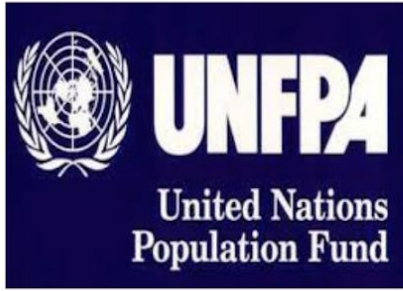


# United Nations Fund for Population Activist



United Nations Fund for Population Activities (UNFPA) is an international organization. It was established in 1969 AD. It publishes 'The State of World Population' every year. This organization also helps various nations in demographic surveys and population census. This organization provides essential information about population-related statistical data for various policies and programs of different countries of the world. The data generated are used to create programs to reduce poverty and address issues concerning the rights of particular minority population groups. The work of the UNFPA involves promotion of the right of every woman, man and child to enjoy a life of health and equal opportunity. Their work involves the improvement of reproductive health including the creation of national strategies and protocols, and providing supplies and services to these minority groups, as well as internal migrants and refugees, the elderly and the handicapped. The organization has recently been known for its worldwide campaign against obstetric fistula and female genital mutilation.

The UNFPA is a member of the United Nations Development Groups and part of its Executive Committee. This organization helps different nations of the world for comparison and study by providing reports on the state of Human Development every year. The UNFPA supports programs in more than 150 countries, territories, and areas spread across four geographic regions: Arab States and Europe, Asia and the Pacific, Latin America and the Caribbean, and sub-Saharan Africa. Around three-quarters of the staff work in the field.

## Objectives

1. To have universal access to sexual and reproductive health services
2. To increase life expectancy of the people
3. To decrease infant and maternal mortality rate



UNFPA's stated mission is to promote the right of every woman, man and child to enjoy a life of "health and equal opportunity." It supports countries in using population data for policies and programs to "reduce poverty and to ensure that every pregnancy is wanted, every birth is safe, every young person is free of HIV/AIDS, and every girl and woman is treated with dignity and respect."

# Population and Quality of Life



According to the World Health Organization (WHO), quality of life is defined as "the individual's perception of their position in life in the context of the culture and value systems in which they live and in relation to their goals." Someone's quality of life is the extent to which their life is comfortable or satisfying. There is an interrelationship between population and quality of life. There is an adverse effect on the quality of life if the population growth rate is high. The available means and resources become scarce. There is a problem in the population management. The main aim of the population education is to help in the development of quality of life.

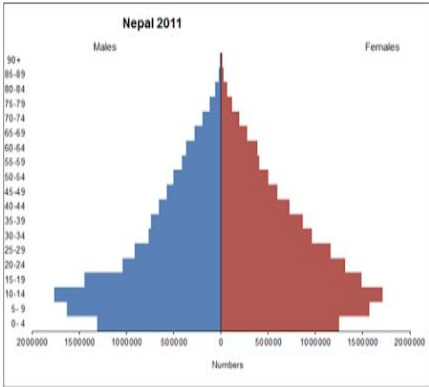
The size of the population, population growth and migration are the first factors of the population that affects the quality of life. The second factors that affect the quality of life are social systems, political system and cultural values. Next factor of development process includes the priority to development, trade and international relations. The fourth factor is means and resources. It includes human resources, natural resources and technology. The standard of living is related to the income of every individual. The factors affecting the standard of living are employment, health, housing, food and nutrition, education, social service etc. According to the census 2068, 4.88 (around 5) people live in a family. Similarly, if the population growth rate is 1.35%, the sex ratio of male and female is 100 is to 94.2. According to the population census 2068, 85.26% Nepali live in their own home whereas 12.81% live in rent. 38.17% of families don't have latrine service in their homes which affects greatly in the quality of life of people.

There is an interrelationship between the human wants and quality of life. The quality of life can only be imagined if the standard of education, health, etc. can be maintained. Food, shelter and clothes are essential factors for the human body and health. Food for eating, clothes for body protection and shelter are essential for security.

An individual and the family lives in a society. She/he may not be happy only with the fulfillment of their basic and physical needs. Socio-psychological needs are also essential to be fulfilled. He wants to get an education and then gives priority to quality education. He desires to celebrate the festivals celebrated in his community and also wants to involve in the social works. He feels unsatisfied if his desires are not fulfilled. Even though he could be alive, but he becomes unsatisfied in social and psychological way if his wants did not get fulfill.



# Problems of Population Management in Nepal



According to the census 2068, the present population of Nepal is 2,64,94,504. The population distribution of our country is also unequal. Out of total population of our country, 50% of the population is in Terai. According to the census 2068, the population growth rate is 1.35% per annum. But according to the census 2058, the population growth of Nepal was 2.25%. So, there must be a balance between the population growth and the available means and resources.

The first census was taken in Nepal in 1968 BS which showed the population of Nepal to be 56,38,749 whereas in 2028 BS, the population reached 1,15,55,983 and the population of Nepal in 2058 BS reached 2,31,51,423 with the high growth rate of population.

The growth of the population should be managed properly. If the population is not managed in time, then the life of humans will be in danger. The population growth should be limited up to the available means and resources of the country.

The following are the problems that are seen in the population management of Nepal: -

- 1. Low literacy rate:** - According to the census 2068, the literacy rate of Nepal is 65.9% but according to the population census of 2058, the literacy rate of Nepal was 57.4% which included the population of 6 years of age and above. The literacy rate of the male is better in comparison to female.
- 2. Early marriage:** - The age of marriage is also one of the factors that affect the population management of Nepal. The population of 10 years and above is taken for the study of marital status in the context of Nepal. While considering the age of marriage, the population between 15-19 years was 48.7%.
- 3. Early parturition:** - There is a trend of giving birth to a child soon after marriage, in the context of our country. The parents have the desire to see their grandchild after the marriage of their daughter or son. This has increased the challenged in the population management of the country.
- 4. Less birth spacing:** - The age space between two children in our country is found to be very less. The difference in this concept could not be brought till now.
- 5. The desire of son:** - Our society is male dominant society. The couple doesn't want to limit their family size until they have a son as their child. They keep on desiring for the son although they have 2-3 daughters as their child which increases the population of the country giving the challenge to the population management of the country. The concept of equality between son and daughter is found in very less couple.
- 6. High infant and child mortality rate:** - The infant mortality rate in Nepal is found to be high. According to the World Population Data Sheet 2011, the infant mortality rate in Nepal is 53 per thousand live births whereas of Sri Lanka and Maldives are 15 and 11 respectively. The parents desire to give birth to number of children if there is less chance of their child to be alive. While considering such situation, the problem occurs in population management of the country.
- 7. Age composition of population:** - According to the census 2068, out of total population of Nepal the age group between 0-14 is found to be 34.91%. This has also become one of the problems in population management of Nepal.
- 8. Lack of an active role of women:** - There is not that important role of women in maintaining the size of the family. Women are backward in other decision-making procesess as well.

# Measures of Population Management



The population of any place or a country is not constant. There is always change in population. We usually find the population being increased in most of the places but in some of the places we can find the population being decreased. The countries of north-west Europe such as Norway, Denmark, etc. can be taken as examples of it.

People usually takes population management as related only to the control of the population but its meaning is little different from that. Population management is a bit different from population control. Population management is the practice of keeping the human population at a sustainable population size. It includes the size of population, structure, distribution, population growth etc. Regarding the different factors related to birth, death and migration and keeping the balance on means and resources to control the population is called population management. The essential factors such as food, education, clothes, shelter, health services, employment, etc. are to be provided to maintain the quality of life. All these works are called population management. The change in population does not occur in the same way at all the places, it differs.

There is an interrelationship between population growth and available means and resources. There must be a balance between these resources and population growth otherwise there is danger of the lives of the human. The population growth should be balanced according to the available means and resources. The factors such as quality education, small family, proper age of marriage, birth spacing, breastfeeding, women participation in the decision taking on the important matters of the family, etc. should be considered by developing countries for the management of population. It is essential to bring about changes in the area of mother and child health care in order to decrease infant mortality rate. Involving women in income-generating activities, women empowerment, population education, etc. should be promoted with regard to all these activities.