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DEMOGRAPHIC TRENDS IN INDIA



Overpopulation in India:
Population versus food
security.

Population explosion in India
faces increasing poverty and
malnutrition.

Most populous country:
Will India be happy? or
nervous?

Population in India: Millions
migrate to big cities due to
insufficient job opportunities.

Population explosion has
created far reaching crisis in
the health sector and quality
of life.

Population in India: An
alarming issue.

You have read the news headlines. They all indicate the population growth of India. What problems arise when the population increases?

- Poverty
- Unemployment
- Starvation
-

Population is the total number of people residing in an area during a given period of time. The news headlines indicate how the country's socio-economic progress is affected when the population increases. If this is the case, will our country be able to achieve sustainable development? Shouldn't the population be controlled in proportion to available resources on earth?



United Nations Population Fund (UNFPA)

The United Nations Population Fund is an international agency under the United Nations. Its main objective is to provide access to quality reproductive health services, voluntary family planning, maternal health care, geriatric care and comprehensive sexuality education to all individuals thereby enabling population development.

According to the United Nations Population Fund (UNFPA) report of 2023, the world population is 804.5 crore and India's population is 142.86 crore.

The social development index of a country or region is determined by its population data (birth rate, death rate, infant mortality rate, age structure, etc.). For that, we need to understand the different population trends and population structure.

Demography is the branch of science that deals with the population structure such as birth and death rates, migration, and population density.

Demography analyses the diverse human resources of an area and its structural changes. Demography is a detailed method of studying how these human resources can be utilised for the development of a society.

Demography is the systematic study of population. This word is a combination of the Greek words 'demos' (people) and 'graphein' (define). It refers to the

description of the people. It studies trends and processes related to population.

Factors that influence population size are birth, death, migration, etc. The size of population of an area changes according to the measure of the above aspects. The structure and composition of the population of an area is taken into consideration on account of age structure, male-female ratio, dependent ratio, etc.

All population studies are carried out on the basis of systematic data collection of people living in an area through survey, census, etc. Most of the concepts of demography are expressed in terms of proportions and rates - for example birth rate, death rate, female-male ratio, dependency ratio and so on.

Social demography and formal demography are the two branches of demography.

Social demography investigates the structure of social demography and its causes and consequences of change. It emphasises the socio-economic and political patterns of a region.

Formal demography measures and analyses the factors of population change. Census is an example for a formal demographic study. It collects and analyses data on population size, age structure, gender ratio and the socio-economic status of the country.

Census activities in India are headed by the Registrar General and Census Commissioner of India. India has the largest census in the world. Census is usually conducted once in ten years in India.

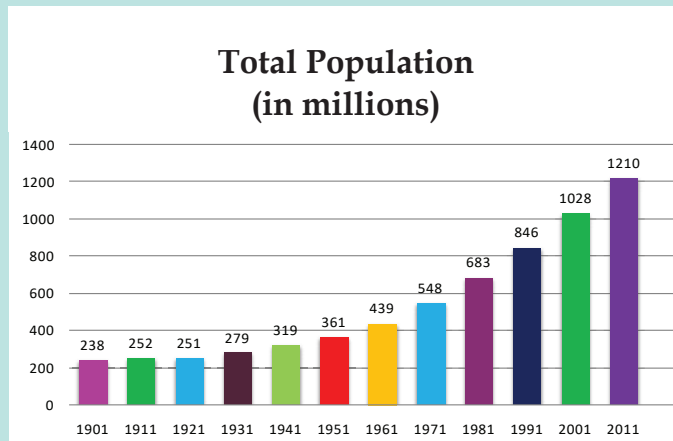


- When was the census started in India?
- When was the last census conducted in India?



India's Population Growth

| Year | Total Population (in millions) |
|------|-----------------------------------|
| 1901 | 238 |
| 1911 | 252 |
| 1921 | 251 |
| 1931 | 279 |
| 1941 | 319 |
| 1951 | 361 |
| 1961 | 439 |
| 1971 | 548 |
| 1981 | 683 |
| 1991 | 846 |
| 2001 | 1028 |
| 2011 | 1210 |



Prepare a note on population growth in India by observing the given table and graph.

Source: Census of India 2011 (Provisional).
website: <http://censusindia.gov.in>



Social Significance of Demography

Demography is the study of a heterogeneous population. It studies population dynamics and development. Analysis of population is possible when it is interwoven with social conditions. Social demography deals with the study of population structure and change, and how it interacts with sociological factors (region, religion, caste, gender, etc.). Socio demography analyses how the demographics of an area relate to various social factors in that area. Demography is thus a socialisation process.

Social Factors:

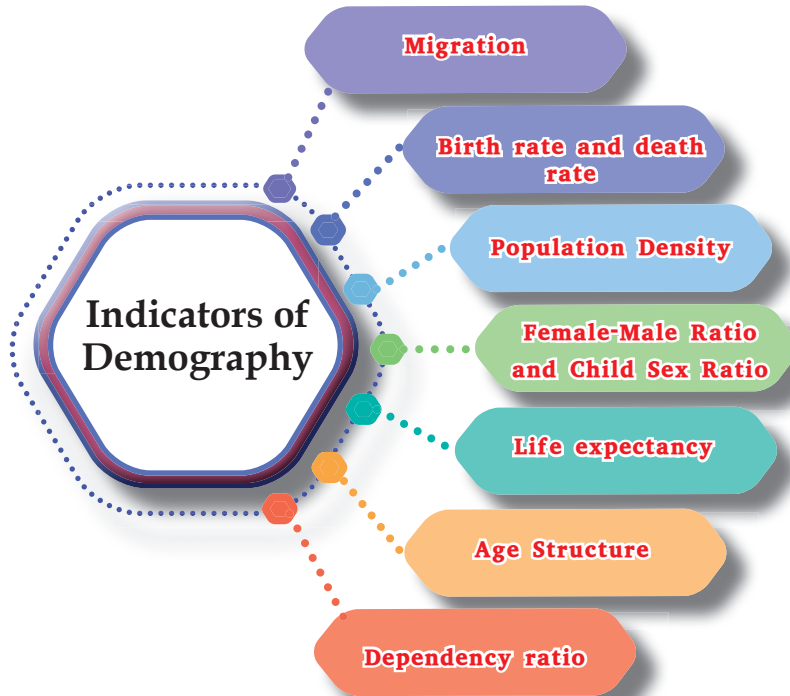
- The culture
- Flexibility
- Religion
- Social control
- Financial
- Community, etc.

Demographic factors:

- Population size
- Age and gender status
- Population change
- Internal migration
- International migration
- Morbidity, etc.

National Statistical Office (NSO), Niti Aayog (National Institutions for Transforming India), National Institute for Population Sciences (NIPS), National Family Health Survey (NFHS), etc. are the important institutions that conduct population studies in India.

Let's get familiarised with the different indicators of demography.



Migration

Listen to the Poem

“ജനിച്ചനാടുവിട്ടുകലയാസ്സാമിൽ
പണിക്കുപോകുന്ന പരിഷകൾ നമ്മൾ
കുതിച്ചു തീവണ്ടി കിതച്ചു പാലുന്നു
തിരയടിക്കും താഴ്വാരവും പാടവും”

ആസ്സാം പണിക്കാർ (വൈലോപ്പിള്ളി ശ്രീധരമേനോൻ)

In his poem, Vailoppilly refers to the people from Kerala who went to Assam in search of work during the Second World War.

You have understood that people of Kerala went to Assam in search of employment during 1941. Currently people are coming to Kerala from Assam and other states.

**Kerala calls foreign workers
“guest workers” and the world
applauds.**

In Kerala, a new word is used to refer to migrant workers as ‘guest workers.’

You have noticed the given news report. Have you ever heard the term ‘guest workers’?

Guest workers have become a part of the Kerala society today. Today, there are guest workers in every sector irrespective of urban or rural area. What might be the reasons for their migration in search of employment?

More information can be added.

- Better income
- High social status
-
-



The History of migration in Kerala

The Malayalam speaking community, even before attaining a common cohesive identity based on a national consciousness, language and geography had undertaken diverse journeys intending migration and emigration. Keralites were forced to work as slaves in British colonies. In the first part of the 20th century, there were coordinated and isolated migrations to the Malabar areas from central and southern Kerala. The Malayalees travelled widely to major Indian cities like Delhi, Mumbai, Chennai, Kolkatta and this period is an example of population based mobility. After this, a large-scale exodus from Kerala to the Gulf regions happened. Malayalees have migrated for employment and permanent settlement to nations that are at the forefront of global development. It is seen that a significant number of people are leaving Kerala in search of employment and education. Currently most of the Keralites migrate to nations like Canada, the United Kingdom, the United States and New Zealand.

From the reasons given above, we can understand what migration is.

Migration is the permanent or temporary settlement of people from one region to another. There are mainly two types of migration.

Internal Migration

Migration within a country's border is called internal migration. People of Kerala going to other states in search of employment and people from other states coming to Kerala are examples of internal migration.

International Migration

Migration across country borders is generally called international migration. An example of international migration is the movement of people from India to Gulf countries and European countries.

Migration changes the population structure of an area.



Different types of migration are given below. Identify which migration they are and add more examples to the list.

- Malayalees working in foreign countries
- North Indian workers working in the construction sector in Kerala
- Students going abroad for higher studies.

| Internal migration | International migration |
|--------------------|-------------------------|
| • | • |

Birth Rate and Death Rate

Birth rate and death rate are important factors in estimating the population growth of an area.



Infant mortality rate

Infant mortality rate is the number of infants who die within one year out of 1000 live births in a year.

Maternal mortality rate

Maternal mortality rate is the number of women who die during childbirth per thousand births in a year.

A country's high infant mortality rate and maternal mortality rate are indicators of backwardness and poverty of that country.

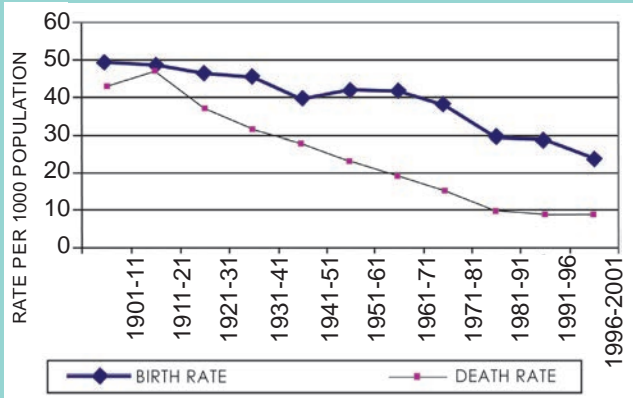
Birth rate is the number of live births per thousand of the population.

Death rate is the number of deaths per thousand of the population in a particular area at a specific time.

Population growth is calculated based on the difference between birth rate and death rate. Population growth slows down when the birth rate is low and the death rate is high. Population increases when the birth rate exceeds the death rate.



Birth and Death Rate in India 1901-2001



| Year | Birth Rate | Death Rate |
|------|------------|------------|
| 1901 | 49.2 | 42.6 |
| 1911 | 48.1 | 47.2 |
| 1921 | 46.4 | 36.3 |
| 1931 | 45.2 | 31.2 |
| 1941 | 39.9 | 27.4 |
| 1951 | 41.7 | 22.8 |
| 1961 | 41.2 | 19 |
| 1971 | 37.1 | 14.8 |
| 1981 | 33.9 | 12.5 |
| 1991 | 29.5 | 9.8 |
| 2001 | 26 | 9 |

Observe the table and graph given above and find out the trends of birth rate and death rate in India. Find out the birth rate and death rate in India as per 2011 census.

Source: SRS Bulletin, Registrar General of India, 2016, National Commission on Population, Government of India.
website: <http://populationcommission.nic.in/facts1.htm#>

The accuracy of birth and death statistics depends on reporting these to the relevant agencies. In most countries, including India, it is mandatory to register births and deaths on time.



Where do we register births and deaths in rural areas?
Where do we register births and deaths in urban areas?



Prepare a note discussing how epidemics, famines, and climate change affect mortality rates.

Find out the birth and death rate in India and Kerala based on the 2011 census report and write it in your notebook.

Density Population

Population density is the one that represents the major socio-economic factors of an area.

The population of an area is the total number of people residing in that area during a specific period of time. But the average population per square kilometer is called Density of Population.



Examine the 2011 Census report and identify the states with the highest population and population density, and the states with the lowest. - Prepare the chart and display it in the class.

There are noticeable regional differences in the density of population in India. According to the 2011 census, Delhi has the highest population density whereas Arunachal Pradesh has the lowest.

What are the social problems in densely populated areas? Complete the table.

- Lack of open spaces
- Pollution
- Lack of water storage
- Crowding
-
-





Why do some Indian states have a higher population growth and some have lower?

- Climate
- Topography
- Availability of water
- Types of soil
-
-

Male-Female ratio and child sex ratio

The male-female ratio influences population growth and its consequences. The male-female ratio in population affects birth rate, death rate, migration, etc.

Sex Ratio (Sex Ratio) is the number of females per thousand males in a particular area during a specific period of time.

The child sex ratio is defined as the number of females per 1000 males in the age group 0-6 years.



Declining Male - Female ratio, Child Sex Ratio in India 1901 -2011

| Year | Male - Female ratio | Child sex ratio |
|------|---------------------|-----------------|
| 1961 | 941 | 960 |
| 1971 | 930 | 964 |
| 1981 | 934 | 962 |
| 1991 | 927 | 945 |
| 2001 | 933 | 927 |
| 2011 | 940 | 914 |

Source: *Census of India 2011 (Provisional) Government of India

Observe the table, discuss and make notes on the trends in Male - Female Sex Ratio and Child Sex Ratio in India. Compare the Male - Female ratio and Child Sex Ratio of Kerala.

Male-female proportion has a crucial role in male-female balance. Male-female ratio is used to predict population growth and to estimate the population size in an area.



What is the male-female ratio in India and Kerala as per the 2011 census?

What might be the social problems created by the decreasing male-female ratio?

-
-
-



NITI Aayog has put forward efforts to improve the male-female ratio in India. It has been recommended to the government to focus on the following areas.

- Raise awareness about the rights of girls
- Provide better healthcare and education to girls
- Empower women and girls

Life Expectancy

Every country strives to improve the health of its population and to reduce mortality rate. Life expectancy is an important factor in estimating the population growth of an area.

A person's life expectancy is an estimate of how long he lives on an average. Life expectancy is determined on the basis of death rate of each age group in a particular area.

Observe the given table.

| State/ Union Territory | Life expectancy (male) | Life expectancy (female) |
|------------------------|------------------------|--------------------------|
| Kerala | 72.3 | 78.0 |
| Maharashtra | 71.6 | 74.0 |
| Punjab | 71.1 | 74.7 |
| Uttar Pradesh | 65.0 | 66.2 |
| Chhattisgarh | 63.7 | 66.9 |
| India | 68.4 | 71.1 |

Courtesy : NSO, 2022

As per the 'Women and Men in India Report' by the National Statistical Office (NSO), released in the year 2022, the life expectancy of male and female in India during 2015-19, is 68.4 and 71.1 respectively. Meanwhile, life expectancy of male-female is 72.3 and 78.0 respectively in Kerala.

So many factors contribute to the high life expectancy rate in Kerala.

- High literacy rate and higher education
- Decentralised public health policy
- Cleanliness
- Food availability and public distribution



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Helpline number for the old age.

The government has been envisaging and implementing various programmes for the social welfare of the elderly. There is an increase in the number of people above 60 years in Kerala. In this context, the state government formulated the 'State Old Age Policy' in 2013 to ensure the welfare and protection of the old age people.



The Government has implemented various programmes like Pakal Veedu, Vayoraksha Project, Vayomithram Project, Amritham Project, etc. to address the problem of the old age people. Prepare a brief note on these and present it in the class.



Which day is observed as World Population Day? Prepare and display placards showing the messages of World Population Day.

Population Age Structure

Population composition is an important indicator of the population age structure.

Age structure of population is the proportion of persons relatively in different age groups.

Age structure is affected by changes in progress and life expectancy. Population age structure is the ratio of the population to different age groups and the proportion of each group to the total population.

| Age group | Age |
|-----------|--------------|
| 0-14 | Children |
| 15-59 | Young people |
| Above 60 | Elderly |

Source: *Technical Group on Population Projections (1996 and 2006) of the National Commission on Population.* <http://populationcommission.nic.in/facts1.htm>

The birth and death rates of an area have an effect on the population age structure of that area. Lack of proper health care, diseases and other factors that were prevalent in our country in the past have contributed to lower average life expectancy. Also, the age structure was influenced by high infant and maternal mortality rates. However, with the development of the country, the standard of living also improved and the life expectancy increased. The age structure ratio of the relatively older age group is higher than that of the younger age group. This age structure is called ageing population.

Given below are the figures of the age group in India as per Census 2011.



| Age group of the population | Percentage of population |
|-----------------------------|--------------------------|
| 0 – 14 age | 29 |
| 15 – 59 | 63 |
| 60 years and above | 8 |

Source: Based on data from the Technical Group on Population Projections (1996 and 2006) of the National Commission on Population.

Webpage for 1996 Report: <http://populationcommission.nic.in/facts1.htm>

- Which age group has the largest population?
- Which age group has the lowest population?

The table shows that India has a high proportion of young population and a low proportion of elderly people. It can provide more workforce to the youth and generate economic growth. For this, the youth needs more emphasis on education and healthcare. At the same time, more attention has to be given to the social security and health care system for the elderly.



Conduct a discussion in your class by identifying the population age structure of India and Kerala as per the 2011 census and find out how 'old age people' affect the country and the state.

Dependency Ratio

A country's working age population (active age structure) comprises of 15 to 64 years of age. Those who are below 15 years and above 64 years belong to the dependent category.

Dependency ratio is the criterion used to compare the dependent category of population and the working population.

Dependency in India influences the economic stability of a country to an extent. By understanding the dependency ratio, the government can clearly evaluate and formulate plans in the health care and educational system. It also helps understand those who need care and welfare, and to formulate plans accordingly.

As the dependency ratio rises, so does the number of old age population, which is one of the problems the country faces. The employable population (between the ages of 15 and 64) is forced to take up the responsibility of a large segment of the unemployed. A decrease in dependency ratio also leads to economic progress of the country. That means the number of employed people to be more than the number of the unemployed among the working age population. This is called the demographic gift or demographic dividend. This is not stable as the employed population turns to be incapable to work in due course.

Advantages of Demographic dividend

- The socio-economic progress of the country increases
- Productivity of the country increases
- The country enjoys high human resource development

To reap the full benefits of the demographic dividend, the youth need better job opportunities. Many initiatives are available for this.



Kerala Startup Mission is the nodal agency of the government for entrepreneurship development and activities in Kerala. It started its operations in 2006 head quartered in Thiruvananthapuram to promote technology based commercial activities.



Discuss and prepare a note on what should be taken care of for India to achieve the benefits of demographic dividend.

India's population is young. That is, the majority here are young people. Human resource development is crucial for the sustainable development of the country. In this chapter we discussed population trends such as birth rates, migration, age structure, male-female ratio, dependency ratio, population growth rate, life expectancy, etc. In demographic dividend, while ensuring the benefit of the youth, the protection of the dependents should also be considered.



National Population Policy

Even before independence, plans to control India's growing population began as part of national movements. After independence, India became the first developing country to introduce a government-sponsored family planning programme. In 1976, India's first National Population Policy came into being. After that, under Dr. M.S. Swaminathan's leadership, a new National Population Policy was drafted based on long-term achievements. Based on that, the current National Population Policy came into effect in 2000. The long-term objective of the National Population Policy 2000 is that by 2045, the population should be streamlined in such a way as to strengthen sustainable economic growth, social progress and environmental protection.

Courtesy : National Population Policy 2000 Published by Govt of India

The human resource potential of the country can achieve personal, social and economic well-being by utilising the full range of knowledge and skills of each individual. Sustainable development can only be achieved if India's population growth, available resources and environmental capacity are utilised for the needs of the present generation and managed in a manner that is beneficial to future generations.



Extended Activities

- Visit the website www.censusindia.gov.in and gather more information related to population.
- Collect news about areas in Kerala where human resource decline is happening due to international migration, and prepare a collage.
- Visit the website of Ministry of External Affairs and collect the statistics of migration from India and prepare a chart and display it.
- You may find the female-male ratio of other states from the NSO website (<https://mospi.gov.in>)? Why is there a difference in the female-male ratio in different states? You may discuss and present it in your class?

Discussion points

- Female foeticide
- Preferential attitude towards boys
- Inadequate healthcare
- Kerala Government is implementing many schemes for improving the male-female ratio in Kerala and for the upliftment of women and children.
 - Helping Hand
 - Hope
 - Viva Kerala

Collect the details of the above and prepare a brief note.

- Organise a seminar on population growth in Kerala. The seminar paper should be prepared considering the conceptual areas given below.
 - Population of Kerala - District with highest population
 - Population Density of Kerala - District with lowest population
 - Migration - Domestic and International
 - Birth and death rate

- Life expectancy
- Age structure
- Population, Dividends
-
-
- Make notes on social characteristics of demography.
- Visit the website of the Ministry of External Affairs (MoEA) and find the statistics of migration from India to other countries and display it on a chart.