

The increasing intention of people to live in big cities has led to several problems of health and congestion influencing the inhabitants' lives both mentally and physically.

The main reason leading to low quality of life in metropolises is due to immigration which results in an increase in population. At ~~the~~ first glance, the life-style of ~~residence residents~~ in big cities may appear ~~that much so~~ attractive to rural people that they could not notice its downsides. The ~~more higher~~ is the rate of migration, the more will be the growth in population and this is the ~~commence start~~ of a catastrophe leading to not only a chaos (for example in a traffic jam) but also to health diseases which has a key role in human beings' attitude and health as result of air pollution and mal-nutrition, respectively. In addition, running out of sufficient food sources puts an end to organic production and lacking some energy sources like water and fuel endangers ~~human's~~ humans' health.

This trend could not be banned unless management actions were taken in to consideration covering both preventative and incentive policies. Imposing restrictions ~~to on~~ immigration and managing the traffic demand as the former ~~besides~~ increasing the recruitment rate and the salary in suburban areas as the latter solution can cause an inverse migration.

In a nutshell, the growing population ~~arises cause~~ numerous hardships threatening people's lives in big cities. To eliminate this issue at grass-roots level, politicians must

**handle it by managing the number of immigrants and improving the quality of life. Otherwise, the problem will be compounded**