

CHALLENGES FACED BY INDIA DUE TO ITS INCREASING POPULATION

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ABSTRACT

This article explores the elements contributing to the swift increase of the population in India. India is the most populous nation, with almost one-sixth of the global population living there. The factors contributing to the swift growth of population include increased life expectancy, insufficient awareness of family planning, early marriages, along with socio-religious sentiments that drive rapid population increase. However, the increase in population is imposing a significant strain on the nation's natural resources. This is evident in the unbalanced livelihood model, increased migration levels, and the scarcity of livelihood resources. Additionally, the excessive population is influencing human behavior. There is a necessity to boost literacy rates, enhance family health knowledge, and improve awareness of family planning. There is a necessity to enhance oversight of family planning awareness initiatives that reach rural regions consistently.

Key words: population in India, causes for rapid increase,

INTRODUCTION:

India's population reached 1.42 billion in 2022. By 2050, the country's population is predicted to reach 1.7 billion. In 2017, the growth rate of the population was 0.98%, compared to 2.3% in the year 2000. India was positioned 112th in the ranking of birth rate statistics. India boasts over 2000 different ethnic communities. India is home to 18 percent of the global population. Seventy-two percent of India's population lives in rural areas, whereas twenty-seven percent resides in cities.

States with highest population rate

Sl no	State
1	Uttar Pradesh
2	Maharashtra
3	Bihar
4	Madhya Pradesh
5	Tamil nadu

Source; Demographic and health survey program, 2022

Causes for over population- population rise in India is attributed to several causes including

Increased life expectancy- In India , population rise is caused by increased life expectancy. The average annual birth rate in India was 42 per thousand in 1951 to 24 per thousand in 2011. The country has been its decadal death rate decline to 8.5 in 2001-2011 from 42.6 in 1901-1911. Since the death rate has also gone down sharply, the population has tended to grow very fast in India. The table below shows the decade wise difference in death rates . This is attributed to several advancements in medical sector.

Year	Death rate per thousand
2001-2011	8.5
1901-1911	42.6

Source; Demographic and health survey program, 2022

Cause for the slow death rate

1	Control of pandemics
2	Control of recurring famines
3	Decline in the incidence of malaria
4	Expansion of medical facilities
5	Spread of education
6	Improvement in intake of nutritious food
7	Increase in vaccination and immunization

Source; Demographic and health survey program, 2022

The death rate in India is

Year	Death rate per 1000
1911-12	46.6
2001-02	8.7
2011-12	7.4
2021-22	7.3

Source; Demographic and health survey program, 2022

Lack of family planning- major part of population in India are unaware of the family planning and the public health awareness among the general public is also very poor. The population addition in the family is considered as the gift of god and the people constructively accept new members in the family .

Early marriage- Child marriage is one of the factors supporting rapid rise in population. It is a major social issue in India. Early marriage often comes with social, psychological, physical and emotional problems. Child marriage violates human rights and child rights. Child marriage places children in the high risk of violation, exploitation and abuse. Child marriage ends childhood, and negatively impacts education, health and protection. This impacts the girl and also impacts her family and community. An estimate suggests that 1.5 million girls aged below 18 years get married every year. The incidences have decreased from 47 percent in 2005-5 to 27 percent in 2015-16; the ratio is still too high. Child marriage is a deeply rooted social norm reflecting widespread gender inequality and discrimination. Child marriage negatively affects the Indian economy and leads to inter generational cycle of poverty.

States with highest child marriage incidents rate

Sl no	State
1	Uttar Pradesh
2	Bihar

3	West Bengal
4	Madhya Pradesh
5	Maharashtra

Source; Demographic and health survey program, 2022

Incidence of child marriage (2022) – The following table shows the urban- rural child marriage incidences.

Urban	Rural
14.7 %	27 %

Source; Demographic and health survey program, 2022

State wise child marriage incidents reported in 2022 - The following table shows the number of reported cases of child marriages as in 2022.

Sl no	State	No of cases reported
1	Karnataka	184
2	Assam	138
3	West Bengal	98
4	Tamil nadu	77
5	Telengana	62

Source; Demographic and health survey program, 2022

Lack of education- one of the factors supporting rapid rise in population is the lack of education .

Top literacy states

Sl no	State	Percent
1	Kerala	96.2
2	Delhi	88.7
3	Uttarakhand	87.6
4	Himachal Pradesh	86.6
5	Assam	85.9

Source; Demographic and health survey program, 2022

Religious reasons- religious sentiments are one of the factors supporting rapid rise in population. The people who are conservative often oppose family planning measures. It is often reflected that children are blessings of god and women should not go against the divine sanction.

Compulsions of poverty- poverty and leer family resource often lead people to have more children many poor parents have more children because they think they can have more children to support family. The parents believe that more children means increased earning and increased income. The following table shows the state wise poverty index per thousand . The table below shows the state wise poverty percentage.

State wise poverty percentage

sl	State	percentage
1	Bihar	51.9
2	Rajasthan	29.5
3	Gujarath	18.6
4	Manipur	17.2
5	Telengana	13.7

Source; Demographic and health survey program, 2022

Mind set- generally illiterate and uneducated children inherit their father's behaviour of poor family planning and choose to give birth to as many children as is necessary to increase the income of their family. As a son is supposed to be the bread earner of the family, the poor do not mind having as many children as they want. A male child is considered as a boon and The desire to have male issues is another factor which is supporting rapid rise in population. The people have diverse frame of mind about male incumbency. Hence , the rise in population is very rapid.

Infant mortality trends- in India, the infant mortality rates have come down as mother care , pre natal care , post natal care , and infant health care facilities have been spread across India . The following table shows the decreasing infant mortality deaths.

Year	Per thousand
2005	56
2015	43
2018	29
2022	27

Source; Demographic and health survey program, 2022

Effects of over population- These are some of the important effects of over population.

1. Burden on natural resources
2. Burden on livelihood pattern
3. Increase in migration level
4. Impact on human behaviour
5. Deepening impact on income pattern

Solutions for controlling over population - several countries across the globe have adopted unique and innovative measure to control the population growth rate.

1. **Family planning awareness** – in India , the priority for reducing rapid increase in population is the need to create family planning awareness. The community health centres and primary health centres can play a vital role in spreading awareness about family planning among communities. Use of condoms, pills, contraceptives, injections and such other safer methods needs to be advertised through proper channels and people must be made aware of the safer benefits from using these family planning approaches.
2. **Increase in marriage age** – the government of India is thinking of rising the marriage age to 21 for women and 25 for men. The prevention of child marriage act , provides for marriage

age of women be 18 while it is 21 for boys. The strict supervising and monitoring of the marriages below this agreed age limit is needed. The governmental and nongovernmental organizations (NGOs), need to create awareness programs to spread the information.

3. **Maintaining equal gender balance ratio** - the rapid increase in population can be contained through maintaining equal gender balance ratio. India is suffering from balance between genders. Several socio- religious and economic factors are preventing women from managing the role in society. Proper assistance is required for women to emerge as equal partners in community progress.
4. **Improvement in public health care services**- the need to make clear budgetary allocations for providing public health care services to the remotest region, is more than evidential. The public health care services need to be spread across India including tribal region , forest land and isolated villages.
5. **Good government policies**- Government of India has come up with several legislation for controlling socio economic inequities and human rights. But monitoring these legislations needs to become tight and transparent.
6. **Spread of education** - every problem linked with the rise in population can be limited or to some extent tightly controlled through spread of education . India needs to review its policies regarding adult education female education, and universal education.

CONCLUSION-

Thus, the rise in population attributable to several socio cultural and religious factors, among others , needs to be checked in order to make the country progress on par with other developed countries. Government needs to prioritise spread of educational and health care support to contain over population.

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