Note: Do not include the highlighted text ☺

**Population aging**

Next time you are in a public place, look around you. What do you think the age composition of your local area is? Now, what about the age composition of your whole country? Do you think the population of your country is youthful, or perhaps it is fairly old?

What is Population Aging?

Population ageing (or population aging) occurs when the median age of a country or region rises, i.e., when people live longer and have fewer children. With the exception of 18 countries termed by the United Nations “demographic outliers” (United Nations, 2005), this process is taking place in every country and region across the globe.

Simply define, aging population is an increase in the number of older people within a population, whilst the number of young people remains low or does not increase.

Fertility, Mortality, and Life Expectancy

Aging populations occur as a consequence of decreasing fertility rates, decreasing mortality rates, and increasing life expectancies.

How do a reduced fertility rate and reduced mortality rate lead to an aging population?

With a reduced fertility rate, fewer children are born. Therefore, there is no influx of young people being brought into the population. However, older people remain in the population, and this is due to a reduced mortality rate as life expectancy increases.

Advantages of an Aging Population

There are many advantages of aging populations. These include:

* An increased number of laborers
* An increased number of volunteers
* Increased experience within the population
* Fewer costs associated with children.

Since there is a high proportion of older people in an aging population, there is also a higher number of people that can remain in the workforce, and this is beneficial to the economy of a country.

Additionally, these older people are also likely to volunteer after retirement which means there can be an increased number of volunteers in an aging population, which is greatly beneficial to the community and governments.

Older people typically have more experience than younger people, and this is also advantageous to the workforce.

Finally, as there are fewer children in an aging population, there are fewer costs and expenses on children’s services such as childcare.

Disadvantages of an Aging Population

On the other hand, there are also problems associated with aging populations. These include:

* Increasing costs for governments and taxpayers
* Increased pressure on health services
* Increased competition for jobs
* Decreased participation in the workforce
* Increased dependency
* Less funding spent on services for young people

Example (to better understand what population aging is)

>>Reasons for Japan’s Low Fertility Rate- Declining marriage rate

>>Reasons for Japan’s High Life Expectancy- Clean water availability

The median age in Japan is 48.5 years old.1 Japan is well known for its aging population. In fact, it is one of the oldest societies worldwide. In 2021, people aged 65 and above made up 29% of the entire population of Japan.

As a consequence of Japan’s aging population and shrinking population, there is an increasing strain on the economy and public finances, leading to potential challenging budget costs. This is due to the high amounts of health care and pensions required for the elderly people in the population, whilst the tax base shrinks.

Conclusion>>

Since increase in ageing population increases the financial burden of the government, the government must devise appropriate mechanisms to deal with the problem.

Moreover, if the government properly understands the problems, it can be able to turn around the phenomenon so that it may be of more benefit to the whole nation. This is mainly through the enactment of proper legislation to help cope with the risks posed by the problems.

**Urbanization**

What is Urbanization?

Urbanization is the process in which the population of cities increases as people from rural areas relocate to them. Also, urbanization includes the growth and expansion of small towns.

What is an example of urbanization?

The Asia-Pacific region is a great example of urbanization, as it contains over half of the word’s population of city dwellers.

Reasons for urbanization

* Gainful employment
* Educational advancements
* Agriculture to industry
* Better access to resources

Some reasons for urbanization include a chance for more opportunities for gainful employment. Also, as there are limited opportunities for educational advancement in rural regions, many migrate to cities for the purpose of obtaining a better education.

Urbanization is inevitable as a country’s production moves away from agriculture and towards industry. People begin to move to the cities for better access to employment and resources.

Economic problems associated with urbanization

Urbanization can also lead to a number of economic problems, such as the decline of traditional industries, the rise of informal economies, and the increase in costs associated with infrastructure and services. It can also cause problems such as unemployment, underemployment, and inflation.

Possible Solutions>>

* Improving planning and management of urban growth.

One of the most important things that can be done to mitigate the negative impacts of urbanization is to improve the way cities are planned and managed. This includes everything from better land-use planning to improved waste management and transportation systems

* Encouraging economic development in rural areas.

Promoting economic development in rural areas can help to reduce the pressure on cities and encourage urban population to return to their home communities. This could include programs that support agricultural initiatives, or efforts to promote rural tourism and local crafts industries.

* Promoting social Inclusion and reducing inequalities.

Finally, one of the most effective ways to mitigate negative impacts of urbanization is to promote social inclusion and reduce inequalities by promoting economic growth. This can be done by creating jobs that provide decent working conditions, as well as access to health care, education, and other essential services for urban and rural population alike

Keeping Urbanization Sustainable

People will eventually start moving away from rural areas and towards cities and towns. There’s nothing we can do to prevent this natural societal mobility, but we can take steps to make it more sustainable.

Some examples of policies and practices that should be considered include:

(i) policies that consider whole-of-life journeys, incorporating accessible employment, community participation, mobility/migration and social transition, to break generational poverty cycles;

(ii) policies addressing urban environmental issues, such as planned urban space and taxes on the use of vehicles to reduce use or to encourage vehicles that use less fuel as well as encourage bicycle use, walking, and other forms of human transportation;

(iii) greater cooperative planning between rural and urban regions to improve food security (e.g., subsidies for farmers providing locally produced, unprocessed and low cost food to urban centers);

(iv) social protection and universal health coverage to reduce wealth disparity among urban dwellers; including introduction of programs and services for health, for example by establishing primary healthcare clinics accessible and affordable for all including those living in urban slums

Solution (ig??)

Creating jobs and opportunities will allow people who move to urban areas ways to make a living. There will always be a bit of poverty in cities, but we can provide education and resources to help pull people out of the cycle of poverty.