

## Impacts over population in India

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**ABSTRACT:** India is the second most populous country in the world, after China. Overpopulation is among the more serious problems that our country is facing, as it accounts for more than 1.20 billion people of the over 7 billion population of the world. Interestingly, USA, that ranks 3rd in the list of most populated countries of the world, is inhabited by 311.1 million people who comprise just 1/4th of India's population. This gap become even more astonishing when considered that the USA is three times larger than India in size. After the Covid 19 of China, India is the most populous country in the world. Presently, India is the second-largest populated country in the world that occupies 2.4% of the world's land area and represents 17.5% of the world's population. This means that one out of six people on this planet is an Indian. It is estimated by the United Nations that India with 1.3 billion inhabitants would surpass China's population of 1.4 billion by 2024 to become the world's most populous country. Population Explosion is considered as a threat and burden on the Earth. Some of the Indian states outnumber several countries in population. Uttar Pradesh with a population of 166 million leaves behind the Russian Federation, home to 146.9 million people. Similarly, Orissa's population exceeds that of Canada, and Chhattisgarh's that of Australia.

**KEYWORDS:-** over Population in india , Causes of Population Explosion , India Needs Population Control Bill , Effects of Over Population & Conclusion

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### I. INTRODUCTION :-

Population Explosion refers to the rapid increase in the number of people in an area. It is a situation where the economy of the country cannot cope up with the rapid growth of the population. Furthermore, in simpler words, it is a situation where the economy cannot provide proper facilities to its people. Evidently, the largest contributing countries to population explosion are the poorer nations and are termed as developing countries. In India, the state of Uttar Pradesh is the most populated state and Lakshadweep is the least populated. Hence we can say that population explosion is inversely related to the development of that area. Population Explosion has become the mother of evils in our country because too much population is trapping people in a web of poverty and illiteracy that further escalates the problem. Any time of the day, whether it is a metro station, airport, railway platforms, road, highway bus stop, shopping mall, market, or even a social or religious gathering, there is always a swelling crowd of people in India.

### Causes of Population Explosion

The major cause of this population explosion is the difference between the birth rate. The birth rate is the number of individuals born in a population in a given amount of time. The human birth rate is the number of individuals born per year per 1000 in the population. For example, if 35 births occur per year per 1000 individuals, the birth rate is 35). The death rate is the ratio between deaths and individuals in a particular population during a particular period. In simple words, the incidence of deaths in a given population during a defined time (such as one year) is expressed per 1000 individuals). Apart from these, some other factors are partially responsible for population explosion, such as:

- ★ A decrease in infant mortality rate (Mortality rate refers to the number of deaths of infants below the age of 6 months.),
- ★ The increase in life expectancy (An estimate of the average number of additional years that a person of a given age can expect to live).

Earlier the life expectancy of people was around 55-60 years. Now the average age of a person has increased to 70-75 years.) but due to better and improved medical facilities, we can now increase the life expectancy of people. Earlier, there was a balance between the birth and death rate due to limited medical facilities, people dying in wars, and other calamities. According to the 2011 census, the birth rate has actually come down but then the death rate has also declined due to the medical advancements.

Literacy is another cause of an increase in population. Low literacy rate leads to traditional, superstitious, and ignorant people. For example, Kerala has a very high literacy rate and it constitutes only

2.76% of India's population as compared to Uttar Pradesh having maximum illiteracy rate and forms 16.49% of the population. Educated people are well aware of birth control methods. Family planning, welfare programs, and policies have not fetched the desired result. The increase in population is putting tremendous pressure on the limited infrastructure and negating India's progress. The superstitious people mainly from rural places think that having a male child would give them prosperity and so there is a considerable pressure on the parents to produce children till a male child is born.

This leads to a population explosion. Poverty is another main reason for this. Poor people believe that the more people in the family, the more will be the number of persons to earn bread. Hence it contributes to the increase in population. Continuous illegal migration of people from neighbouring countries like Nepal, Bangladesh is leading to a rise in the population density in India. Religion sentiment is another cause of the population explosion. Some orthodox communities believe that any mandate or statutory method of prohibition is sacrilegious. It is difficult for India to exercise a check on the religious grounds for its secularism.

Whether you are in a metro station, airport, railway station, road, highway, bus stop, hospital, shopping mall, market, temple, or even in a social/ religious gathering, we see all these places are overcrowded at any time of the day. This is a clear indication of overpopulation in the country. According to the Indian census, carried out in 2011, the population of India was exactly 1,210,193,422, which means India has crossed the 1-billion mark. This is the second most populous country of the world after China and the various studies have projected that India will be world's number-1 populous country, surpassing China, by 2025. In spite of the fact that the population policies, family planning and welfare programmes undertaken by the Govt. of India have led to a continuous decrease in the fertility rate, yet the actual stabilisation of population can take place only by 2050.

### **Why India Needs Population Control Bill**

#### **The two main causes leading to over population in India are:**

- The birth rate is still higher than the death rate. We have been successful in declining the death rates but the same cannot be said for birth rates.
- The fertility rate due to the population policies and other measures has been falling but even then it is much higher compared to other countries.

The above causes are interrelated to the various social issues in our country which are leading to over population.

**Early Marriage and Universal Marriage System:** Even though legally the marriageable age of a girl is 18 years, the concept of early marriage still prevails in many sections of the society and getting married at a young age prolongs the childbearing age. Also, in India, marriage is a sacred obligation and a universal practice, where almost every woman is married at the reproductive age.

**Poverty and Illiteracy:** Another factor for the rapid growth of population is poverty. Impoverished families have this notion that more the number of members in the family, more will be the numbers to earn income. Some feel that more children are needed to look after them in their old age. Also, hunger can be a cause of death of their children and hence the need for more children. Strange but true, Indians still lag behind when it comes to the use of contraceptives and birth control methods. Many of them are not willing to discuss or are totally unaware of them. Illiteracy is thus another cause of over population

**Age-old cultural norm:** Sons are the bread earners of the families in India. This age-old thought puts considerable pressure on the parents to have children until a male child is born.

**Illegal migration:** Last but not the least, we cannot ignore the fact that illegal migration is continuously taking place from Bangladesh, Nepal and Myanmar is adding to increased population density.

### **Effects of Over Population**

Even after 75 years of independence, the structure of our country is not stable, due to over population. The growth of the population has a major impact on the living standards of people. That is why, despite our incredible progress in the agricultural and industrial spheres, our capita income has not risen appreciably. Hence given below are some of the major problems which are just because of the population explosion.

#### **Some major impacts of the high population are as follows:**

**Unemployment:** Generating employment for a huge population in a country like India is very difficult. The number of illiterate persons increases every year. The unemployment rate is thus showing an increasing trend. Adding to these woes was the COVID-19 pandemic which pushed millions on to the brink of poverty and unemployment.

**Manpower utilisation:**

The number of jobless individuals is on the rise in India due to economic depression, slow business development and expansion activities.

**Pressure on infrastructure:**

Development of infrastructural facilities is unfortunately not keeping pace with the growth of population. The result is lack of transportation, communication, housing, education, healthcare etc. There has been an increase in the number of slums, overcrowded houses, traffic congestion etc.

**Resource utilisation:**

Land areas, water resources, forests are over exploited. The growing population could pose a threat to already existing ecosystem, as the number increases consumption increases which puts stress on natural resources which could lead to shortage of water and food.

**Decreased production and increased costs:**

Food production and distribution have not been able to catch up with the increasing population and hence the costs of production have increased. Inflation is the major consequence of over population.

**Inequitable income distribution:**

In the face of an increasing population, there is an unequal distribution of income and inequalities within the country widen. Due to excessive number of individuals, the job is not valued appropriately which could significantly bring down the value of the skill.

**Steps to Control Population in India**

The Government of India, policy-makers should initiate a bold population policy so that the economic growth of the country can keep pace with the demands of a growing population. Major steps which have been already implemented but still need to be emphasised more control population. A few steps that need to be taken in order to bring population under control:

- ❖ Increasing welfare and status of women- In many section of our society, women are still treated as second-class citizens. They are not allowed to pursue education and hence spend their life doing household work. However, instead of confining women to house duties and letting them study can prove to be beneficial as it could add to growing status of the women plus an additional source of income.
- ❖ Spreading of education- Illiteracy is one of the key reason as mentioned above, the government is taking numerous step for both adult and children to pursue their education for free from government institution, this can lead to exceptional growth in country's literacy rate and inspire more individuals to come forward to learn and understand the consequences of Over population.
- ❖ Increasing awareness for the use of contraceptives- Talking about contraceptives is still Taboo in various parts of our society. There should be camps that need to organized to make men and women aware about contraceptives.
- ❖ Family planning- Family planning is one of another few steps helping towards controlling population. Good family planning can bring stability to an individuals life.
- ❖ Encouraging male sterilization- Sterlization is extremely effective way of controlling birth control and one can engage with their partners without worrying.
- ❖ Free distribution of contraceptives and condoms among the poor- Due to hesitation among the poor regarding contraceptives. The government and Hospitals should come together to organize camps to distribute as well as make people aware about contraceptives and their benefits.
- ❖ Increase the number health care centres for the poor- The Government should also focus on increasing free health care centres, so that individuals can get themselves tested and sterilized if needed.

**II. CONCLUSION :-**

India's strengths in the global world in various fields cannot be ignored, whether in science & technology, medicine and health care, business and industry, military, communication, entertainment, literature and many more. Experts are hopeful that by increasing public awareness and enlisting strict population control norms by the Government will definitely lead the way for the country's economic prosperity and control of the population.

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