One of the principal problems humanity is facing nowadays is the overpopulation of urban areas. This essay will suggest that the major issue caused by it is the overly busy traffic and then propose traffic regulations as the most viable solution.

The road congestion is the central problem of overpopulated cities. With most residents possessing automobiles, cars fill the city, often travelling in not the most efficient ways. As they do so, they emit exhaust fumes, thus polluting the atmosphere and damaging people’s health tremendously and noticeably. This can be illustrated by the fact that, according to the W.H.O., air pollution accounts for an estimated 4.2 million deaths per year, and it was ruled as a cause of death by a UK court in 2020.

A possible solution to this problem would be to force congestion regulations. By restricting certain areas to be pedestrian only and introducing fees for passing through the city, the government could arguably reduce the number of cars on the roads. An example of this is the Congestion Charge, which is a daily charge for driving in Central London, that has shown to be successful in reducing traffic.

In conclusion, road congestion caused by the urban overpopulation is one of the foremost challenges for city inhabitants, resulting in poor population health and air pollution, however it is possible to manage applying the congestion regulating techniques successfully used by other countries, like the UK. Undoubtedly, this issue’s urgency will increase more in more in the future, and more cities will be forced to address it.

**10 out of 10**

**Well done!!!**