

**Population Explosion****1. Explain the conditions of the Old Age Population of India in the context of health sphere.****Old Age Population in India**

- 1) There will be over 319 million elderly by 2050, threefold the number identified by the Census in 2011, according to the Longitudinal Ageing Study of India (LASI).
- 2) In 2011 census, the 60+ population accounted for 8.6% of population, accounting for 103 million elderly people.
- 3) India is one of the few countries in the world in which the sex ratio of the aged favours males
- 4) One-third was reported to be living below the poverty line – so high dependency ratio
- 5) While 75% of them suffer from one or the other chronic disease, 40% have one or the other disability and 20% have issues related to mental health.
- 6) 66% of older persons were in a vulnerable situation without adequate food, clothing, or shelter
- 7) By 2030, 45 per cent of the total burden of diseases, majorly non-communicable, is expected to be borne by the old-age population.
- 8) The prevalence of mental illness, another prominent NCD, is also rising as the population ages.
- 9) The prevalence of tuberculosis is higher among the elderly than younger individuals.
- 10) In the population over 70 years of age, more than 50% suffer from one or more chronic conditions.
- 11) Adequate investment in elderly healthcare and efficacious policies and their timely management are thus imperative.
- 12) Highly vulnerable to communicable diseases such as Covid
- 13) No proper geriatric care in rural regions.

The rapid urbanization and societal modernization have brought in its wake a breakdown in family values and the framework of family support, economic

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insecurity, social isolation, and elderly abuse leading to a host of psychological illnesses.

#### 2. What are the major achievements of the National Population Policy 2000?

- 1) The Total Fertility Rate (TFR) has declined from 2.9 in 2005 to 2.2 in 2017 (SRS).
- 2) 25 out of 37 States/UTs have already achieved replacement level fertility of 2.1 or less.
- 3) The Decadal growth rate has declined from 21.54% in 1999-2000 to 17.64 % during 2001-11.
- 4) The Crude Birth Rate (CBR) has declined from 23.8 to 20.2 from 2005 to 2017 (SRS).
- 5) The Teenage birth rate has halved from 16 % (NFHS III) to 8 % (NFHS IV).
- 6) Sex ratio has increased.
- 7) The universal immunisation of all children against preventable diseases.
- 8) Polio eradication achieved.
- 9) Communicable diseases controlled.
- 10) Death rate declined.
- 11) Female Literacy rate has increased.
- 12) SDG Goals achieved.
- 13) IMR, MMR, NMR reduction.
- 14) Malnutrition issue has been reduced.
- 15) Family Planning has increased.
- 16) Target of 80% institutional deliveries and 100 % deliveries by trained persons.
- 17) Progress against child marriage.
- 18) 100 % registration of births, deaths, marriages and pregnancies.
- 19) Promotion of alternate medicines.
- 20) Universal Health Coverage – Ayushman Bharath.

#### 3. Explain the concept of Demographic dividend.

- 1) According to United Nations Population Fund (UNFPA), demographic dividend means, "the economic growth potential that can result from shifts in a population's age structure, mainly when the share of the working-age

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population (15 to 64) is larger than the non-working-age share of the population (14 and younger, and 65 and older)".

- 2) The expansion of an economy as a result of a shift in the population's age distribution, which is often brought about by a reduction in fertility and death rates.
- 3) The number of young dependents is lower relative to the working population because fewer births are registered.
- 4) An economy's resources are freed up and invested in other areas to speed up a country's economic development when there are fewer people to support and more people working.
- 5) The dividend is referred to as "the window of demographic opportunity" because it is only available for a short period of time.

#### 4. Define population explosion and what are the causes of population explosion in India are.

**Population explosion:** The rapid and dramatic rise in population of an area is termed as population explosion. The combination of factors like high birth rate and the low death rate is responsible for the population explosion. The lowering of death rate (mortality) is attributed to improved medical care, proper sanitation, and appropriate nutrition.

#### **The main causes of population explosion in India:**

- 1) **Hot Climate:** One of the reasons for the fast-rising population in India is its hot climate. Due to the hot climate, maturity comes at an early age in boys and girls, due to which they give birth to their children at an early age. This is one of the main reasons for the population explosion.
- 2) **Child Marriage and Multi Marriage System:** In India the tradition of child marriage and multi-marriage system is prevalent. Marriage of around 80% of girls of the country is taking place at their young age of between 15 to 20 years. Thus, the result of long married life comes in the form of excessive childbirth. The tradition of a multi-marriage system increases the rotation of childbirth.

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Apart from it, the increasing tendency of widow marriage, due to the social reforms is also increasing childbirth up to some extent.

- 3) **Religious Superstitions:** Our religious Gurus say that if a Hindu person does not has a son, then who will perform the religious ritual in its absence. Due to this, the person remains engaged in the continuous process of giving birth, one by one, in search of a male baby. In the same manner, in Muslims both male and female child is a boon (gift) sent by Allah, prevention of their birth by using any means of family planning is a sin. Due to these reasons, the population is continuously increasing.
- 4) **Illiteracy and Unawareness:** In India around 36% of males and 61% of females are illiterate. Neither they have full knowledge of family planning nor do they know about the consequences of excessive childbirth. This is one of the reasons for the rising population and the situation of Population Explosion' is emerged.
- 5) **Poverty:** Due to poverty, the population is increased by the poor families of our country. People live in slum, use their children as a tool, to earn money, hence they always try to increase the number of children in their families.
- 6) **Birth Rate:** In India, the average age for marriage is very low, compared to other nations of the world. This is also a reason for the population explosion.
- 7) **Death Rate:** In India, the death rate from the year 1900 to 1910 was around 35 to 50 persons per thousand, which is now reduced to only 7 to 8 persons per thousand. This becomes possible in the country by good and hygienic food, pure drinking water, facilities of hospitals, good cleanness, medical facilities at affordable rates, and control over Malnutrition, Pneumonia, Cholera, Epidemic, etc. Along with this, the child death rate has reduced to 69 per thousand, comparatively around 218 per thousand between the years 1916 to 1920. Due to this also, the position of Population Explosion occurred.
- 8) **Indifferent towards Family Planning:** Illiterate persons and people living in rural areas are indifferent towards family planning. They feel fear even by the

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name of 'Operation'. They are not interested even in the use of the simplest and cheapest means of family planning.

**9) Lack of Social Security:** Due to the lack of social security systems in India, every parent seeks. Shelter at the time of crises and for their old age, in childbirth. Whether this would be son or daughter. In the fear of death of their child in childhood, they give birth too many children, so that any of them would be support of their old age.

**10) Arrival of Refugees:** The population is very much increased due to the continuous arrivals of refugees in India. At the time of division of India and Pakistan in 1947, more than 1 crore refugees came to India. In 1962 at the time of the attack on China, a huge number of Tibetan refugees came to India. Similarly, in 1971, more than 1 crore Bangladeshi refugees, came to India and even today this problem is still continued. Apart from this, the continuous arrival of Nepalis is also still continued. More than 5 lakhs Tamil refugees had come to India due to the Sri Lankan Tamil problem. All these are responsible for the population explosion.

**11) Other Causes**

Apart from the above, the following are other causes of population explosion

- 1) Lack of means of entertainment
- 2) Social compulsion of Marriage
- 3) Ambition of a big family
- 4) Betterment in economic position
- 5) Joint family system, etc.