

7. POPULATION CONTROL

India is still suffering from various problems after independence, over population is most dangerous among them. Being a developing country, the increasing growth rate is dragging India into a vicious cycle of population and poverty, which leads to a development trap. This further increases other problems like illiteracy, unemployment and inflation. Eradication of poverty is a very long-term goal in India. The current population is around 1.21 billion. India occupies only 2.4% of the world's land area but it supports over 15% of the world's population. Next to China, India is the second largest populated country in the world. In 2001, India became the second country after China to cross the one billion mark. India is expected to surpass China in total population by 2030 (five years earlier than previously estimated). During 1975–2019 the population doubled to 1.2 billion. The Indian population reached the billion mark in 1998. India is projected to be the world's most populous country by 2024, surpassing the population of China. It is expected to become the first political entity in history to be home to more than 1.5 billion people by 2030, and its population is set to reach 1.7 billion by 2050. Its population growth rate is 1.2%, ranking 94th in the world in 2013.

Table 7.1: Census

Census year	Total population (in millions)	Growth in comparison to 1901 (%)
1901	238.4	-
1911	252.1	5.75
1921	251.3	5.42
1931	279	17.02
1941	318.7	33.67
1951	361.1	54.47
1961	439.2	84.25
1971	548.2	129.44
1981	683.3	186.64
1991	846.3	255
2001	1028.7	330.8
2011	1210.2	408

Population, Growth rate, Mortality rate and Sex ratio (India 1901-2011) : Source- Census 2011, Indian Government :

Overpopulation is an undesirable condition where the number of existing human population exceeds the carrying capacity of Earth. Over population is caused by number of factors. Reduced mortality rate, better medical facilities, depletion of precious resources are few of the causes which results in overpopulation. It is possible for a sparsely populated area to become densely populated if it is not able to sustain life.

Causes of Population growth :

1. High Birth Rate on Death Rate
2. Early Marriages and Universal Marriage System
3. Poverty and Illiteracy
4. Old traditional patterns
5. Illegal migration

Problems created by population explosion :

The current population is around 1.15 billion. India occupies only 2.4% of the world's land area but it supports over 15% of the world's population. There is shortage of land in comparison of population which affects the availability of resources and as a result it created many problems:

1. **Starvation** : India, with a population of over

1.3 billion, has seen tremendous growth in the past two decades. Gross Domestic Product has increased 4.5 times and per capita consumption has increased 3 times. Similarly, food grain production has increased almost 2 times. However, despite phenomenal industrial and economic growth and while India produces sufficient food to feed its population, it is unable to provide access to food to a large number of people, especially women and children. The Global Hunger Index 2016 ranks India at 97 out of 118 countries on the basis of three leading indicators – prevalence of wasting and stunting in children under 5 years, under 5 child mortality rate, and the proportion of undernourished in the population

Table 7.2 : Data on population explosion, growth rate and sex ratio

Census year	Total population (in millions)	Changes in population	Growth rate	Crude birth rate	Crude death rate	Sex ratio (Female on per 1000 male)
1901	238.4	-	-	45.8	44.4	972
1911	252.1	13.7	0.56	49.2	42.6	964
1921	251.3	-0.8	-0.03	48.1	47.2	955
1931	279	27.7	1.04	46.4	36.3	950
1941	318.7	39.7	1.33	45.2	31.2	945
1951	361.1	42.7	1.25	39.9	27.4	946
1961	439.2	78.1	1.95	41.7	22.8	941
1971	548.2	109.1	2.2	41.2	19	930
1981	683.3	135.1	2.22	37.2	15	934
1991	846.3	163.1	2.14	32.5	11.4	927
2001	1028.7	182.3	1.97	24.8	8.9	923

2. **Lack of Sanitation** : The atrocious hygiene that results from widespread lack of sanitation is made worsen by the density of the population. With large numbers of people openly defecating, fecal-oral-transmitted infections are common, leading to diarrhea, with such diseases draining growing children of vital nutrients. Growing up in environments teeming with fecal pathogens has a permanently debilitating effect, experts say.

Over time, a large buildup of fecal germs in the body can also manifest as severe intestinal diseases.

3. **Lack of drinking water** : Depleting ground water table and deteriorating ground water quality are threatening the sustainability of both urban and rural water supply in many parts of India. The supply of cities that depend on surface water is threatened by pollution,



Fig. 7.1 : Starvation



Fig. 7.2 : Lack of drinking water

increasing water scarcity and conflicts among users. Overpopulation will strain current water resources to their limits, cause an increase in water pollution, and lead to an increase in civil and international conflicts over existing water supplies. The increasingly high demand for water will also affect food production in water stressed areas.

4. **Lack of residence :** Rising rate of population growth exerts pressure on land. On the one hand, per capita availability of land goes on diminishing and on the other, the problem of sub-division and fragmentation of holdings goes on increasing. It adversely affects the economic development of the country. Numbers of slums are increasing day by day. Lack of sanitation creates many diseases. Earlier one family used to live in one house but now a day's many families are residing there, reason- population growth.



Fig. 7.3 : Problems of transportation

5. **Problems of transportation :** In a heavily populated country such as India, managing different aspects of transportation is a difficult task. There is also a growing concern over the high degree of air pollution in Indian cities. It is evident that most pollution is caused by motor vehicles. Roads are getting congested because more vehicles travel on them.
6. **Insufficient cloths :** In our country production of cloth not only fulfills the need of the people but by exporting cloth and dresses it earns foreign exchange also. There is per annum growth in the production of clothes but still these are not available to the poor living below poverty line. Many times children and old age people die because of cold in winters.
7. **Limited medical and educational facilities :** The rate of population growth affects long-range planning of community health and medical facilities. Alterations in age composition, internal migration of racial or industrial groups, changes in population density and urban-rural movement require current adaptation of the health program to solve the new problems thus created. Future population changes among children, and, in particular, among children under 5 years of age, are reflected in the trend of deaths from the principal communicable diseases of childhood. It is a matter of routine that patients share beds and doctors are overworked. The shortage of health providers and infrastructure is the most acute in rural areas.



Fig. 7.4 : Limited medical facilities

India, being a developing country, has had to face several economic and political challenges. One of the most important problems is the population explosion. India's population hit 1 billion in May 2000, increasing the urgency for the country to moderate its population growth. Some of the reasons for this population explosion are poverty, better medical facilities, and immigration from the neighboring countries. Several solutions to decrease the rate of population increase have been tried by the government, some successful, some unsuccessful. Although the rate of increase has decreased, but the rate has not reached the satisfactory level yet. The population in India continues to increase at an alarming rate. The effects of this population increase are evident in the increasing poverty, unemployment, air and water pollution, and shortage of food, health resources and educational resources.

Population Education :

One of the formidable problems which stare us in the faces, is our rapid increasing population, which offsets every endeavour for development. A need is being felt for imparting factual knowledge about population dynamic, so that the younger generation may understand the nature and magnitude of the burden imposed by rapid population growth. According to UNESCO, "Population Education is an educational programme which provides for a study of population situation of the family, the community,



Fig. 7.5 : Happy family

nation and world, with the purpose of developing in the student's rational and responsible attitudes and behaviour towards that situation." Hence, we can conclude that population education is an exploration of knowledge and attitudes about population, family living, reproduction education and basic values. It means educating the students about large population or ever-increasing population. Population Education needs to be given top priority. The situation is so grim that something needs to be done quick at grassroots level. The younger generation needs to be informed. They need to be properly educated for leading a planned adult life. Population Education seems to be most relevant. Education has a great motivational force to perform for controlling over population. Suitable educational measures need to adopted to promote desirable changes. The population control programmes must be universally accepted in the interest of the family and the nation. The aim of the **Family planning** is to make family life and the life of the children happier, richer, more prosperous and more progressive.

Family Planning :

Family planning services are defined as "educational, comprehensive medical or social activities which enable individuals, including minors, to determine freely the number and spacing of their children and to select the means by which this may be achieved." Family planning may involve consideration of the number of children a woman wishes to have,

including the choice to have no children, as well as the age at which she wishes to have them. These matters are influenced by external factors such as marital situation, career considerations, financial position, any disabilities that may affect their ability to have children and raise them, besides many other considerations.



Fig. 7.6 : Family planning card

Family planning association in India was established in 1949. It provides information on sexuality education and family life, along with a wide range of services including family planning, bringing health and happiness to millions. Every year 11 July is celebrated as population day. In present time name of family planning is changed into family welfare.

Desire of boy and ignorance of girls :

Government is conducting Family Welfare programme in India at vast level but cannot control the population. The main reason for this is the male dominating society and desire for boy. The traditional social set-up focuses on the son as being the main bread earner of the family. He is expected to earn and take care of his parents in their old age. It is apparently more expensive to bring up a girl child. Not only to educate her, you also have to save up for her marriage and perhaps for other occasions in her life. This reason was mostly voiced by the elderly.

Continuing the family name and the task of doing karma has always been on the shoulders of the son. This is still something people are concerned about, despite girls now coming forward to do the last rites of their parents.



Fig. 7.7 : Save girl child mission

Women in India slowly started recognizing her true potential. As a result, girls has started breaking barriers and earned a respectable position in the world. Today Indian women have excelled in each and every field from social work to visiting space station. There is no arena, which remains unconquered by Indian women. Whether it is politics, sports, entertainment, literature, technology everywhere, its women power all along.

If we want our future generations to live the life of barbarians, it is imperative that we control the population explosion and thus control the usage of the available resources. We can start by educating the women of India in the basics of family planning. This can simply be done if just one educated person takes it into her/his stride to teach one other person .Each one, teach one. Couples with fewer children should be encouraged or rewarded so that other people get encouragement and limit their family size.

Important points :

1. Population explosion is the most serious problem of our country. According to the world's population India ranks second after China.
2. According to the census 1901 population of India was only 238.4 million which increased to 1210.2 million in 2011.

3. The population increase has lead to air and water pollution, unemployment, poverty, lack of educational resources, and even malnourished women and children.
 4. Growing population of India is hindering the overall development of India. To control the population Government has started the programme "Family welfare programme".the objective of this programme is to decrease the birth rate according to the national economy and stabilize the population.
 5. Modern period girls are working head to head with the boys whereas the desire for male child is a big reason for population growth.
 6. Family planning may involve consideration of the number of children a woman wishes to have, including the choice to have no children, as well as the age at which she wishes to have them.
- (iv) One of the biggest reason of population growth is:
 - (a) Industrialization (b) Desire of boy
 - (c) Urbanization (d) None of above
 - (v) Worlds Percent population resides in India.
 - (a) 16 (b) 17
 - (c) 18 (d) 15

2. Fill in the blanks :

- (i) Due to population growth agriculture land is converting into
 - (ii) The has lead to air and water pollution, unemployment, poverty, lack of educational resources, and even malnourished women and children.
 - (iii) is an educational, comprehensive medical or social activity which enable individuals, including minors, to determine freely the number and spacing of their children and to select the means by which this may be achieved.
 - (iv) Girls are getting prestigious place in the society by and
3. What are the influence of population growth on food, residential land, drinking water and sanitation?
 4. What is Family Planning Programme? When did it start?
 5. How can a boy or girl contribute in population control?
 6. Discuss population growth and its consequences with the help of teacher in your class.

Questions :

- (1) Choose the correct answer for the following questions :
 - (i) Most populated country is :
 - (a) India (b) China
 - (c) Pakistan (d) Japan
 - (ii) In comparison to 1901, in 2011 the population growth is
 - (a) 186.64% (b) 330.8%
 - (c) 84.27% (d) 408.0%
 - (iii) Most successful method to control the population control is:
 - (a) Welfare programme
 - (b) Employment programme
 - (c) Family planning
 - (d) Rural development plans

Answers :

1. (i) b (ii) d (iii) c (iv) b (v) a
2. (i) Residential (ii) Population Explosion
(iii) Family Planning
(iv) Education, Employment