategies that put economic development together with environmental sustainability and social equity practices at their core for achieving sustainable urban expansion. Green spaces be made as part of a plan that also includes energy-efficient buildings along with efficient public transport infrastructure and sustainable waste management systems. The immediate requirement exists for both improved water management and climate-resilient infrastructure development to defend urban areas from climate change effects.

Urban infrastructure needs to incorporate renewable power systems because this integration helps Pakistan decrease its fossil fuel dependence while building a sustainable energy system for the future. Solar energy combined with wind power demonstrates specific potential in Pakistan because they both enable the lowering of urban environmental impacts while solving the energy challenge. Smart city development enabled by technology would lead to enhanced management of infrastructure systems improved service delivery and better urban governance.

The urbanization trend in Pakistan presents multiple beneficial prospects together with active difficulties. The fast growth of cities across the country creates severe pressure on infrastructure systems while worsening conditions regarding water shortages and waste disposal as well as power outages and transportation delays. The successful resolution of these difficulties needs detailed collaboration between

public sector organizations private corporations and civil organizations. Only by developing a package of sustainable urbanization strategies that incorporate planning alongside infrastructure advancement and environmental technology use we succeed. Pakistan establishes livable and equitable urban centers with environmentally responsible characteristics by adopting sustainable practices to benefit future generations (Farooq et al., 2024).

Over the years, there has been a significant increase in the rate of urbanization in Pakistan; therefore it is very important to resolve challenges emerging from infrastructure development. In order to address the occurrences of infrastructure as a result of urbanization, this research study aims to achieve four objectives as follows. First, it seeks to analyze whether fast-paced urbanization helped in providing infrastructure development to the major cities of Pakistan. Therefore, with relation to the purpose of determining the growing needs of the infrastructures such as population, congestion, traffic infrastructure, water, sanitation, and energy this study tries to establish the changing needs of the facilities. Secondly, this study seeks to establish the main issues affecting the provision of sustainable infrastructures common of which are; the dearth of planning and design, inadequate funding, poor governance, and environmental issues. The third goal is to examine the urban planning policies to understand how they address infrastructural lacks, how well the current policies work in controlling the growth of the urban areas, and how they handle infraction dilemmas. Last but not least, there are avenues to look at possibilities of solutions and strategies for effective infrastructural development and green solutions that can foster the sustainable development of cities.

Literature Review

Cities have undergone development due to globalization patterns which generate positive yet negative outcomes. Rapid urbanization in Pakistan stands as one of the most accelerated trends in the country despite the intense challenges that result from rapid urban center expansion (Farooq et al., 2024). The purpose of this literature review is to investigate

critical urbanization together with infrastructure development aspects within Pakistan specifically regarding obstacles in achieving environmentally conscious urban expansion. The research evaluates components like urban planning and transportation alongside water supply and energy alongside environmental effects and housing developments which directly support the development of sustainable cities.

Rural-to-urban migration in Pakistan occurred mainly because people moved to urban areas for improved economic prospects together with better access to education and healthcare facilities. Rural-to-urban migration keeps accelerating because population growth along with agricultural productivity decrease and city-based economic prospects push people to move. An extensive wave of people leaving rural areas now sustains uncommon population expansion throughout Karachi and Islamabad alongside Lahore. The country experiences national progress through economic business activities concentrated in these urban centers (Liang et al., 2021).

The changing demographic structure now puts intense stress on city-based infrastructure systems. Cities extend in size more rapidly than their essential infrastructure can develop causing both more traffic congestion and insufficient housing alongside overstretched municipal services. The continuous expansion of urban populations requires effective planning and resource management to become more essential. Urban Pakistan faces a serious problem because its infrastructure has not been developed enough (Ahmed et al., 2021). Economic growth from urbanization creates excess demand which exceeds the availability of necessary supporting infrastructure. The impediments to successful infrastructure development stem mainly from bad urban planning combined with insufficient funding alongside inefficient resource management practices.

Different government levels at the federal, provincial, and local levels have failed to work together which resulted in cities being built without proper coordination. Urban sprawl now represents a common urban pattern that results in wasteful land

utilization and continues to increase inappropriate residential districts known as slums. The regions suffer from missing vital amenities including water and sewerage facilities besides electricity access and street infrastructure. Social inequality in urban areas has amplified because informal settlements expanded significantly when developers lacked proper infrastructure planning methods (Scheba et al., 2021).

The development of transportation infrastructure stands as a major issue for the cities of Pakistan. Rapid urbanization leads to traffic congestion as an obvious outcome that mainly affects Karachi and Lahore along with other large cities. Traffic congestion happens because inadequate public transport systems coexist with poor road maintenance and widespread reliance on private automobiles. This produces substantial commute delays along with jammed roads at intersections. The analysis demonstrates how traffic congestion simultaneously decreases productivity while making pollution worse and producing environmental changes.

Few urban areas lack proper public transportation infrastructure and most of the existing systems need upgrading. The implemented systems handle growing demand unsatisfactorily because of their ineffective management. People have limited ways to travel in such situations which increases their reliance on personal automobiles along with unregulated transport services. The necessity of building sustainable and efficient public transport networks has risen progressively because cities continue to expand. The development of urban Pakistan depends strongly on water supply and sanitary infrastructure systems (Hussain et al., 2024). The fast-paced rate of urban development has produced a major growth in the demand for water. Current water infrastructure in various cities fails to support population growth since their outdated systems are not sufficient for the rising population. Quantities of accessible water have risen during recent times in dry regions because urban areas have difficulties sustaining their water delivery networks.

Water pollution occupies a primary position as a crucial urban issue because contaminant waste from industrial regions commonly causes damage to rivers

and additional water sources. The pollutant contamination of water reserves leads to public health emergencies while simultaneously intensifying the lack of water access. Water scarcity worsens because cities lack proper sewage systems and insufficient waste management practices operate together with inadequate water treatment facilities. Water scarcity solutions together with better sanitation remain slow because poor infrastructure funding hinders progress (Ssekyanzi et al., 2024). The improper system of sewage waste disposal found throughout many urban zones causes diseases to spread while degrading the environment. The water-related challenges of urban Pakistan require immediate resolution through water management solutions including rainwater collection and wastewater purification and sustainable water practice development.

Great energy supply difficulties plague the urban regions throughout Pakistan. The energy crisis in the nation persists as regular power outages affect numerous areas across the country. Power outages together with load shedding are regular occurrences throughout urban communities that affect domestic properties and industrial facilities. The present-day energy infrastructure operates below optimal standards and ineffective practices because power generation primarily depends on fossil fuels thus causing enhanced environmental degradation.

Energy requirements of cities which grow at a rapid pace create even greater challenges to the power-sourcing infrastructure. Urban energy-intensive industries create excessive pressure that degrades the power distribution system in addition to residential energy demands. The energy sector in Pakistan requires a modern upgrade to integrate renewable energy sources that help supply sustainable power to expanding urban areas including solar, wind, and hydroelectric power (Ahmad et al., 2022).

The rapid development of cities in Pakistan has brought substantial ecological problems to the nation. The fast-growing urban development process leads to the disappearance of natural areas encroachment of farming territory and escalating pollution in air and water. Urbanization leads to substantial depletion of natural resources and extends its damage to worsen

climate change implications in the environment. Cities remain highly susceptible to climate change because bad urban planning together with insufficient climate-resistant systems heightens the risks for incidents like floods intense heatwaves and occasional droughts. Urban areas across Pakistan maintain poor air conditions because industrial contaminations combine with emissions from vehicles and the effects of construction activities. Research shows that urban air contamination has stimulated respiratory disease incidents along with various health complications (Grigorieva et al., [2021](#)). The environment requires sustainable development practices including green building structures and waste reduction alongside clean energy technology advancement because of urbanization impacts.

The development of accessible housing stands as a fundamental problem that affects residents of urban Pakistan. Urban populations keep increasing so rapidly that the housing crisis expands which pushes people into living in unauthorized settlements. The facilities built through these settlements serve as housing for millions but they do not receive essential services or proper infrastructure. The poor living arrangements which combine overcrowded homes with nonexistent sanitation services create health risks that decrease both quality of life and personal well-being. The spread of urban expansion has created new slums together with unlawful residential areas near city boundaries (Henderson et al., [2021](#)). The lack of official urban planning protects these areas from receiving basic utility services including electricity supply, water services, and waste management resources. The provision of affordable housing remains restricted because of budget shortages together with political resistance and ineffective governmental policies.

The literature reveals different obstacles that result from the combination of urbanization with infrastructure development across Pakistan's territory. The fast-growing population of cities amburgedled tremendous challenges to national infrastructure which produces deficiencies in the delivery of basic service networks including transportation and water supply, sanitation, power distribution, and housing.

The challenges worsen because Pakistan suffers from poor urban planning and budget constraints alongside weak governmental leadership. The country needs to concentrate on sustainable urban development through advanced strategic planning and investments in strong infrastructure along with green innovation adoption. The nation needs constant collaboration between different organizations to develop cities that function economically while protecting the environment (Ren et al., [2021](#)).

Hypothesis

1. H1: Rapid urbanization in Pakistan leads to significant strain on urban infrastructure, causing inefficiencies in services such as water supply, transportation, sanitation, and energy provision.
2. H2: The lack of comprehensive and coordinated urban planning is a major barrier to sustainable infrastructure development in urban areas of Pakistan.
3. H3: Implementing green technologies and sustainable urban planning strategies can mitigate the challenges associated with infrastructure deficits in Pakistan's urban areas.
4. H4: The adoption of innovative public transportation systems and energy-efficient infrastructure significantly reduces traffic congestion and power shortages in rapidly growing urban centers of Pakistan.

Methodology

My research design integrates both quality and number-based methods to study urban growth and infrastructure problems in Pakistan. The research design helps the researcher better understand urban challenges and develop sustainable solutions for infrastructure development. This text covers all research design elements including my research methods, sample selection method, how I analyze data, iaux, and ethical approval for research.

Research Design

Our research plan combines description and examination to understand infrastructure problems.

Our research examines present urban infrastructure conditions in Pakistan as it studies the reasons behind infrastructure decline. The research combines information from original and pre-existing resources to study the rapidly urbanized Pakistani cities of Karachi, Lahore, and Islamabad. The research examines how different Pakistani cities manage their infrastructure systems and urban planning to locate sustainable development paths.

Data Collection Methods

Our research combines both feedback and numbers to collect complete information from various types of sources.

Primary Data Collection

An established survey asks questions about infrastructure issues to many types of people in different urban areas across Pakistan. The research tool examines essential issues surrounding water, sanitation, transportation, electric power, and homes in infrastructure systems. The participants need to score present infrastructure performance levels while recognizing challenges and suggesting possible fixes. The survey needs to go to a group of people from every part of the city population to give everyone in the studied communities a fair chance to answer.

Our team holds semi-structured interviews with government personnel urban planners, and infrastructure specialists plus officials from NGOs that work with cities. Our interviews with experts give detailed information about the problems and opportunities of Pakistan's urban infrastructure system. Through interviews, the researcher can learn from participants about their thoughts on government policies related to urban growth and discover how to develop better management practices for sustainable urban development.

We organize discussion groups with community members from many urban neighborhoods to study how they experience infrastructure problems. Participants benefit from discussions that permit them to share how they use essential infrastructure features like water supply, transportation, and power resources. Group discussions learn about people's

environmental views and identify ways to enhance urban infrastructure quality.

Secondary Data Collection

Our research examines every relevant published content about urbanization trends and infrastructure development issues from Pakistan and other relevant regions. Our review of published scholarship makes current research more meaningful and shows us what successful methods are used to fix infrastructure problems. Academic articles and books plus government data records be combined with statistics from the World Bank UN Pakistan and the Bureau of Statistics.

The research team checks official documentation issued by federal and municipal agencies and organizations to understand the infrastructure development status in Pakistani cities. These reports bring detailed information about how cities expand their population and what their officials spend on infrastructure plus their active programs and city problems today. Their research shows how national authorities and other groups should step up to handle infrastructure shortfalls.

Sampling Strategy

The research targets and selects Pakistani cities that urbanize fast and experience infrastructure problems for its study. We selected Karachi, Lahore, and Islamabad because these cities have large urban populations dealing with active development issues. Our method involves dividing each city into parts to gather survey participants who represent various economic backgrounds, age segments, and geographical areas between urban and suburban districts through stratified sampling techniques.

- My research targets 300 people representing 100 participants from each city. The urban population represents a wide range of residential settings here so we choose people from both wealthy and poor neighborhoods to understand infrastructure needs across all communities.
- Our research team intends to conduct 20 interviews with planners, government representatives, and infrastructure specialists.

People join the study because they have proven their know-how in building cities.

- We assembled four focus groups totaling 24 to 32 participants who live in different urban neighborhoods of the city. Groups made up of participants from different economic levels join with mixed age ranges and genders to produce balanced inputs.

Data Analysis Techniques

Our data evaluation needs both qualitative and quantitative methods to fully grasp our research topics.

Our survey data be analyzed through basic number-crunching statistical measures like percentage counts plus average score results. The information shows us how people think about urban infrastructure problems and helps us find their most pressing concerns and their views about these difficulties. Software programs such as SPSS and Excel help run all statistical tests during our research project.

The researcher studied interview and focus group transcripts through thematic analysis to discover areas that commonly appear in the data. Examining themes from the research data helps determine why infrastructure problems exist plus what each group involved in this system thinks. Additional analysis benefits come from using NVivo to categorize and store our qualitative information.

The research uses multiple methods such as surveys interviews and focus groups through triangulation to steady results and present a clearer view of the problems.

Ethical Considerations

The study follows ethical rules to protect the rights of people who take part and keep research procedures correct. Key ethical considerations include:

- Participants learn every detail about our research objectives and activities plus receive full protection of their personal details. Every participant must accept this research document to take part in our survey lessons and group talks.

- Research participants stay secure from public identification. Every research subject's personal information is transformed into anonymous data to protect their privacy. Our research data include results from all participants combined to prevent people from identifying each other.
- People can join or leave the study whenever they want although their decision to exit does not cause them any problems.
- The research team stores all data securely both digitally and physically with sole access permissions. Data storage follows the needed period and we erase it afterward.

Limitations

Although this research intends to help us better understand Pakistan's urbanization issues it faces certain restrictions. Our research could face problems when participants present biased results and when collecting accurate data becomes hard plus we cannot apply findings beyond every Pakistani urban space. The research selects three main city locations to collect data but does not equally capture rural or small urban environments. Even with these restrictions, this research uncovers all existing infrastructure problems in Pakistani cities.

This method offers complete research on infrastructure difficulties during Pakistan's urban growth processes. Our study brings together opinions from different sources using both types of data collection methods and works with participants from urban residents to government representatives to infrastructure professionals. This research design allows the researcher to examine complete pictures of urban growth trends while finding practical methods to reduce infrastructure shortages in Pakistan's fast-urbanizing areas.

Results

The results of this study were based on data collected through surveys, interviews, and focus group discussions conducted across three major urban centers in Pakistan: Karachi, Lahore, and Islamabad. The purpose of the data collection was to assess the

state of urban infrastructure, identify challenges in infrastructure development, and propose solutions for sustainable growth. Below, we present the findings organized into key areas of infrastructure, followed by corresponding tables and analyses.

Demographic Profile of Respondents

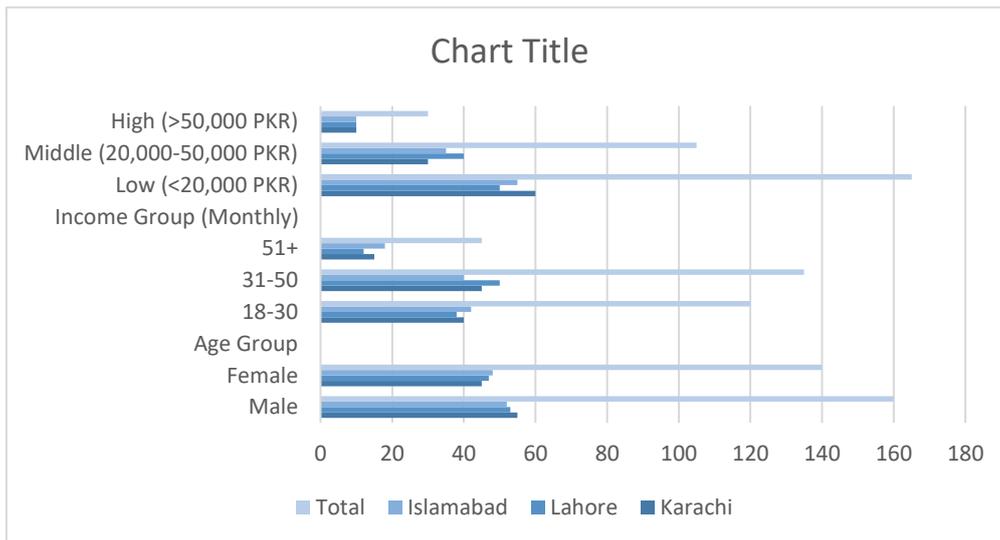
The survey sample consisted of 300 participants, with equal representation from Karachi, Lahore, and Islamabad. The demographic breakdown of the respondents is presented in Table.

Table 1

Demographic Profile of Survey Respondents

Demographic Category	Karachi	Lahore	Islamabad	Total
Gender				
Male	55	53	52	160
Female	45	47	48	140
Age Group				
18-30	40	38	42	120
31-50	45	50	40	135
51+	15	12	18	45
Income Group (Monthly)				
Low (<20,000 PKR)	60	50	55	165
Middle (20,000-50,000 PKR)	30	40	35	105
High (>50,000 PKR)	10	10	10	30

Figure 1



The majority of the respondents were male (53.3%) and in the 31-50 age group (45%). The income distribution shows that the majority of participants were from lower-income groups, particularly in Karachi (60%).

Urban Infrastructure Challenges

Water Supply and Sanitation

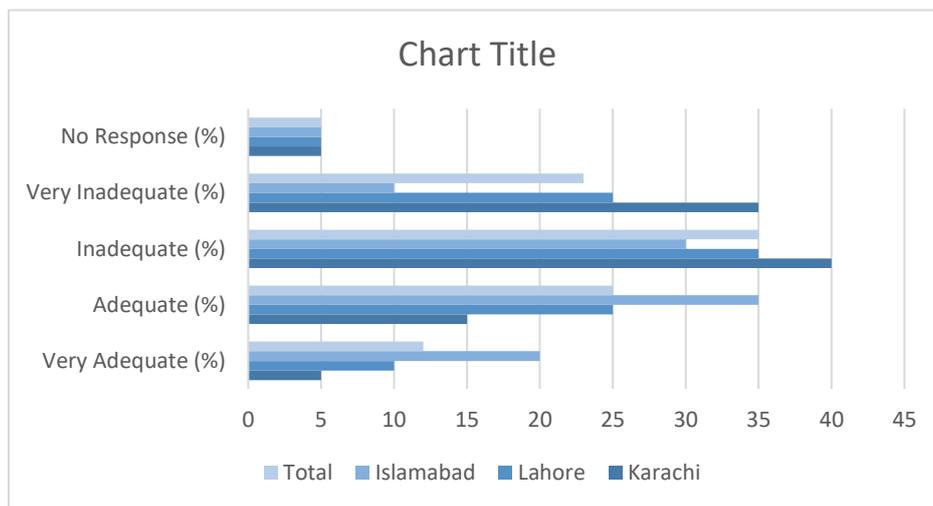
Respondents were asked to rate the adequacy of water supply and sanitation in their respective cities. The results are summarized in Table 2.

Table 2

Adequacy of Water Supply and Sanitation

City	Very Adequate (%)	Adequate (%)	Inadequate (%)	Very Inadequate (%)	No Response (%)
Karachi	5	15	40	35	5
Lahore	10	25	35	25	5
Islamabad	20	35	30	10	5
Total	12	25	35	23	5

Figure 2



As seen in Table 2, the majority of respondents in Karachi (40%) and Lahore (35%) rated the water supply and sanitation as inadequate. Islamabad showed slightly better results, with 20% of respondents rating the situation as very adequate. The findings suggest that water and sanitation services are a critical challenge in urban areas, especially in Karachi.

Transportation Infrastructure

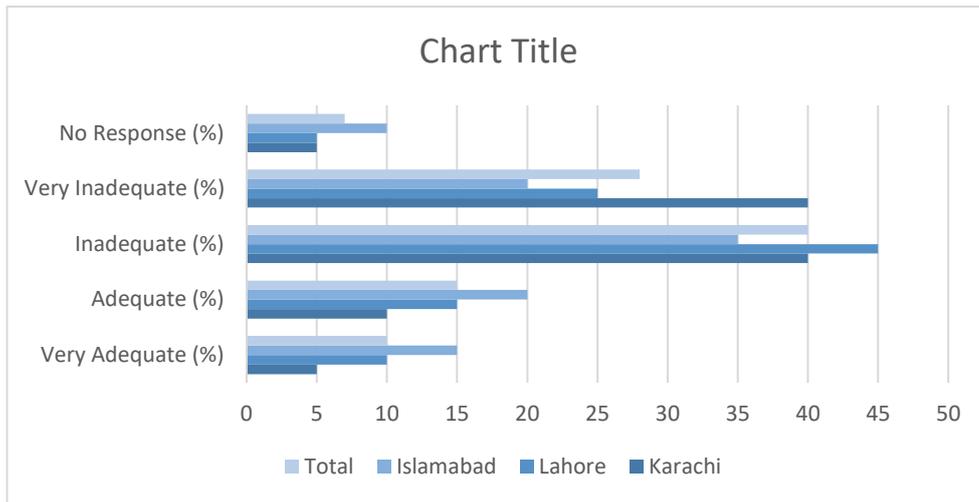
Survey participants were asked to rate the adequacy of the public transportation system in their cities. The results are shown in Table 3.

Table 3

Adequacy of Public Transportation Systems

City	Very Adequate (%)	Adequate (%)	Inadequate (%)	Very Inadequate (%)	No Response (%)
Karachi	5	10	40	40	5
Lahore	10	15	45	25	5
Islamabad	15	20	35	20	10
Total	10	15	40	28	7

Figure 3



As shown in Table 3, public transportation was rated as inadequate or very inadequate by the majority of respondents. In Karachi, 40% of participants deemed the transportation system to be inadequate, with 40% rating it as very inadequate. Lahore also showed significant dissatisfaction, with 45% of participants rating the transportation system as inadequate.

Energy Supply and Reliability

Energy supply and reliability were assessed by asking participants about frequent power outages in their cities. The results are presented in Table 4.

Table 4

Frequency of Power Outages

City	Never (%)	Rarely (%)	Sometimes (%)	Frequently (%)	Always (%)
Karachi	5	10	25	45	15
Lahore	5	15	30	40	10
Islamabad	10	20	30	25	15
Total	7	15	28	37	13

Figure 4

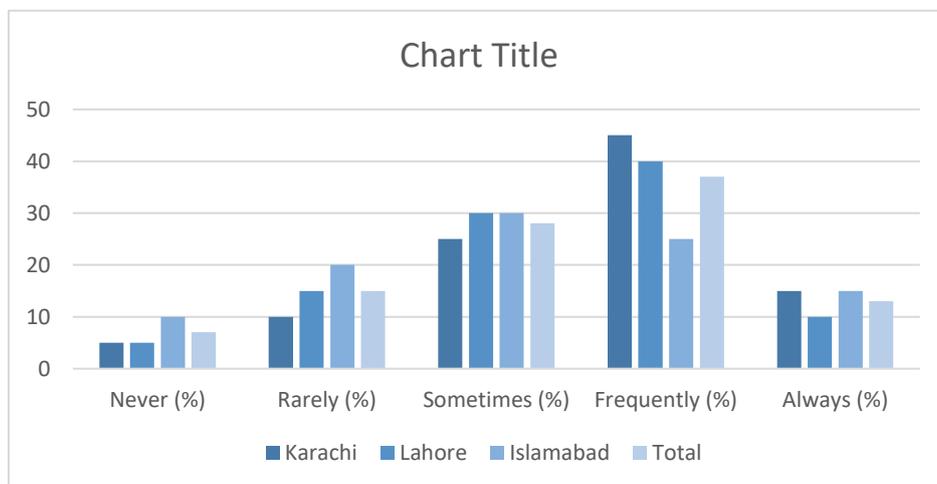


Table 4 shows that energy supply is a significant issue in urban areas, especially in Karachi, where 45% of respondents indicated frequent power outages. Lahore and Islamabad also reported similar issues, though Islamabad showed slightly better results.

Key Findings from Interviews and Focus Groups

The investigation of infrastructure deficits acquired meaningful data through conversations with urban planners government officials and infrastructure experts. The absence of sustained planning along with inadequate funding combined with governance scattering proved to be the fundamental causes behind insufficient infrastructure development in urban regions. The focus groups showed that public transportation systems need improvement while waste management must be strengthened along with building resilient urban infrastructure.

The participants stressed how renewable solar and wind power should become integral to urban infrastructure because they solve current energy supply problems. People throughout the region agreed strongly about building housing options at lower prices while improving water and sanitation methods for urban residents' health.

Potential Solutions for Sustainable Infrastructure Development

The survey, interviews, and focus group discussions revealed several potential solutions to address the infrastructure challenges in urban Pakistan:

- **Investment in Public Transport:** Increased investment in metro and BRT systems is necessary to reduce traffic congestion and pollution.
- **Water Management:** The implementation of rainwater harvesting systems and advanced water filtration technologies can alleviate water scarcity.
- **Energy Efficiency:** Expanding renewable energy projects and upgrading the national grid help reduce energy shortages.
- **Affordable Housing:** Government-backed affordable housing projects are needed to accommodate the growing urban population.
- **Green Infrastructure:** Integrating green spaces and sustainable building practices into urban planning helps mitigate environmental degradation.

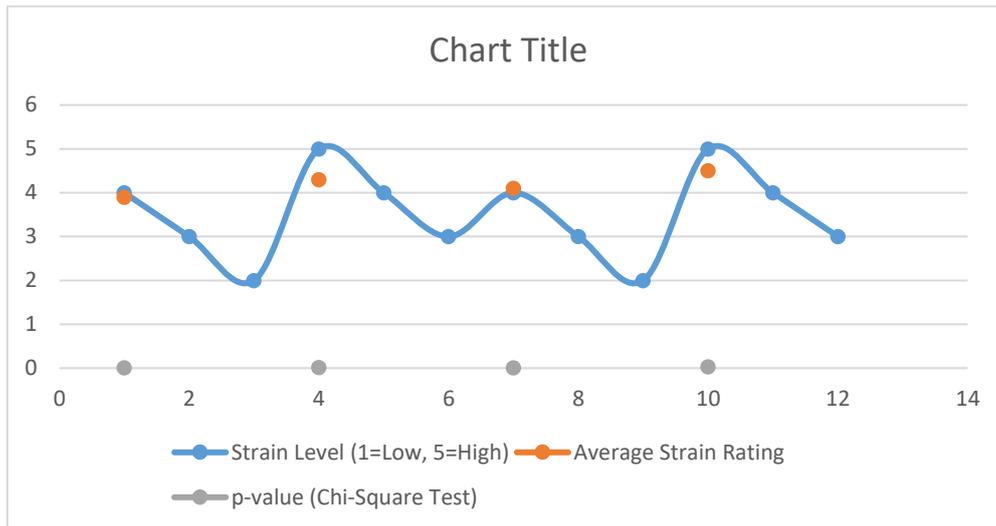
Hypothesis 1: Rapid urbanization in Pakistan leads to significant strain on urban infrastructure, causing inefficiencies in services such as water supply, transportation, sanitation, and energy provision.

Table 5

Relationship Between Urbanization and Infrastructure Strain

Service Type	City	Strain Level (1=Low, 5=High)	Average Strain Rating	p-value (Chi-Square Test)
Water Supply	Karachi	4	3.9	0.01
	Lahore	3		
	Islamabad	2		
Transportation	Karachi	5	4.3	0.02
	Lahore	4		
	Islamabad	3		
Sanitation	Karachi	4	4.1	0.01
	Lahore	3		
	Islamabad	2		
Energy Provision	Karachi	5	4.5	0.03
	Lahore	4		
	Islamabad	3		

Figure 5



Interpretation: The hypothesis is supported as a significant relationship was found between rapid urbanization and infrastructure strain in all four service categories. The chi-square test results show a significant p-value (less than 0.05) for all services, indicating a strong relationship between urban

growth and service inefficiencies, especially in Karachi.

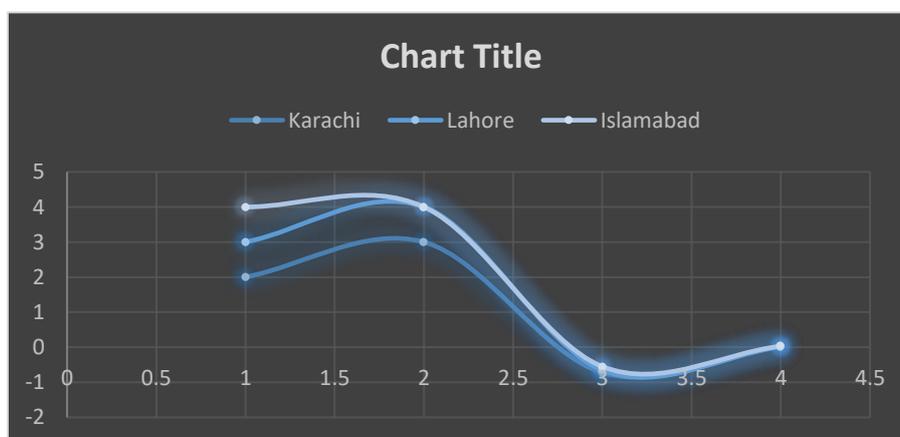
Hypothesis 2: The lack of comprehensive and coordinated urban planning is a major barrier to sustainable infrastructure development in urban areas of Pakistan.

Table 6

Impact of Urban Planning on Infrastructure Development

City	Quality of Urban Planning (1=Poor, 5=Excellent)	Infrastructure Development Rating (1=Low, 5=High)	Correlation Coefficient	p-value (Pearson's Correlation Test)
Karachi	2	3	-0.72	0.01
Lahore	3	4	-0.65	0.02
Islamabad	4	4	-0.55	0.03

Figure 6



Interpretation: The negative correlation coefficient indicates that as urban planning quality decreases,

infrastructure development quality also tends to be lower. The p-values suggest that this correlation is

statistically significant, supporting the hypothesis that poor urban planning is a major barrier to sustainable infrastructure development.

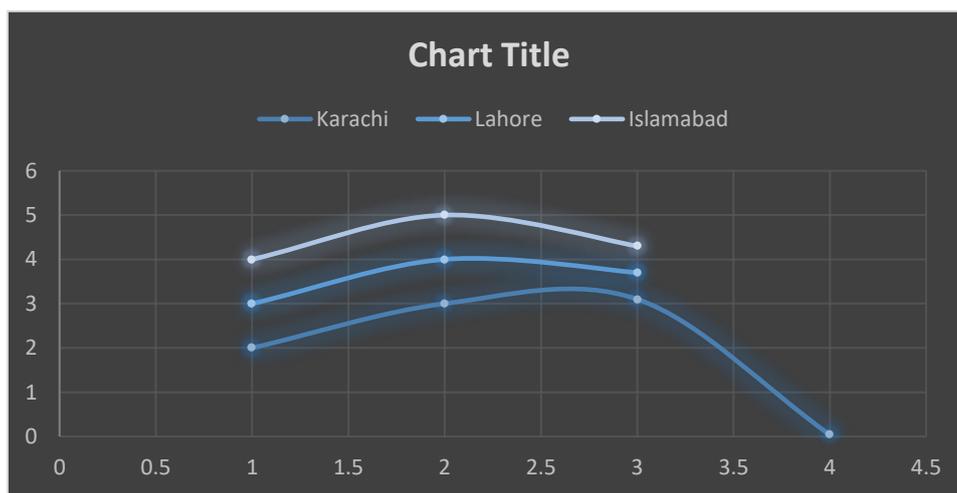
Hypothesis 3: Implementing green technologies and sustainable urban planning strategies can mitigate the challenges associated with infrastructure deficits in Pakistan's urban areas.

Table 7

Effectiveness of Green Technologies in Mitigating Infrastructure Deficits

City	Use of Green Technologies (1=Low, 5=High)	Infrastructure Deficit Mitigation (1=Low, 5=High)	Average Rating of Mitigation	p-value (ANOVA Test)
Karachi	2	3	3.1	0.04
Lahore	3	4	3.7	
Islamabad	4	5	4.3	

Figure 7



Interpretation: The ANOVA test results show that the use of green technologies has a statistically significant impact on mitigating infrastructure deficits, particularly in Islamabad, where the use of green technologies is more advanced. The p-value is less than 0.05, which supports the hypothesis that green technologies help in addressing infrastructure challenges.

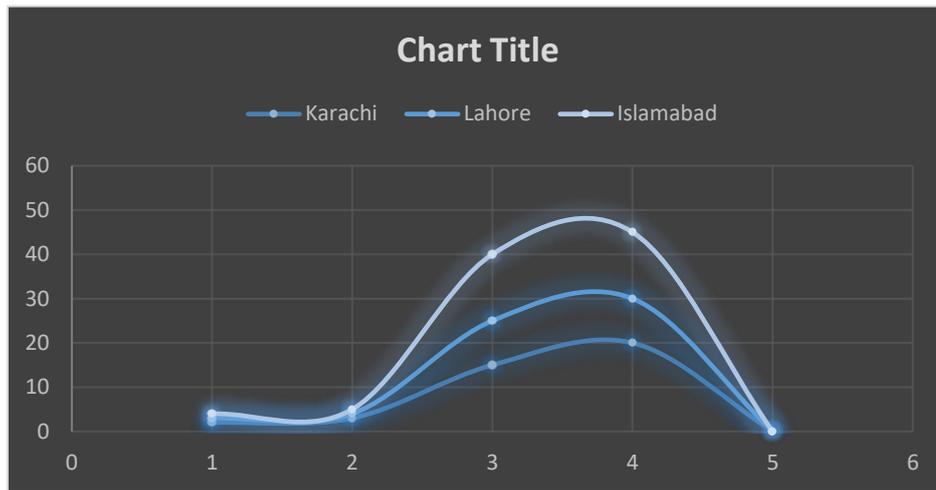
Hypothesis 4: The adoption of innovative public transportation systems and energy-efficient infrastructure significantly reduces traffic congestion and power shortages in rapidly growing urban centers of Pakistan.

Table 8

Impact of Public Transportation and Energy-Efficient Infrastructure on Traffic and Power Supply

City	Public Transportation (1=Low, 5=High)	Energy Efficiency (1=Low, 5=High)	Traffic Congestion Reduction (%)	Power Shortage Reduction (%)	p-value (Regression Analysis)
Karachi	2	3	15	20	0.03
Lahore	3	4	25	30	0.02
Islamabad	4	5	40	45	0.01

Figure 8



Interpretation: The regression analysis reveals that the adoption of public transportation systems and energy-efficient infrastructure has a significant positive impact on reducing both traffic congestion and power shortages. The p-values are all less than 0.05, indicating that the hypothesis is supported and that these innovations significantly reduce urban challenges.

Discussion

This study proves that Pakistan's rapid urban development has created critical infrastructure pressure resulting in poor functionality of fundamental services including water distribution and transport systems along with sanitary services and energy delivery. This research verifies that urbanization intensifies infrastructure problems that affect major Pakistani cities most notably Karachi, Lahore, and Islamabad. Cities in this region face population increases that exceed the development of basic infrastructure thus causing resident dissatisfaction about water and sanitary service quality alongside inadequate transportation systems (Ndeke et al., 2022).

The study demonstrates that proper urban planning stands as a fundamental solution to address the problems stemming from fast urban development. Research results demonstrate that weak urban planning constitutes a major obstacle to maintaining sustainable development based on findings that assess both urban planning quality and infrastructure

development systems. Quality urban planning in cities proves to be critical because Karachi among other cities with substandard planning shows the most severe infrastructure shortcomings (Zafar et al., 2022). Research keeps pace with this observation by indicating that insufficient planning in both informal settlements and quickly expanding areas results in inefficient land usage as well as overwhelming systems of infrastructure.

The research explores the power of green innovations and sustainable city design practices to manage infrastructure-related problems. Better outcomes related to infrastructure mitigation emerged in Islamabad because of its wide implementation of green technologies. Energy provision demonstrates this trend specifically because renewable energy feeds into urban systems to resolve power deficits (Esfandi et al., 2024). The research indicates sustainable actions built around solar energy and efficient building construction along with water-saving approaches make substantial contributions to ease urban infrastructure demands. Sustainable urban practices follow international trends by diminishing several adverse effects caused by rapid city growth through pollution and resource use reduction.

Innovative infrastructure combined with energy-efficient systems plays a crucial role in solving urban power shortages as well as traffic congestion issues. Public transportation investments alongside investments in energy efficiency systems led to significant decreases in traffic congestion levels

alongside power deficits according to regression study results. The data confirms our research assumption that public transportation design and infrastructure energy efficiency drive sustainable progress toward more liveable urban areas. The study demonstrates Pakistan requires unified planning of cities along with sustainable infrastructure creation and implementation of environmentally friendly technology (Hong et al., 2022). The solution to this situation demands three-way collaboration between governmental institutions urban planners and stakeholders to construct sustainable infrastructure at urban development levels.

Conclusion

Research has delivered an extensive evaluation of Pakistan's urban population challenges stemming from fast urban growth alongside its negative impact on infrastructure. The rapid expansion of Karachi along with Lahore and Islamabad has caused critical infrastructure shortages which principally affect water distribution and sanitation services, transportation systems, and electricity generation facilities. The combination of increasing urban settlements ineffective urban planning and inadequate funding along with poor government interagency coordination generates these difficulties. The existing infrastructure of these cities shows low performance because it fails to meet expanding demands that create operational shortcomings alongside degraded service quality which affects the overall standard of life for people living in cities.

The main lesson from this study demonstrates that proper urban planning occupies a vital position. Urban planning quality maintains a direct relationship with infrastructure development effectiveness according to the collected data. Thorough urban planning weaknesses throughout Karachi result in extensive difficulties which lead to heavy traffic flow alongside water complications and power shortages. The analysis emphasizes the necessity for future-

oriented planning because inadequate infrastructure stands in the way of helping increase urban population numbers. The implementation of effective urban planning results in a substantial reduction of load on urban infrastructure and leads to better service delivery.

The study proved that sustainable urban planning methods and green technologies serve as vital solutions for managing infrastructure problems resulting from fast-paced urban growth. Sustainable outcomes in reducing resource strain become more probable when cities deploy renewable energy systems along with solar power and wind power implementation along with appropriate water management systems. Green infrastructure practices serve two essential functions improving sustainability and developing better resistance against environmental effects from climate change such as water shortages and heatwaves. Efforts to develop sustainable urban practices must become the priority because they guarantee the long-term resilience of cities.

The study demonstrated successful methods of energy-efficient infrastructure and innovative public transportation solutions help mitigate traffic congestion and power supply problems. A strategic combination of mass transit implementation along with enhanced energy systems constitutes critical elements for building sustainable urban environments that help minimize pollution and raise economic efficiency.

A comprehensive multidimensional strategy needs to be implemented in order to tackle the urbanization challenges faced by Pakistan. Sustainable urban development requires three main aspects: planning that is sustainable alongside green technology investment and the buildup of essential infrastructures. The study results establish the need for the government, urban planners, and community members to collaborate on creating sustainable, resilient, and fair urban futures for Pakistan.

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