

# Impact of Family Planning in Socio-Economic Development

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## Abstract

In many countries including India, the problem of population explosion is a major one. As a result of the efforts made by the Government for solving this problem, the concepts like family planning have gained popularity. F.P. puts stress on health, child care, protection against child diseases, caring of pregnant women, nutritious food, education etc. along with birth control. The main aim is to increase the quality of the population. The birth of a child is not the matter of fate but a matter under human control. Thus family planning laid emphasis on increasing the quality of the population which is possible only through population control.

The study of F.P. is of immense importance to an economy and for society. F.P. studies help us to know how far the growth rate of the economy is keeping pace with the growth rate of population. If population is increasing at a faster rate, the pace of development of the economy will be slow. Rapid population growth reduce per capita income, lowers the standard of living, plunges the economy into mass unemployment and under employment, brings environmental damage and puts a burden on existing social infrastructure. When population increases rapidly, the society always faced with innumerable problems like shortage of basic services of water, electricity, transports and communications, public health, education, migration, urbanization, law and order problem etc. arise. F.P. studies can remove these problems of the economy and society.

Family planning is not just a method for population control but in a broad sense, it is concerned with the very quality of human life.

Keyword: Family Planning

## Introduction

The Present paper is an expression of keen interest about family planning to the people. Efforts have been made to analyze the relation between family planning and socio-economic upliftment and the way in which it affects the social-economic life of people. There is no end of ideas on any problem in society. Besides, family planning (F.P.) is taken by the research work for containing the problems. Socio-economic studies not only in our state but all over India have assumed great significance. Population explosion almost everywhere is dislocating, every planned activity and slowing down the whole development process. In many countries including India, the problem of population explosion is a major one. As a result of the efforts made by the Government for solving this problem, the concepts like family planning have gained popularity. F.P. puts stress on health, child care, protection against child diseases, caring of pregnant women, nutritious food, education etc. along with birth control. The main aim is to increase the quality of the population. F.P. emphasizes the fact that birth control is a scientific method by which a couple can control the size of family. The birth of a child is not the matter of fate but a matter under human control. The programmes of family planning try to control the birth rate by changing the attitude of people towards the adoption of family planning techniques. Thus family planning laid emphasis on increasing the quality of the population which is possible only through population control.

## Importance

Family planning is not just a method for population control but in a broad sense, it is concerned with the very quality of human life.

The study of F.P. is of immense importance to an **economy**. F.P. studies help us to know how far the growth rate of the economy is keeping pace with the growth rate of population. If population is increasing at a faster rate, the pace of development of the economy will be slow. Rapid population growth per capita income, lowers the standard of living, plunges the economy into mass unemployment and under employment, brings environmental damage and puts a burden on existing social infrastructure. F.P. studies remove these problems of the economy to be solved by the govt.

F.P. studies have much importance for the **Society**. When population increases rapidly, the society always faced with innumerable problems like shortage of basic services of water, electricity, transports and communications, public health, education etc. arise. Along with these, problems of migration and urbanization are also associated with the growing population which further led to the law and order problem. Faced with such problems which are the concomitant result or population growth, the state and non govt. social organizations can adopt appropriate measures like F.P. to solve them.

Birth control is necessary to limit the family size in the context of available economic means; otherwise the standard of living will fall down considerably without limiting the family, it is impossible to bring up children properly and pay attention to their physical, mental and moral development. It is equally necessary to limit the burden on state economy. This has already reached its saturation point. Therefore, it has no more capacity to feed the additional growing number of state population. It is necessary on the ground of health and medical care as well. Birth control is today a social necessity. It should be accepted as desirable without any immorality. As the basic aim of family planning is to limit the size of the family, married couples which are convinced to adopt birth control methods and have *children by choice and not by chance*. They are asked to follow small family norm we should not forget what the 1951 census report stated *"If we are not allowing ourselves to die naturally, we should not allow birth naturally."*

In view of the above fact the present paper work on F.P. is quite eminent thus it evokes a keen interest as this will be undoubtedly a vital study of paramount importance with the special reference to socio-economic upliftment. A mix of thought i.e. sociological aspects and economic aspect will construct a new window for study the present problems of the family planning coined with the socio-economic problems.

The importance of this paper in this conference in the economic field is immense. It is with the help of this paper that the state comes to know how far the rate of population growth is keeping pace with that of economic development and in case both are not keeping pace with each other, how to adjust these so that economic problems do not seriously threaten the nation. Obviously if the population growth rate is faster than economic growth rate then there will be economic crisis, poverty and shortage. The problem will have to be solved either by family planning or by speeding up economic development plans. It is desirable the family planning and economic status of the people keep pace with each other. If there is serious gap between population growth and economic development it creates economic disorder.

F.P. study is very much advantageous in the social field as well. It is here that the society comes to know what basic social needs are unavoidable for the growing population. It is F. P. study which can help in finding out optimum housing, schools, hospitals and other similar needs of the society. The step can effectively be taken with the help of family planning study alone. F.P. is beneficial not only for an individual but also for the economy as a whole. F.P. leads to reduction in birth rate of children and therefore the number of dependent in a family. As a result, children will be better looked after, fed and educated, with less number of children to support, the standard of living of the family will improve. Thus F. P. is necessary for better health and long life of mother and child and for overall prosperity and happiness of the family. When the standards of living of majority of families rises through F. P. the quality of life of the entire society improves.

Thus F.P. is needed not only to raise the quality of life of the people but also the change in the level of socio-economic development.

## Objective

Family Planning has become a serious subject of study during our own times. There are still differences of opinion about the scope of study of the subject and university accepted definition of this subject is still wanting. This incidentally also indicates wide objectives and coverage of this subject matter. F.P. today can neither be ignored by the planners, nor policy-makers, nor administrators, nor by academicians and scholars. It provides them all basis for their work and is spring board from where to jump. F.P. studies are being increasingly made from different viewpoints and with different objectives in view and these have today become an integrated part of our socio-economic development on the other. It deals with birth rate, fertility rate, family marriage, literacy rate, density rate and collects socio-economic and vital facts. In this connection it may be pointed out there is close relationship between family planning and socio-economic development. Now the time had changed and objective of F.P. are wider. These are as follows:

- ➔ To make people aware about the evils of population explosion,
- ➔ To know the benefits of living standard through small family in particular,
- ➔ To intelligent and capable application of F.P. policies,
- ➔ To develop the socio-economic status through F.P.
- ➔ To revive existing F.P. function, if shortcomings are found,
- ➔ To attract new couples for adopting F.P. after the birth of two children,'
- ➔ To find solution to problem or hesitation in adopting F.P. program

The broad objective of F.P. could thus be defined as rapid socio-economic upliftment accompanied by continuous progress towards the convincing methods. The process of socio-economic development can move smoothly if the roles of the couples, family and society are clearly defined and if efforts are made to implement F.P. program effectively.

## Literature Review

Adolescents form one of the largest groups with unmet needs for reproductive health services. One of the most important challenges facing reproductive health programmes in Asia is to address the needs of adolescents as they initiate sexual activity at an early age and are exposed to the risk of unwanted pregnancy and infection. Understanding the extent to which young people know about and use contraceptives is, therefore, a significant issue for research and policy. While knowledge of contraception is almost universal among married adolescents, understanding of specific methods and their sources is limited. Although rates vary among countries, there has been a significant increase in contraceptive use among unmarried adolescents but a large unmet need for contraceptives remains. Data on contraceptive use by unmarried adolescent are rare but suggest even lower rates of use than among their married counterparts. Asian adolescents need accurate information about sexuality reproduction and contraception as well as user friendly reproductive health services, intervention research is needed to identify appropriate strategies to address these needs. A study by Gulati (1996) highlighted specific important socio-economic, cultural and demographic determinants of the choice and use of contraceptive methods in different socio-economic and cultural settings of two states in India, Kerala and Uttar Pradesh. The study clearly highlighted that contraceptive use rates were significantly lower amongst the Muslims compared to the Hindus and other religious groups despite controlling all the important predictors of contraceptive use behavior. Also, the improvement in general health conditions and thus reduction in infant and child mortality helped in higher use of contraceptive methods. A study based on 525 adolescents at Sree Avittam Thirunal Hospital, Medical College, Thiruvananthapuram from 1991 to 1996 revealed that non-use of contraceptives may be the reason for most of the unwanted pregnancy among currently married girls. Almost 76 percent of the sample who came for abortion is unmarried girls and 19 percent were currently married girls and the remaining ones were previously married but currently not residing with their husband.

1 SEARCH'S (Society for Education, Action and Research in community Health) Study in Rural Maharashtra 1989 (Bang and Bang, 1996; Bangetal, 1989).

2. CINI's (Child is Need institute) study in Rural West Bengal, 1990-91 (BCC et al, 1995, Bhattacharya, 1994)

3. Strechitakasini's study in Mumbai, 1988 – 89 (BCC et al, 1995, Parikh et al, 1996)

4. BCC's (Baroda Citizen Council) study in Baroda, 1990-91 (BCC et al, 1995; Latha et al, 1994)

5. Study in Karnataka undertaken by a team of researchers, 1992, (Bhatia and Cleland, 1995, Bhatia et al, 1995).

In brief, although a lot of research has been done in this field, several dimensions of gynecological morbidity particularly socio-demographic, behaviour, biomedical process and health seeking pattern are remaining relatively unexplored.

However, from the foregoing studies, one could easily cull out some of the sociological and cultural factors that characterize the health seeking behaviour of women in reproductive age and factors that stand as obstacles to making use of the treatment even when available. It is not absence of knowledge per se that prevents a woman from approaching health service personnel, it is also culturally rooted factors - beliefs about certain food being taboo, certain behaviours being socially forbidden, shyness etc., which are rooted in culture - that are responsible for abstaining from seeking medical assistance. Even negligence has a cultural basis as this would come out of an attitude that reproductive health matters are part of a woman's normal reproductive process and do not need to be medically treated or even cared for.

### **Methodology**

The methodology of this paper depends basically on secondary source as literacy ratio, density ratio, population growth ratio etc. from family welfare program.

### **Findings**

We know that in many areas where there is shortage of food supplies young couples are advised to restrict family size. So that it becomes easy to solve food problem. Less F.P. practice in rural area as compare to urban areas. It is said the F.P. and size of the town are heavy closely linked with each other. It is because in the cities there is high cost of living, which family with a big size can't afford. Then there are social classes in which big family is not a welcome. Economic conditions are directly linked with family planning. Usually in agricultural setting and zamindar families F.P. is very low because they follow joint family system where husband and wife always live together. On the other hand, in cities people are mostly salaried ones and they have their own limitations. It is primary reason that among salaried couple an attempt is made to keep F.P. high. F.P. is also affected and influenced by the preaching of religious. Educated and employed women also take interest in F.P. it is usually seen that those engaged in mental work have high level of interest in F.P. as compared with those who do some sort of physical labour.

### **Analysis**

The alarming rate of population growth is termed as "Population Explosion". We have to feed a large number of mouths and provide shelter and clothes to them. However, population explosion makes nonsense of all out development programmes and planning. The reasons for the population explosion are many. A heavily proof and scientific campaign on f. p. is the need of the hour. The state governments, the voluntary organizations should launch a vigorous campaign to educate the masses of the dangers of over-population. More births mean more peoples. More people mean more unemployment and more problems of food, shelter and clothing. The people must learn from china which has freeze its population growth adopting one family-one child program.

### **Discussion**

In modern times growth in population has been accompanied by growth in aggregate output for many areas. Substantial rate of population growth which have led to high rates of increase in per capita product. The rise in the rate of per capita product is the result of rise in labour productivity. It is improvements in the quality of labour if better f. p. scheme is adopted. It has been proved by this paper that the growth of physical capital stock depends to a considerable f. p. program. With correlation of f. p. and population growth leads to age of high mass consumption.

### **Limitation**

The said title is bounded by some limitations also which includes the following:

1. F.P. research study is the behavior of family. So it quite impossible to achieve mathematical accuracy.
2. By the time the result are ready, the circumstances might have changed.
3. In this research period, some portion of couple use methods of f. p. in the absence of doctors which make it difficult to create perfection.
4. The present study will confine for socio economic development only.
- 5.

## Recommendation

The main feature of family planning programme found in National Population Policy as follows:

1. **Purely Voluntary:** The family planning scheme shall be run speedily on a purely voluntary basis as part of a comprehensive family welfare programme which will include health education, child and maternal care, supplementary feeding programme for women etc.
2. **Strictly use the minimum Age of Marriage:** In the new policy the minimum age of marriage has been adapted strictly to 18 for girls and 21 for boys.
3. **Sterilisation:** The Government has been advised to be enacting legislation for sterilization if they wish. Since administrative and medical facilities are inadequate in most part of our nation.
4. **Expansion of Facilities in the villagers:** Sterilisation facilities will be expanded in the rural areas and multi-media motivation strategy will be adopted to spread the message of Family Planning throughout the nation-side by using all the available means of publicity.
5. **Contribution of Voluntary Organisations:** For the success of this programme efforts will be made to obtain the help of voluntary organizations. It has also been decided that the grants provided by the Government for family planning to any organization enjoying the approval and patronage of the Government or local bodies or Health Ministry, will be exempted from the purview or income tax.
6. **Free medical Aid:** Any complication developing out of sterilization operation will be treated free of cost and if it is necessary to de-sterilize, expert medical aid will also be provided freely.
7. **Code of Conduct for the Government Employees:** It is expected of the Government employees to accept the small family norm. This had been accordingly included in the Government servants conduct rules. In this way the new population policy includes 'Small family' and 'Happy and prosperous future' concepts. The targets are likely to be achieved if the public co-operation is forthcoming as per expectations.
8. **Wide Publicity:** All available means of publicity will be used to popularize the message of family welfare throughout the nook and corner of the district with special emphasis on rural areas.
9. **Citizen's Prestige:** The Government attaches utmost importance to the prestige of the individual and his right to decide on the size of his family.
10. **Group Motivation:** In addition to individual motivation, the Government provides group incentive to make Family Planning a mass based movement in which a large number of people can participate. For the success of Family Planning Programme, there is need to motivate the people. Our India lives in villages where people are illiterate, ignorant and tradition bound. They think and act according to the rural value system. Even in urban areas, vast sections of the population hold on to old beliefs, traditions and values. This is possible through economic, social and cultural changes which can be brought about by economic and social development through industrialization, urbanization and modernization so as to raise the standard of living of the people. They will result in rising expectations in the form of material comforts, better diet and health, better educational and cultural opportunities and better care for children. Such expectations ultimately lead to the development of the small family norm. This can be achieved by motivating and education the low income families to adopt the small family norm through propaganda and incentive.
11. **Population Education:** A UNESCO report defines population education as "an educational programme which provides for a study of the population situation in the family, community, nation and the world with the purpose of developing in the students, rational and responsible attitudes and behavior towards coping with that situation. To control population growth, both formal and informal education is essential for girls and women. All girls must be made literate. Education of girls holds the key to the reduction in the reproduction rate. School and college going delays the age of marriage for girls and reduces their child-bearing years. As pointed out by Myron Weiner, "Put all the girls in school, India's problems are off." Thus as remarked by a demographer: "Education is the best contraceptive." Another said, "Education is the key of keys to the population problem."
12. **Raising the status of women:** Even though a beginning has been made in women empowerment in India, the status of women is still very low in the family and society, especially in rural areas and traditional families. Their role in the family has been largely confined to giving birth to children, rearing them and carrying out daily household work. Being overburdened, they are malnourished and give birth to weak children leading to

large infantile mortality. The lack of economic and the absence of education, training and professional career among the majority of women have a direct effect on family size and population growth in India. The best way to reduce the family size and control population explosion is to raise the status of women. This can be done by educating women and providing them employment opportunities outside the home. An educated non-working wife understands the importance of having a small family, of a decent standard of living, and better education for children. Thus as pointed out by the Kothari commission on education, "The education of women is of even greater importance than that of men."

13. **Voluntary Agencies:** Voluntary agencies can play a very important role through non-formal programmes in rural areas and poor urban areas. In this context, the service youth clubs, labour unions, women's organizations, religious and social societies, panchayats and gram sabhas can go a long way in educating the people towards the importance of the small family norm. students studying in medical colleges can be entrusted with the task of training and other para medical workers in health centres. Funds can also come from voluntary agencies which should be distributed on non-sectarian basis.
14. **Incentives and Disincentives:** Incentive and disincentives play an important role in the Family Planning programme. Incentive may be in the form of social or economic rewards paid to an individual to delay or limit the size of the family. Incentives in cash and kind, especially to the poor and illiterate sections of the society encourage the couples to undergo sterilizations. The Government should also give suitable tax exemption for specified family planning activities to such institutions. On the other hand, disincentive is the withdrawal of certain benefits and facilities to couples whose family exceeds the desired family norm. This method has also helped in controlling births in China. In India too, women working in Government organizations are not entitled to maternity benefits for the third child. It is also proposes to debar a person with more than two children to be appointed in Government or semi-government establishment. If the rulers themselves set the example of the small family norm, the masses will follow them willingly.
15. **Economic Growth:** The aim of family planning is not only to bring about a decline in fertility rates but also to improve the quality of life of the people. These are possible through rapid economic growth. In the current phase of demographic transition, India can also achieve through commercialization of agriculture, diversified industrialisation, urbanization, and development of infrastructure so as to increase employment opportunities, raise income levels and saving and investment rates.
16. **Special Attention to Backward Areas:** The Family Planning Programme Organisation should give special attention to the most backward areas of India. If we make the mistake of neglecting these areas, then no matter how well the achievements in the urban areas of our nation. Journals and booklets on family planning concentrate, rather than on field work and field experience. Family planning must be for all people, not merely for family welfare circles.

No Indian can work miracle in controlling population. Hence for achieving positive results sustained efforts over a considerable period of time is necessary. The primary need is to arouse social consciousness. The motivation requires the transformation of social psychological attitudes which requires a long period to materialize. Due to this reason the Committee on Family Planning stated. 'Family Planning is not a medical problem; it is a social and psychological problem.' A solution depends on the combined efforts of economists, doctors, biologists, psychiatrists, psychologists, sociologists, demographers, religious and political leaders etc.

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