



POPULATION GROWTH IN INDIA: PROBLEM AND SOLUTION

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ABSTRACT

Population was one of the most important contributing factors to the 'early development' of Western countries. The growing population provided extra hands to work and additional pockets to buy newly produced goods. Countries with low population have paved the way for their progress by increasing the population. But this continuous increase in population has become a curse for developing and underdeveloped countries. The ever increasing population and limited resources are giving rise to many socio-economic problems in the country, especially in the case of underdeveloped countries. India is the second largest country in the world in terms of population size. India's rapidly growing population is a result of the prevailing high birth rate and a steep decline in the death rate in the country. This article throws light on the problem of population in India and their various causes and various effects on the society of increasing population. Also analyzes 2 children's policies.

Key words: overpopulation, development, 2 child policy, government, social problems.

I. INTRODUCTION

Human beings evolved under conditions of high mortality due to famines, accidents, illnesses, infections and war and therefore the relatively high fertility rates were essential for species survival. In spite of the relatively high fertility rates it took all the time from evolution of mankind to the middle of the 19th century for the global population to reach one billion. The twentieth century witnessed an unprecedented rapid improvement in health care technologies and access to health care all over the world; as a result there was a steep fall in the mortality and steep increase in longevity. The population realized these changes and took steps to reduce their fertility but the decline in fertility was not so steep. As a result the global population has undergone a fourfold increase in a hundred years and has reached 6 billion.

India is second largest populated country in the world. It stood second after China. In 2011 census the population of the country was 121 crore. It has 623700000 male and 586500000 female population. In overall population 51.54 percent male & 48.46 per cent of female population. The structural characteristics of the population play an important role in determining the stock of potential human resources and the composition of demand for services in health and education. The sex-ratio has been declining steadily from 1901 to 2011. According to 2011 census the ratio of female are 940 per 100 males. The proportion of population living in urban areas increased from 17.3 per cent in 1951 to 26.1 per cent in 1991. The crude birth rate was 22.5 in 2010. The life expectancy at birth was 61.6 and 63.3 years for males and females respectively. The number of

bed per 10,000 populations in public hospitals was 1.9 & 21.8 for rural & urban respectively. The availability of doctor per 10000 populations was 5.6 in 2001. Research conducted by the Indian cervical for medical research reveals that 70 percent of pregnant women in India suffer from anaemia. This is because of cronic mal-nutrition, poor drinking water and lack of adequate sanitation facilities.

II. WHAT DO YOU UNDERSTAND BY POPULATION GROWTH & POPULATION?

The number of people living in a certain area is called population. Population growth is the increase in the number of people living in a particular area. Since the population is increasing rapidly. Hence resource depletion may happen faster in future.

At present, there are 7.9 billion (as of November 2021) people in the whole world. Their number is continuously increasing. Whereas in the 19s this figure was very less. By the beginning of the 20th century on Earth, the planet's population has grown from zero to 1.6 billion. The population grew to 6.1 billion in just 100 years. Which is a nearly four-fold increase in the number of humans in a relatively short period of time? The total world population reached 7.5 billion in April 2017. It is estimated that by 2050 it will reach 980 million and by 2100 the population will reach 1120 million. Asia is the most populous continent. Where 4.3 billion people live. The most populous country with 1.4 billion people is China, accounting for 60% of the world's population. The largest populations of the world live in India and China. Due to high population growth it can be harmful for humans, because of more people they will use things more. A certain amount of things are present on this earth, due to which people may have to face many problems.

III. WHAT IS THE POPULATION GROWTH RATE OF INDIA?

- ❖ The population in 2021 is 1,393,409,038, an increase of 0.97% from 2020.
- ❖ The population in 2020 was 1,380,004,385, an increase of 0.99% from 2019.
- ❖ The population in 2019 was 1,366,417,754, an increase of 1.02% from 2018.
- ❖ The population in 2018 was 1,352,642,280, an increase of 1.04% from 2017.

India's growth rate in 2017 is 1.13%, ranking 112th in the world. 50% of the population in India is below 25 years of age. If seen, there has been a very slight decline in the population growth rate of India.

World Population Distribution as per 2016

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| ○ World population is 759.43 crores | The population of Africa is 121.61 crore |
| ○ The population of Asia is 446.27 crores | The population of Europe is 7414 million |
| ○ Population of South America is 42.25 million | Population of North America is 579 million |

Why is World Population Day celebrated?

World Population Day is celebrated on 11 July. World Population Day was established by the United Nations Development Program in 1989. Though you may not have heard much about Population Day, but it is being celebrated for almost three decades now. The day is a helpful step to raise awareness about the need to find solution issues related to the growing population. Apart from this threat, World Population Day should also be seen as an occasion to celebrate the spirit of brotherhood. On this day, you should realize your responsibility

towards each other. The Population Division works closely with agencies, programs, funds, and bodies of the United Nations system to administer work on population.

IV. REASONS FOR POPULATION GROWTH IN INDIA

- Drop in death rate: At the core of overpopulation is the difference between the overall birth rate and death rate in the population. If the number of children born each year equals the number of adults who die, the population will stabilize.
- Agricultural Advancement: Technological revolutions and population explosions happen at the same time. There have been three major technological revolutions. They are the tool-making revolution, the agricultural revolution and the industrial revolution.
- Better Medical Facilities: After this the Industrial Revolution began. Technological progress was perhaps the biggest reason why the balance has been permanently disturbed. Science was able to produce better means of producing food, allowing families to eat more food. Apart from this, medical science made many discoveries, thanks to which they were successful in defeating many diseases.
- Overcoming Poverty: However, when talking about overpopulation, we must understand that there is a psychological component as well. Poverty is considered to be the main reason for overpopulation. The lack of educational resources has resulted in high birth rates, which is why there is a huge boom in population in poor areas.
- Child Labor: It is no less than a tragedy that child labor is still rampant in many parts of the world. According to UNICEF, approximately 150 million children are currently working in countries with child labor laws. Children are seen as a source of income by poor families, they start working at a very young age and also lose out on educational opportunities, especially when it comes to birth control.
- Technological Advancements in Fertility Treatment: With the latest technological advancements and more discoveries in medical science, it has become possible for couples who are unable to conceive, undergo fertility treatment methods and have their own children.

V. WHAT ARE THE FACTORS AFFECTING POPULATION GROWTH

Factors Affecting Population Growth:

- 1. Economic development.
- 2. The quality of children.
- 3. Social and cultural factors.
- 4. Women's labor market participation.
- 5. Education.
- 6. Welfare payments.
- 7. Availability of family planning.
- 8. Mortality - Level of medical provision.

VI. CONSEQUENCES OF POPULATION GROWTH

- Its results can be easily seen in India. Apart from poverty and unemployment, many other types of problems start arising due to overpopulation.
- The growth rate goes down day by day and as a result the backwardness in the country increases.
- Due to the increase in population, due to the construction of houses, there is a shortage of land for agriculture day by day.
- With the increased population, there is a shortage of potable water, due to which other problems start arising.

- Rapid increase in population means a large number of persons entering the labor market for whom it is not possible to provide employment. In fact, in underdeveloped countries, the number of job seekers is increasing so fast that in spite of all efforts towards planned development, it is not possible to provide employment to all.
- Unemployment and disguised employment are common problems in these countries due to overpopulation. The rapidly growing population makes it almost impossible for economically backward countries to solve the problem of unemployment.
- Food shortage is a very serious problem. Increased population means more food demand which puts pressure on the available stock of food. This is the reason why underdeveloped countries with rapidly growing populations generally face the problem of food shortages. Despite all their efforts to increase agricultural production, they are not able to feed their growing population.
- Lack of food affects economic development in two ways. First, the insufficient supply of food reduces the nutrition of those who reduce their productivity. This further reduces the production efficiency of the workers. Second, the shortage of food grains compels them to import food grains. Which unnecessarily puts pressure on their foreign exchange resources?
- The ever-increasing population adversely affects agriculture. In less developed countries the majority of the population lives in villages. where agriculture is their mainstay. The growth of population in rural areas is relatively high and it affects the proportion of land. In addition, such economies exacerbate the problem of disguised unemployment and low per capita agricultural output.
- The ever-increasing population has an adverse effect on the environment, rapidly changing the environment. Population growth has alarmingly increased the rate of unemployed men and women. Due to this, a large number of people are settling in ecologically sensitive areas such as mountainous areas and tropical forests. which is not good for environmental balance
- Due to the ever-increasing population, forests are being cut for agriculture, which causes many environmental changes. Apart from all this, increasing population growth leads to migration of a large number of urban areas with industrialization. This creates the problem of polluted air, water, noise in big cities and towns.
- More people need more resources. Which means that as the population increases, the earth's resources are depleted more rapidly. This results in deforestation and loss of biodiversity as humans overuse resources to accommodate the growing population.
- Population growth also increases greenhouse gases. Most of which come from CO₂ emissions. For visualization, CO₂ emissions had increased twelve-fold during the 20th century. Climate change is accelerated by the increase in greenhouse gases. As a result of which many long-term problems eventually arise.

VII. MEASURES TO CONTROL POPULATION GROWTH

- ❖ Decreasing Birth Rate: We know that birth rate is responsible for population growth. Therefore measures that reduce the birth rate should be adopted.
- ❖ Minimum age of marriage: Therefore the birth rate can be worked out by marriage at a minimum age. Also, people should be made aware of the ill effects of marriage at an early age. Recently, Prime Minister Modi has risen the age of marriage to 21 years, which is an effective step in controlling population growth.

- ❖ Spreading education and making education fun: With the spread of education, the attitude of the people changes. Educated men prefer to delay marriage and adopt smaller family norms. Educated women are health conscious and avoid repeated pregnancies thus helping in reducing the birth rate.
- ❖ Adoption: Some parents have no children despite costly medical treatment. It is advisable that they adopt orphan children. The government should also encourage adoption.
- ❖ Social Security: More and more people should be covered under social security schemes. So that they do not depend on others in case of old age, sickness, unemployment etc with these facilities, they will have no desire for more children.
- ❖ More employment opportunities: The first and foremost measure is to increase employment opportunities in rural and urban areas. There is generally disguised unemployment in rural areas. Therefore, efforts should be made to shift the unemployed persons from rural side to urban side. When their income increases, they will improve their standard of living and adopt smaller family norms. Women should be encouraged to serve in various fields.
- ❖ Providing incentives: Incentives have proven to be an efficient policy measure in tackling most development issues, including overpopulation. Providing health, educational or financial incentives can be a highly effective population measure. There are some incentive policies like paying some money to people with more than two children or free or subsidized education for single children etc., which has also proved to be a useful measure in most of the developing countries facing population related challenges.
- ❖ Empowering women: Studies show that women with access to reproductive health services are easier to lift out of poverty, while working women are more likely to use birth control. The United Nations Population Fund aims to tackle both issues together. Women are still discriminated against; they are limited to the four walls of the house and the upbringing of children. Therefore women should be given opportunities to develop socially and economically.
- ❖ Promoting family planning: simply educating men and women about contraception can have a big impact. When Iran launched a national family planning program in 1989, its fertility rate dropped from 5.6 births per woman to 2.6 in a decade. A similar effort in Rwanda saw a threefold increase in contraceptive use in just five years.
- ❖ Government incentives: The people of the UK charity Population Matters believe that there should be a senior government official to address issues related to population. He urges governments to promote "responsible parenthood" and subsidize people first so that the family keeps the family confined.
- ❖ Tax benefits or concessions: Government should bring various policies related to tax exemptions to curb population growth. One of them could be waiving off a certain part of income tax or reducing the rates of income tax for married couples who have single or two children, surely this can yield some positive results.
- ❖ Knowledge of sex education: It should be mandatory to give sex education to young children at the elementary level. Most of the parents feel shy to discuss such things with their children which results in their children going out and looking for such information on the internet or discussing it with their peers.

Population Control Law:

The Population Control Bill, 2019 is a proposed bill introduced in Rajya Sabha by Rakesh Sinha in July 2019. The bill aims to control the population growth of India. According to the United Nations' World Population Prospect 2019 report, India's population is likely to overtake China within a decade. The proposed bill was signed by 125 Members of Parliament and is yet to become an Act of Law.

VIII. TWO CHILD POLICY IN INDIA:

In view of the increasing pressure on education, health, agriculture, housing, employment, food, pure drinking water in the country, the demand for making the policy of two children has increased. However, experts say that taking a lesson from China, India should take a decision on this issue.

Recently, the Ministry of Health and Family Welfare released the data for the second phase of 'National Family Health Survey-5' (NFHS-5) in December 2020. The first phase of the fifth round of the National Family Health Survey (NFHS-5) was conducted in 2019-20. The NFHS assesses key indicators related to population, family planning, child and maternal health, nutrition, adult health and domestic violence. The fourth round of NFHS was conducted five years back in 2015-16. The results of 22 states and union territories (17 states and 5 union territories) have been presented in the first phase of the fifth round. A total of 2, 81,429 family units, 3, 07,422 females and 43,945 males have been surveyed across 17 states.

The data of National Family Health Survey-5 report has also been satisfactory. An analysis of these data by the international non-profit organization Population Council shows that 14 out of 17 states in India have reduced the total fertility rate (number of children born per woman) or fertility per woman. The rate is 2-1 or less. This means that most states have established replacement level fertility, the average number of children born per woman, that a population can completely replace itself with from one generation to the next.

Key Points of National Family and Health Surveys-5

- The National Total Fertility Rate (TFR) has come down from 2.2 to 2. Except Madhya Pradesh, Rajasthan, Jharkhand and Uttar Pradesh, all other states and UTs involved in Phase II have achieved replacement level of fertility (2.1).
- As per NFHS-4 across the country, there were 991 females per 1000 males, while as per NFHS-5, the number of females per 1000 males during the year 2019-21 is 1,020 Has been. This is the highest sex ratio since all the 'National Family and Health Surveys' and the first modern census conducted in 1881.
- The 'Contraceptive Prevalence Rate' (CPR) has increased from 54% to 67% at the all India level and in all the States and Union Territories included in Phase II except Punjab. The use of modern methods of contraceptives has also increased in almost all the states and union territories.
- At the all India level, the number of children born in hospitals has increased from 79% to 89%. Puducherry and Tamil Nadu account for 100% of institutional deliveries and over 90% in 7 Phase II States and UTs.
- Significant progress has been observed in women's bank accounts in NFHS-5 as compared to NFHS-4 at the national level. Now the bank account holders have increased from 53 percent to 79 percent of women.

POLICY RELATED TO TWO CHILDREN IN DIFFERENT STATES STATUS TILL 2022

Assam: According to the decision taken by the Assam cabinet, people with more than two children from the year 2021 will be considered ineligible for government jobs.

Rajasthan: Candidates having more than two children in case of Government Jobs will not be eligible for appointment. According to the Rajasthan Panchayati Raj Act, 1994, if a person has more than two children, he

will be disqualified to contest election as a member of Gram Panchayat or Ward. However, the previous government had relaxed the two children criterion in the case of a disabled child.

Madhya Pradesh: This state is following the policy of two child norms since the year 2001. According to the Madhya Pradesh Civil Services (General Condition of Services) Rules, if the third child is born on or after January 26, 2001, that person will be considered ineligible for any government service. This rule also applies to higher judicial services. Madhya Pradesh followed the two-child model for candidates for local body elections till 2005, but it was practically discontinued after objections were raised. However, such a rule was not applicable in assembly and parliamentary elections.

Telangana and Andhra Pradesh: A person having more than two children will be disqualified from contesting elections under section 19(3) and section 153(2) and 184(2) of the Telangana Panchayati Raj Act, 1994. However, if a person had more than two children before May 30, 1994, he would not be disqualified. The same clause in the Andhra Pradesh Panchayat States Act, 1994 is also applicable to Andhra Pradesh, where a person having more than two children will be disqualified from contesting elections.

Gujarat: In the year 2005, the Gujarat Local Authorities Act was amended by the government according to which any person with more than two children has been disqualified from contesting elections to local self-government, panchayats, municipalities and municipal bodies.

Maharashtra: Maharashtra Zilla Parishad and Panchayat Samiti Act will disqualify a person having more than two children to contest local corporation elections (from Gram Panchayat to Municipal Corporation). As per the Maharashtra Civil Services (Declaration of Small Family) Corporation, 2005, a person having more than two children is disqualified for any post in the state government. The benefit of Public Distribution System is not given to women having more than two children.

Uttarakhand: A decision was taken by the state government to bar people with more than two children from contesting panchayat elections and a bill was passed in this regard in the assembly. But after the challenge of this decision in the High Court by those contesting the election of Gram Pradhan and Gram Panchayat Ward Member, they were given relief. Under this, the condition of having two children criterion has been made applicable only to those who contested the elections of Zilla Panchayat.

Karnataka: The Karnataka (Gram Swaraj and Panchayat Raj) Act, 1993 cannot prohibit persons having more than two children from contesting elections to local bodies such as village panchayats. However, according to the law, a person "whose family members do not have sanitary toilets available for use" will be ineligible to contest elections.

Odisha: The Odisha Zilla Parishad Act prohibits persons having more than two children from contesting elections.

Bihar: Here too there is a two child policy, but only limited to municipal elections.

Uttar Pradesh: In Uttar Pradesh, the Yogi Adityanath government is working fast on the Population Control Bill. In this sequence, the draft 'Uttar Pradesh Population (Control, Stabilization and Welfare) Bill' has been prepared by the Law Commission of the state. On Saturday (July 10, 2021), a draft bill was presented by the Yogi government regarding the population policy for the next 10 years for Uttar Pradesh. Regarding this, Chief

Minister Yogi Adityanath, referring to the speech given by the Prime Minister on the Independence Day of the year 2019, said that there is such a small section in the country that does good to both its family and the country by limiting its family, that family respect entitled to receive.

IX. CONCLUSION :

Population is very important for the development of a nation. It is the means and ends of economic development. Population is an important asset for the nation but it becomes a liability when unchecked. The population in India has crossed the optimum limit and has become a liability. Therefore, the problem of population explosion in India has proved to be a major obstacle in the success of economic planning and development. Population has increased unexpectedly for the last two decades. Which in any case is not beneficial for the development of the country and society. However, overpopulation has not affected the GDP and India's GDP has grown very rapidly for the last two decades. India is now the third largest economy with a Gross Domestic Product (PPP) of \$10.40 trillion, but due to the population explosion it still ranks 116th in terms of per capita income and 130th in terms of HDI. Population explosion is adversely affecting the standard of living. Over population creates problems like unemployment, food shortage, low per capita income, capital formation problem, high pressure, social problems, economic insecurity, social insecurity, land pressure and environmental degradation.

India's economic planning and development is heavily influenced by changes in population. India with its growing human resource and abundant natural resources is still considered a developing country. India is still not in a position to utilize its natural resources adequately for the welfare of the growing population. Even the basic basic facilities like bread, clothes, house, education, health, roads, water etc. are not available to the citizens in sufficient quantity. Poverty in India is largely due to malnutrition. The situation in India today is marked by a lack of electricity in many villages, insufficient food for a large part of its population, and very few health care and education facilities. Today there is a need that the government should make the most stringent laws for population control and implement them strictly. Unless the population is controlled, the benefits of development and public schemes will not reach the common man.

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