

Problem of Population Increase in India

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Abstract: Population growth is the main problem of recent India, creating continuously difficulties, inconveniences for human life and hindrances the country's growth & development. India's current population according to 2011 census is 121 crore and India occupies the second position among the world after the China. Continuous rapidly growing population in India increases demand for food, necessity of shelter & houses, land and other essential commodities & things which are necessary for maintaining daily routine of human life. Population in India is increasing day by day but production of necessary associate goods & things for living human life are not rising at the same rate. These create the main problem for the country and continuously growing population gradually becomes a cause of fearful life & uncertainty for living a standard better life of future generation. Population growth also creates price inflation i.e. rising prices of essential goods, unemployment problem and poverty among the people.. So in modern days, government of India has been adopted various social and economic measures and also organizes many social awareness programmes in various remote village areas, cities, towns like Family planning programme, Research, establishment of family planning centres etc. Various incentives & disincentives are given to those who accept family planning system like provision of clinical facilities and other services to its acceptors. The National Population Policy was announced firstly on April 16, 1976. After that National Population Policy of 2000 was also adopted by the government. At last, we can say that despite all the measures taken by the government for controlling the population growth of India, population explosion goes beyond reach of capacity of control which is a future indication of approaching great problem for the country. To achieve stable population in India, more initiative measures are necessary to be taken where every people's cooperation & participation are needed.

Keywords: Population growth, Family Planning, National Population Policy, Economic Development, High Birth rate, low death rate, demographic transition etc.

1. Introduction

Population growth is a crucial factor which determines the economic as well as social development of a country. Population growth and its impact on social sector of the country has been a matter of concern for the social thinkers and economists for many years. India and many other third world countries are now passing through the phase of population explosion. This situation has arisen because economic development in these countries has failed to maintain pace with population growth. Rapid growth of population causes poverty and proves to be a barrier of development, these countries should take care of their population growth if they seriously wish to solve their poverty problem and put their economy on the path of economic development. Population are increasing in India because birth rate is higher than death rate. So to reduce the population, we have to control the birth rate otherwise it will create unbalanced & unadjustable situation for the country in future. If population increases continuously without any checking, the country cannot keep balance with existing resources and an inevitable condition will emerge. Then it is impossible for the country to run the development activities smoothly. As a result country's growth will retreat. Therefore this research paper tries to point out the population growth problem & its impact on economy and find out the ways for solving the problem.

Objectives of the Study

The objectives of the study are.

- 1) To study about the causes of population increases and its impact on economy.
- 2) To know about the three stages of demographic transitions.

- 3) To analyze the nature of the problem of population growth and to know about demand, supply and price fluctuations of the essential commodities of commercial market with increase of population.
- 4) To know about the reasons of higher birth rate & lower mortality rate.
- 5) To give a picture of real consequences of population growth and to suggest the measures for solving the problem.
- 6) To put forward an ideal model for reducing population growth and compare it with total population reduction in India.
- 7) To put forward recommendations for reducing population growth in India.

2. Methodology of the Study

The data will be collected from primary and secondary source in India. The primary data will be collected with the help of interview and survey method. The primary data will also be collected from a sample survey among the various people in different villages and cities. For knowing birth and death rate, a survey is conducted in different hospitals, nursing homes, block wise & district wise and Block Development office in rural areas and Municipality office in various urban areas etc. The information has been collected through observation in many families in various towns & villages and by asking various questions about their family members and standard of living. The conclusion has been made on the basis of these information and here sampling is judgment sampling. For evaluating the objectives of the study the secondary data will be collected from the various sources such as books, journals, reports, websites, university libraries, planning commission, govt. publications (central and state) district wise and state wise statistical office, population control committees etc.

3. Statement of the Problem

Every country passes through three stages of demographic transitions. In the first stage, both birth and death rates are high. Hence the population remains more or less stable. Population increases because birth rate is higher than death rate. In backward economics where agriculture is the main occupation of the people, per capita incomes are low. In underdeveloped country like India a large number of the people does not get basic necessities of life. They live in unhygienic condition, get inadequate and unbalanced diet, their housing conditions are very poor and in the absence of opportunities for education, their outlook towards life becomes unscientific and irrational. Under these circumstances when medical facilities are limited, the mortality rate is bound to be high. Lack of education, superstitions and such other social evils result in high birth rates. Here the people are generally indifferent to family planning and do not any information to restrict the family size. So high birth rate is matched by an equal high death rate. In second stage, there is rapid growth of population because despite substantial reduction in the mortality rate there is no corresponding decline in the birth rate. With the beginning of the process of development, the living standard of the people improves, the education expands, medical and health facilities increase and governments make special efforts to check various diseases. These bring down the death rate. But as long as society remains agrarian and the education remains confined to narrow section of the society, attitude of the people does not change and birth rate remains high. In the third stage of demographic transition, the birth rate declines significantly and thus the rate of population growth remains low. A country can overcome the problem of population explosion if the process of industrialization accompanied by urbanization is fast and education becomes widespread. Only in this situation, birth rate shows a tendency to fall. Industrialization results in overcrowding in cities and the housing problem compel people to revise their attitudes towards the size of family. Education undermines the influences of customs and religion and in the course of time, scientific enquiry replaces faith in social life. This reinforces people's desire to have smaller families. Moreover with economic development women are working in different sectors. For working women, upbringing of children is not an easy task. Thus both social and economic factors deter a large number of people from having many children and in course of time, the birth rate declines from about 35-40 per thousand to 15-20 per thousand. If this happens in a country, it's population problem can be solved once for all and the critical phase of population explosion can be avoided a great percentage. India ranks second in the world next only to china. India's landscape is 2.4% of the total world area, whereas its population is 17.5% of the world population. The population of India today is 121 crore according to 2011 census. So the pressure of population on the land of India is very high.

Causes of the rapid growth of population

There are three possible causes for population growth of population. i) high birth rate ii) lower death rate iii) immigration.

Causes of decline in the Mortality or Death Rate

1) Elimination of famines: Recurring of famines in India under the British period was a major cause of high mortality rate. Since Independence, the situation has considerably improved, elimination of famines is possible by better medical medical treatment and health services. During 1970-80s, the government had been removed the problem of starvation death created by droughts to a great extent. As a result the mortality rate declines.

2) Control of epidemics and decline in the incidence of malaria and tuberculosis : Cholera and smallpox were the two major causes of epidemics before Independence. Now smallpox is completely eliminated and cholera is very much under control. So the mortality rate has declined.

3) Other factors: Other factors like improved supply of drinking water, improved sanitation and hygiene, expanded medical facilities such as immunization against preventable diseases reduces the death rate from 27.4 per 1000 persons in 1951 to 7 per 1000 persons in 2013. Moreover expansion of education and increased literacy make the people's awareness about different diseases and improvement of their standard of living. Besides this, birth rate continues to be much higher than mortality rate. Birth rate was 39.9 per 1000 persons in q1950-51 and 21.4 per 1000 persons in 2013.

Causes of high birth rate: Economic factors causing the high birth rate are-

1) Predominance of agriculture: In the societies depending on agriculture, children have never considered an economic burden. In India, where techniques of production in agriculture are generally primitive, harvesting, weeding and sowing times- covering over half the year need more labour. Here child labours work as labours in agriculture. Therefore in a predominantly agricultural economy with pre-capitalist relations of production in India are responsible for relatively bigger family.

2) Slow urbanization process and predominance of villages: The proportion of urban population in India in 2011 was 31.16% as against 17.62% in 1951. Due to staggering industrialization the process of urbanization has been slow in the country and it has failed to generate social forces which usually bring down the birth rate.

3) Poverty in underdeveloped countries usually results in high fertility: People are poor because they have large families. At a lower income level of the family, the benefits of having an additional child to the family generally exceed the cost of its upbringing. Benefits accruing to the family from a child take the form of expected services, income and social security provided by the child. Thus poverty works against the acceptability of family planning programmed by the poorer sections of the society because they have no other economic asset than their own labour.

Social Factors : Social factors leading to high birth rate are-

1) Near universality of marriage: The custom of arranged marriages under which parents feel that marrying daughters

is a social obligation results in near universality of marriage. The spread of education changes the attitude of the people towards marriage and many women might decide not to marry at all. But in slow moving society where education is not spreading enough, prospect of this situation are not bright.

2) Lower age at the time of marriage : The relatively lower age at time of marriage in the country is also responsible for high fertility rate. Only when the marriage age reaches 25 or over, some reduction in fertility rate occurs. In India since the average age of women at marriage is still around 18 years the fertility is bound to remain high.

3) Religious and social superstitions: Most Indians on account of their religious and social superstitions desire to have children without thinking for their economic conditions. Hindus in any case must have a son because according to their religion certain rites can be performed only by him and none else.

4) Joint family system: In rural and urban area, the joint family system induces young couple to have children though they may not be in a position to support them. In a joint family, their economic burden is carried by the earning members. In India individual family system is seen lower amount and joint family system is very much common in all over the country. As a result, family member increases.

5) Lack of education: Illiteracy is widespread in India. According to the 2011 census ,74% of the population is literate in this country. Education can change the attitudes of the people towards family marriage and birth of a child. So long as mass of the population remains illiterate it cannot be exposed to rational ideas. People will not give up irrational ideas and superstitions and will continue to have bigger families even if it causes deprivation and low standard of living.

4. Population Growth and Economic Development

Growth in population will result in an additional burden on the economy in the sense it will make larger demand on resources for unproductive consumption, leaving little for productive purposes. Hence population in India is the major constraint on its economic development due to following reasons-

1) Population growth and declining land man ratio: The pressure of population on land has been steadily increasing and with it land-man ratio is becoming increasingly adverse. Some of the gains of economic growth have been wasted on supporting the growing population. Due to rapid growth of population its pressure on agricultural land has increased and cultivate land per capita has declined. It has resulted in subdivision and fragmentation of holdings which lowers farm's productivity.

2) Population growth and capital formation: Rapidly growing population makes increasing demands on resources for unproductive purposes and thus hinders capital

accumulation .So much economic development does not occur.

3) Other adverse effects of population: Rapid population growth adversely impacts employment situation and standard of living of the people. It results in food shortage and import of food grains from abroad and usually prevents change in occupational distribution of a backward economy.

4) Adverse impact on employment situation: The rapidly increasing population has resulted in large scale unemployment and underemployment. The pressure on agriculture increases disguised unemployment where marginal productivity of workers is almost zero.

5) Adverse impact on per capita income and standard of living :The pressure of population on land and dependency burden due to more children has reduced low agricultural productivity and employment which in turn result in low per capita income and low standard of living

6)Shortage and import of food grains: Due to rising population and low productivity, the supply of food grains has failed to keep pace with their increasing demand. So food grain import increases which creates balance of payment crises problem.

7) Adverse impact of feeding growing population: With increasing population it becomes necessary to arrange adequate surplus of food grains for growing masses. As a result the burden of food subsidy increases to very high levels.

8)Present change in occupational distribution of population :The rapid population growth prevents change in occupational distribution of population in a backward economy due to the relative investment costs of job creation in agriculture & manufacturing sector and postpones the transformation of traditional economy into manufacturing sector dominated economy.

5. Recommendations and necessary remedial measures for controlling increasing population

For controlling population three fold measures would be required.

1) Economic Measures: Economic measures are as follows-

i) Expansion of the industrial sector: The family size of the people employed in the industrial sector is smaller than that of the people who are employed in the agricultural sector. In the country side, many people can work on the family farm without making any contribution to the output. Most of the operational holding in India are not economic and thus provide only subsistence living. The benefit of an additional child is greater than the cost of his upbringing. The industrial workers are aware of this difficulties in getting employment and are restricting the size of their family. Moreover they are conscious that in order to raise their standard of living they must restrict the size of their family.

ii) Creation of employment opportunities in urban areas: The housing problem and cost of upbringing of children in urban areas are the two factors which usually deter people from having big families. So to increase urbanization and order to induce people to migrate from the countryside to cities the government will have to create job opportunities in these places. If this programme is carried out in an effective manner and the migration of rural population in urban areas starts in big way and then growth of population will be checked automatically.

iii) Equitable distribution of income and removal of poverty: Poor people have no interest in limiting the family size. They have little stakes in their lives and are thus unconcerned about their families. So they should not be denied gains of economic development any more. Once the poor people start getting basic amenities of life they will have no economic compulsion to have more children and their attitude towards the size of their families will change. In the changed situation, they will become conscious of the number of their children they should have and will undertake every possible effort to make the life better & comfortable. In order to achieve this objective, a drastic change is required in the system of income distribution. The government should guarantee the right to work and ensure a living wage to everyone.

2) Social Measures

Illiteracy, superstitions, orthodoxy, obscurantism and deplorable condition of the women are social maladies which have contributed to population explosion in this country. To reduce population all these social evils must be removed. The social measures are-

i) Education: Education often changes the attitude of a person towards family, marriage and the number of children. More educated people delay their marriage and prefer to have small family. It also induces people to practice family planning by making a frontal attack on orthodoxy and superstitions. Education of girls reduces reproductive span of women and helps in bringing down the birth rate So women education is most necessary.

ii) Improving the status of women: The discrimination between men and women in the society leads to the growth of family size. For many people, a son enhances the prestige of the family performs useful religious rites and preovides security in old age. People will not shed these irrational ideas unless the status of women improves. In backward economy women are not given right for taking decision in respect of number of children. Socially, they are forced for marriage at early age and giving birth male child. If they born female child, then they are continuously forcing for pregnancy in hope of male child. As a result number of children increases.

iii) Raising the minimum age of marriage: Since fertility depends to a great extent on the age of women at the time of marriage, it is necessary that every possible social, legal, and educative measure is undertaken to raise it. Under the Child Marriage Restraint Act in 1903 and it's amendment, 1978 ,minimum age of marriage for men is 21 years and for women is 18 years respectively. But this

programme should implement strictly & lawfully. Also the government should arrange public awareness programmes about legal prescriptions, family planning and bad impact of increasing population through organizing camps, social cultural programmes and workshop in different villages & towns.

iv) The family Planning Programme: Under this programmes, the government has approved of two child norm and limited the number of children, not more than two for each family –

a) Public information programme: The government has decided to use all media of publicity for understanding the importance of family planning & organized the public information programme for understanding them about the problem.

b) Incentives and disincentives: The government has introduced various schemes under which incentives are being given to those who accept family planning. The system of cash prizes has given some inducement to the people to adopt the policy. The preference for employment will be also given to the people who accept small family norm.

c) Moreover, establishment of family planning centre is necessary & research in the field of demography, reproductive biology and fertility control has to be given priority.

v) Population Policy: The government in the earlier phase of family planning pursued an ad- hoc policy under which first it pursued clinical approach, then extension approach and finally the cafeteria approach. Due to failure of this policy, the government decided to pursue a 'bold national population policy in 1976" in order to motivate the people to accept the family planning voluntarily and to provide clinical facilities & other services to it's acceptors. Under the eight plan for population control there was stress on decentralized planning & implementation. Under ninth plan, general policy planning and providing technological inputs were provided. The National Population Policy of 2000 outlined immediate, medium-term, long-term objectives. The immediate objective was to meet needs of health infrastructure and health, the medium-term ,was to lower down fertility rate to the replacement level by 2010 and the long-term objective is to achieve stable population by 2045.

6. Conclusion

If the population problem is to be solved in this country, frontal attack has to be made on expansion of the industrial sector, creation of employment oppertunaties, equitable distribution of income& removal of poverty, improving the status of women & education, rasing the minimum age of marriage in both , rural & urban areas which change people's attitude towards family size & standard of living. The family planning programme under which public information programme, incentives & disincentives, research work should be implemented by the government. For this purpose family planning centre should be established. For controlling population, the government should adopt various population policies.

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