

## Part A Indian Society

### Chapter 1 The Demographic Structure of Indian Society

- The term 'demography' is composed of the two words 'demos' which means 'people' and 'graphein' meaning 'describe'.
- Demography is a systematic study of population. In demography we study the trends and processes associated with population which includes changes in population size, patterns of births, deaths and migration, and the structure and composition of the population.
- There are different types of demography, including **formal** and **social**.
- **Formal Demography** This involves the statistical analysis of population data, such as the total population, the number of males and females, the youth population, etc.
- **Social Demography** This focuses on the study of birth rates, death rates and migration patterns within a specific society.
- When population expansion becomes uncontrollable, nature takes over by positive checks such as famine, earthquakes, diseases and other natural disasters. Preventive measures such as late marriage, self-control and modest living aid in balancing population growth and food supply.

#### Criticism of Malthusian Theory

Malthus's theory of population growth was highly pessimistic. It was criticised and refuted on the following basis

- In the European countries the growth pattern of population showed a drastic change in late 19th century and early 20th century. With this drastic change, Malthus's prediction failed because both food production and standards of living continued to rise despite the rapid growth in population.
- Liberal and Marxist scholars also criticised Malthus for stating that poverty was caused by population growth. They believed that problems like poverty and starvation were caused by the unequal distribution of economic resources, rather than by population growth.

#### Demography and Sociology

Demography plays a major role in the establishment of sociology as an academic discipline. This development took place in the latter half of 18th century in Europe where we can see two prominent changes

- Formation of nation-states as the principal form of political organisation.
- Beginnings of modern science of statistics.

#### Some Theories and Concepts in Demography

##### The Malthusian Theory of Population Growth

- **Thomas Robert Malthus** (1766-1834) in his 'Essay On Population' (1798) presented a theory of population growth. According to him, human population grows exponentially (geometric progression) while the food supply grew at a slower arithmetic ratio (arithmetic progression).
- The theory predicts that as the population grows, the food supply will not be able to keep up, resulting in disease, starvation, conflict and disasters.

##### The Theory of Demographic Transition

The theory of demographic transition suggests that population growth is linked to overall levels of economic development. The theory also states that there are three basic stages of population growth. These are as follows

- **First Stage** In less developed countries, high birth and death rates lead to minimal population growth.
- **Second Stage** Developing countries such as India exhibit high birth rates but lower death rates resulting rapid population growth.
- **Third Stage** Developed countries like USA show low birth and death rates, leading to slow population growth due to advanced health care and living standards.

##### Common Concepts and Indicators

- **Birth rate** can be defined as the total number of live births per 1000 population.

- **Death rate** can be expressed as the number of deaths in a given area during a given time per 1000 population. Also called mortality rate.
- **Growth rate of population or Rate of Natural increase** refers to the difference between the birth rate and the death rate in an area.
- **Fertility rate** measures the number of live births per 1000 women in the aged between 15 to 49 years, considered child-bearing age group.
- **Total fertility rate** refers to the total number of live births that any woman would have at the end of her reproductive age (15-49).
- **Crude rate** It's a basic average that applies to an entire population without accounting for variations among age groups.
- **Infant mortality rate** refers to the number of deaths of babies before the age of one year per 1000 live births.
- **Maternal mortality rate** refers to the number of women who die in childbirth per 1000 live births.
- **Life expectancy** is an estimated number of years that an average person is expected to survive.
- **Sex ratio** refers to the number of females per 1000 males in a given area at a specific time period.
- **Age structure of the population** refers to the proportion of peoples in different age groups relative to the total population.
- **Dependency ratio** is a measure comparing the portion of a population which is composed of dependents (i.e. elderly people and children who cannot work) with the population that is in the working age group (15-64 years).
- **Demographic dividend** refers to the period of economic growth that can occur when a country's working age population between 15 to 64 is larger than the dependent population (those younger than the 15 and older than 64).
- **Sonography** To know the sex of the child.

### Size and Growth of India's Population

- India is the second most populous country in the world after China, with a total population of 121 crores as per the 2011 Census of India.
- India's population growth rate in 1901-1951 shows a modest rate of growth around 1.33%. The period

1911-1921 shows a negative rate of growth of 0.03% because of the Influenza epidemic.

- The growth rate of population substantially increased going up to 2.2% during 1961-1981 after independence. The annual growth rate has decreased after 1981.

#### The Global Influenza Pandemic of 1918-19

Influenza is caused by a virus that attacks mainly the upper respiratory tract-the nose, throat and bronchi and rarely also the lungs. Influenza also known as 'Spanish flu'. It affected large part of the world population and killed at least 40 million people.

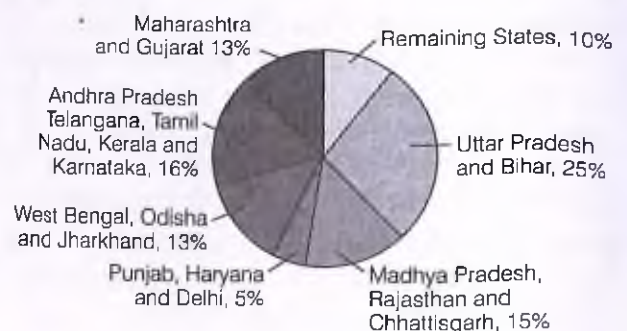
### Birth and Death Rate in India

In India, both death rates and birth rates were high, before 1931. There was a sharp fall in death rates after this transitional moment, while birth rate fell only moderately.

Reasons for the decline are as follows

- Decline in death rate was because of increased control over famine and epidemic diseases.
- Improvement in medical cures for diseases programmes for mass vaccination, and efforts to improve sanitation helped to control epidemics.
- Famine a major and recurring source of increased mortality, get reduced drastically through substantial improvement in agricultural productivity.
- The biggest initiative of government of India to alleviate poverty is **Mahatma Gandhi National Rural Employment Guarantee Act (MGNREGA)**. It provides a legal guarantee for 100 days of employment per year to every rural household in India that functions to tackle the problem of hunger and starvation in rural areas. However, unlike the death rate, the birth rate has not registered a sharp fall, as the birth rate is a socio-cultural phenomenon that is relatively slow to change.

Regional Shares of Projected Population Growth upto 2014



### Age Structure of the Indian Population

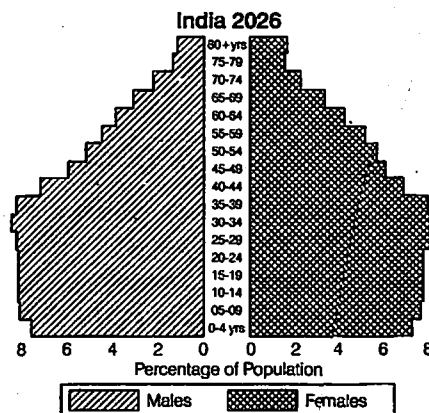
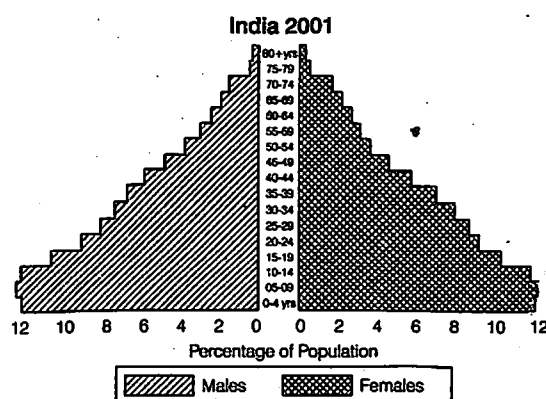
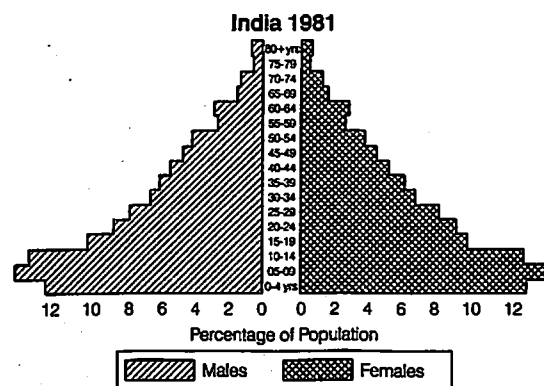
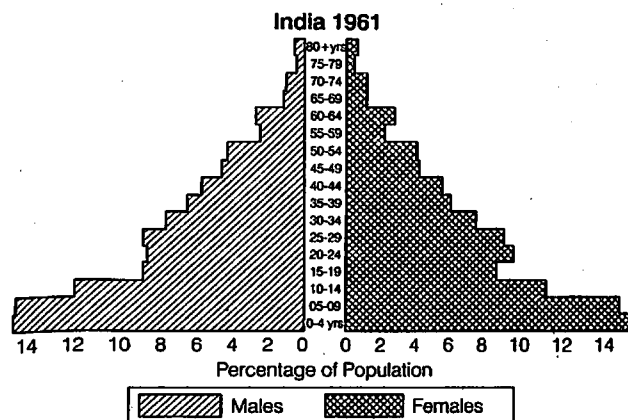
- The given table shows that the total population of the people less than 15 years of age has come down from 42% in 1971 to 34% in 2001.
- The share of 15-60 age groups has slightly increased from 53% to 59% while 60+ age group increased from 5% to 7% in 2001 to about 12% in 2026.

#### Age Composition of the Population of India, 1961-2026 Age Group

| Years | Age Group  |             |           | Total |
|-------|------------|-------------|-----------|-------|
|       | 0-14 years | 15-59 years | 60+ years |       |
| 1961  | 41         | 53          | 6         | 100   |
| 1971  | 42         | 53          | 5         | 100   |
| 1981  | 40         | 54          | 6         | 100   |
| 1991  | 38         | 56          | 7         | 100   |
| 2001  | 34         | 59          | 7         | 100   |
| 2011  | 29         | 63          | 8         | 100   |
| 2026  | 23         | 64          | 12        | 100   |

### Age Group Pyramids

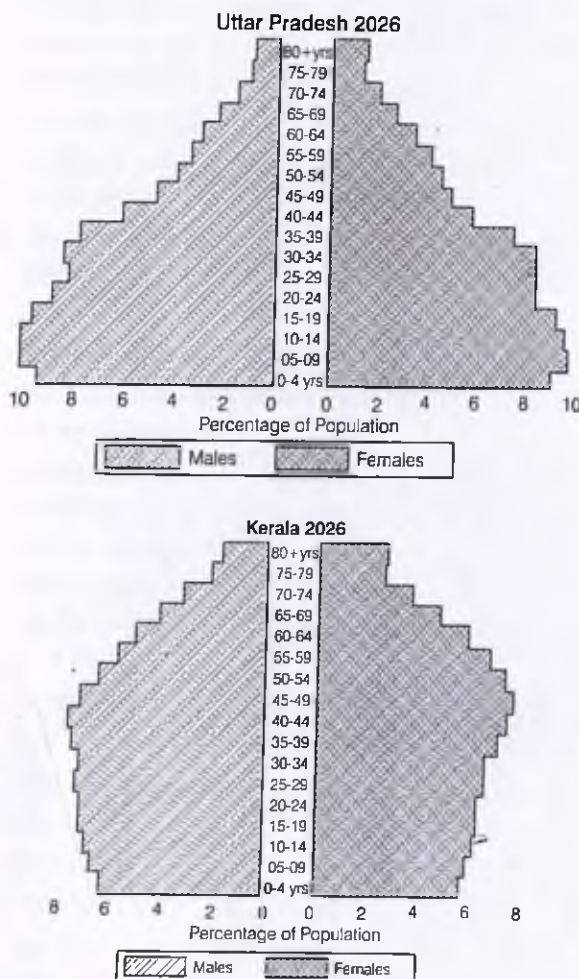
- It provides a detailed version of the age grouped data.
- There are four different pyramids for the decennial census years of 1961, 1981, 2001 and the estimates for 2026.
- These pyramids shown the effect of a gradual fall in the birth rate and rise in the life expectancy.



### State Oriented Pyramid

- As with the fertility rate, there are wide regional variations in the age structure. While a state like Kerala is beginning to acquire an age structure like that of the developed countries, Uttar Pradesh show high proportions in the younger age group.





### The Declining Sex Ratio in India

- India has had a declining sex ratio for more than a century. From 972 females per 1000 males in the beginning of the twentieth century, it has declined to 943 females per 1000 males at the dawn of Twenty-first century.
- The results of data became worrisome as there was drastic fall in the child sex ratio. Therefore, Age specific sex ratio began to be computed in 1961.
- Age specific ratio of 0-6 years age group has generally higher than the overall sex ratio for all age groups.

**State-wise sex ratio** offers a great cause of worry. As many as nine States and Union Territories have child sex ratio of fewer than 900 females per 1000 males. Haryana has the lowest child sex ratio among all states that is 793, the only State with a ratio below 800, while the highest child sex ratio of 972 is found in Arunachal Pradesh.

### Factors Responsible for Declining Sex Ratio

- The declining sex ratio seemed to be dependent on the maternal mortality rates, selective sex abortion or female infanticides. However, with development factors such as in nutrition, general education and awareness, and medical and communication facilities, maternal mortality rates have declined.
- Though, the government has passed strict laws like **Pre-natal Diagnostic Techniques Act** (enforced in 1996) banning the practice of female infanticide. It imposed heavy fines and imprisonment as punishment to the offenders.
- The Government of India also launched the **Beti-Bachao, Beti-Padhao** campaign as an important policy to increase the child sex ratio in the country.

### Literacy

- Literacy as a prerequisite to education is an instrument of empowerment.
- Literacy can lead to health awareness and fuller participation in the culture and well being of the community.
- Since independence, there has been significant improvement in literacy levels, with nearly two-thirds of the population now literate.
- Post-independence, there is a considerable improvement in literacy with almost two-third of the population.
- As per census 2011, overall literacy of India is 73%. Literacy among females is 64.6% whereas for males, it is 80.9%.
- There is also regional and social variations in literacy rate among the groups. Kerala has highest literacy rate while Bihar is at the bottom.

There are three categories of literacy

- Gender
- Social Group, and
- Regions

### Rural-Urban Differences

- According to 2011 Indian Census, 68.8% of the total population lives in rural areas and 31.2% lives in urban areas.

- There has been a steady growth in the urban population from 11% at the beginning of 20th century to about 28% at 21st century.

### Agricultural Contribution

- Agriculture is the largest contributor in total economic production, it now accounts for about one-sixth of the gross domestic product, (GDP).
- Agricultural production has fallen drastically as rural people are more engaged in non-farm rural occupations like transportation services, business enterprises or craft manufacturing.

### Phase of Transition

The process of urbanisation began as the mass media and communication channels became popular. The process can be seen in the following ways

- It brought images of urban life styles and patterns of consumptions into the rural areas. As a result towns and cities became the magnet for the rural population. If people do not find work in rural areas they go to the city in search of work.
- The migration accelerated the decline of common property resources like ponds, forests and grazing lands.
- Cities are also preferred because of the anonymity it offers. The interaction with strangers as offered by the city is advantageous. The anonymity also allows the socially dominant groups to engage in low status work that they might not be able to do in a village.
- There are now 5,161 towns and cities in India, where 286 million peoples lives. More than two-thirds of the urban population lives in 27 big cities with million plus population.
  - Metropolis City with infrastructure and the suburbs are different.
  - Megapolis City with infrastructure and the suburbs are included, for example, NCR.

### Population Policy in India

- Population dynamics is an important matter that is crucially affecting the developmental prospects of a nation as well as the health and well-being of its people.
- India is the first country that explicitly announced the population policy in 1952.

- The policy of population took in the form of **National Family Planning Programme (NFPP)**.
- The key objectives of the National Family Planning Programme were as follows
  - To influence the rate and pattern of population growth in socially desirable direction.
  - It also aims to slow down the rate of population growth through the promotion of various birth control methods.

### Changes in Family Planning Programme

- The Family Planning Programme suffered a setback in the year 1975-76, the government tried to bring down the growth rate of population by introducing a coercive programme of mass sterilisation. Vast numbers of mostly poor and powerless people were forcibly sterilised.
- A new set of guidelines were formulated as a part of the National Population Policy of 2000. In 2017, a new National Health Policy was in cooperated with new targets.

#### India's Demographic Transition

Census data from India suggests that population growth is on the decline since 1991. The average number of children that women expected to give birth during her life was 3.8 in 1990, and this has fallen to 2.7 children. Though the fertility and population growth rates are declining, India's population is projected to increase from 1.2 billion to an estimated 1.6 billion by 2050 due to population momentum.

### Important Goals of National Health Policy 2017

- Increase in health expenditure by Government as a percentage of GDP from the existing 1.15% to 2.5% by 2025.
- Increase in Life Expectancy at birth from 67.5 to 70 and by 2025.
- Reduction of TFR to 2.1 at national and sub-national level by 2025.
- Reduce neo-natal mortality to 16 and still birth rate to 'single digit' by 2025.
- More that 90% of the new born are fully immunised by one year of age by 2025.
- Increase state sector health spending to >8% of their budget by 2020.