

## 1. Details of Module and its structure

Module Detail	
Subject Name	Sociology
Course Name	Sociology 03 (Class XII, Semester - 1)
Module Name/Title	Demographic Structure and Indian Society/ Population Policy– Part 4
Module Id	lesy_10204
Pre-requisites	Demographic Structure And Indian Society/ Population Policy
Objectives	<p>After going through this lesson, the learners will be able to understand the following:</p> <ul style="list-style-type: none"><li>• The concept of demography</li><li>• Reasons for Increasing Population</li><li>• Composition and Distribution of population</li><li>• Population policy</li><li>• National Demographic goals</li></ul>
Keywords	Demography, Population, Population Growth, Positive Growth, Negative Growth, Zero Growth Rate, Vasectomy (for males), Tubectomy

## 2. Development Team

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A **positive growth** rate indicates that the population is increasing, while a **negative growth rate** indicates that the population is decreasing. A **growth ratio of zero** indicates that there were the same number of individuals at the beginning and end of the period—a growth rate may be zero even when there are significant changes in the [birth rates](#), [death rates](#), [immigration rates](#), and age distribution between the two times

The [global population](#) has grown from 1 billion in 1800 to 7 billion in 2012. It is expected to keep growing, and estimates have put the total population at 8.4 billion by mid-2030, and 9.6 billion by mid-2050. Many nations with rapid population growth have low standards of living, whereas many nations with low rates of population growth have high standards of living

[Population growth](#) increased significantly as the [Industrial Revolution](#) gathered pace from 1700 onwards. The last 50 years have seen a yet more rapid increase in the [rate](#) of population growth due to [medical advances](#) and substantial increases in agricultural productivity, particularly beginning in the 1960s, made possible due to [Green Revolution](#). In 2007 the [United Nations Population Division](#) projected that the world's population will likely surpass 10 billion in 2055.

In the future also, it is predicted that the world's population is expected to peak, after which it will decline due to economic reasons, health concerns, land exhaustion and environmental hazards.



Looking at India specifically it has a teeming population which can be seen anywhere and everywhere be it at a metro station, airport, railway station, on the road, on highways, bus stops, hospital, shopping malls, market, temple, or even in a social/ religious gathering, we see all these places are overcrowded at any time of the day. This is a clear indication of overpopulation in the country.

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According to the Indian census, carried out in 2011, the population of India was exactly 1,210,193,422, which means India has crossed the 1-billion mark. This is the second most populous country of the world after China and numerous studies have further projected that India will be world's number-1 populous country, surpassing China, by 2025. Despite the population policies, family planning and welfare programmes undertaken by the Govt. of India that has led to a continuous decrease in the fertility rate, yet the actual stabilisation of population can take place only by 2050.

**What are the causes for this increase:**

The **two main common causes** leading to over population in India are:

- **The birth rate is still higher than the death rate.** We have been successful in reducing the death rates but not birth rates.
- The **fertility rate** due to the population policies and other measures has been falling but even then, it is much higher compared to other countries.

The above **causes are mostly intertwined with the various social issues** of our country which are leading to over population.

- **Early Marriage and Universal Marriage System:** Even though legally the marriageable age of a girl is 18 years, the concept of early marriage still prevails and getting married at a young age prolongs the child bearing age.
- **Poverty and Illiteracy:** Another factor for the rapid growth of population is poverty. Impoverished families believe that more the number of members in the family, more will be the numbers to earn income. Some feel that more children are needed to look after them in their old age. Hunger can also be a cause of death of their children and hence the need for more children. Indian still lags in the use of contraceptives and birth control methods. Many of them are not willing to discuss or are totally unaware about them. It is a taboo. **Illiteracy is thus another cause of over population**
- **Age old cultural norms:** Sons are the bread earners of the families in India. This age-old thought puts considerable pressure on the parents to produce children till a male child is born.
- **Illegal migration:** Last but not the least, we cannot ignore the fact that illegal migration is continuously taking place from Bangladesh, Nepal leading to increased population density.

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Keeping the above in mind, the causes have a detrimental impact on the country –its infrastructure and resources etc. Now let us look at the effect of “Over Population”

### Effects of Over Population

Despite 67 years of independence, the situation of our country is not good, due to over population. Some **major impacts of high population** are as follows:

- **Unemployment:** Generating employment for a huge population in a country like India is very difficult. The number of illiterate persons increases every year. Unemployment rate is thus an increasing trend.
  - **Manpower utilization:** The number of jobless people is on the rise in India due to economic depression and slow business development and expansion activities.
  - **Pressure on infrastructure:** Development of infrastructural facilities is unfortunately not keeping pace with the growth of population. The result is lack of transportation, communication, housing, education, healthcare etc. There has been an increase in the number of slums, overcrowded houses, traffic congestion etc.
  - **Scarcity and overutilization Resources:** Land areas, water resources, forests are over exploited. There is also scarcity of resources.
  - **Decreased production and increased costs:** Food production and distribution have not been able to catch up with the increasing population and hence the costs of production have increased. **Inflation is the major consequence of over population.**
  - **Inequitable income distribution:** In the face of an increasing population, there is an unequal distribution of income and inequalities within the country invariably widen.
- Steps to Control Population in India

**Because of the above reasons a need was felt by :**

The **Government of India, politicians, policy makers** to initiate a population policy so that the economic growth of the country can keep pace with the demands of a growing population.

### Population Policy in India- 3 phases

✓ **In the first phase, i.e. Phase1**

India was the first country to announce a population policy in 1952. This population policy took the concrete form of the National Family Planning Programme. The broad objective of this programme was to try to **influence the rate and pattern of**

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**population growth** in socially desirable directions. The main objectives were to control the growth of population by introducing birth control measures, improve public awareness about population, and improve public health standards.

✓ **In the Second phase, i.e. Phase2**

**The family planning programme suffered a setback** during the **years of national emergency** i.e. 1975-76. Normal parliamentary procedures were suspended; special laws and ordinances passed directly by the government were in force. During this period, government tried to intensify the family planning programme by introducing coercive programme of mass sterilization.

Sterilisation included-Medical procedures like vasectomy (for males) and tubectomy (for females) which prevent conception and childbirth. Vast number of poor and powerless people were forcefully sterilised.

✓ **In the third phase, i.e. Phase3**

This **National Population Policy** was further modified and re announced in 1977. In this new policy, what was reinforced was education and health. The latter component of the reformulated policy included the general as well as maternal and child health both. A voluntary family planning was also introduced here on. This also saw the change of the phrase from Family Planning to Family Welfare program that is maintained till date.

National Family Planning Programme was renamed National Family Welfare Programme after emergency and these coercive means were no longer used.

The programme was based on socio-demographic objectives. New guidelines were made as part of the National Population Policy 2000.

This history of India's National Family Welfare Programme shows that while state can do anything to try and create the conditions for demographic change most demographic variables are ultimately matters of economic, social and cultural change.

**What are the various features of National Socio-Demographic Goals for 2010?**

National Socio-Demographic Goals for 2010

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- ✓ Address the unmet needs for basic reproductive and child health services, supplies and infrastructure.
  - ✓ Make school education up to age 14 free and compulsory, and reduce drop outs at primary and secondary school levels to below 20 per cent for both boys and girls.
  - ✓ Reduce infant mortality rate to below 30 per 1000 live births.
  - ✓ Reduce maternal mortality ratio to below 100 per 100,000 live births.
  - ✓ Achieve universal immunization of children against all vaccine preventable diseases.
  - ✓ Promote delayed marriage for girls, not earlier than age 18 and preferably after 20 years of age.
  - ✓ Achieve 80 percent institutional deliveries and 100 per cent deliveries by trained persons.
  - ✓ Achieve universal access to information/counselling, and services for fertility regulation and contraception with a wide basket of choices.
  - ✓ Achieve 100 per cent registration of births, deaths, marriage and pregnancy.
  - ✓ Contain the spread of Acquired Immunodeficiency Syndrome (AIDS), and promote greater integration between the management of reproductive tract infections (RTI) and sexually transmitted infections (STI) and the National AIDS Control Organization.
  - ✓ Prevent and control communicable diseases.
  - ✓ Integrate Indian Systems of Medicine (ISM) in the provision of reproductive and child health services, and in reaching out to households.
  - ✓ Promote vigorously the small family norm to achieve replacement levels of TFR.
  - ✓ Bring about convergence in implementation of related social sector programmes so that family welfare becomes a people centered programme.

(Source: National Commission on Population)

**Looking at India's Demographic Achievement- India has:**

- reduced crude birth rate from 40.8 (1951) to 24.1 (2004, SRS);
- reduced the infant mortality rate from 146 per 1000 live births (1951) to 58 per 1000 live births (2004, SRS)
- quadrupled the couple protection rate from 10.4 percent (1971) to 44 percent (1999);
- reduced crude death rate from 25 (1951) to 7.5 (2004, SRS);
- added 25 years to life expectancy from 37 years to 62 years;
- achieved nearly universal awareness of the need for and methods of family planning,

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- halved the total fertility rate from 6.0 (1951) to 3.0 (2004, SRS).

(Source: National Commission on Population.)

To conclude, it is clear from the above discussion that population dynamics and Population policy is an important subject matter, that crucially affects the developmental prospects of a nation as well as the health and wellbeing of its people.

The silver lining to this entire issue is that India's strengths in the global world in various fields cannot be ignored, whether in science & technology, medicine and health care, business and industry, military, communication, entertainment, literature and many more. Experts are hopeful that by increasing public awareness and enlisting strict population control norms by the Government will lead the way for the country's economic prosperity and control of population.