



INTERNATIONAL JOURNAL OF CREATIVE RESEARCH THOUGHTS (IJCRT)

An International Open Access, Peer-reviewed, Refereed Journal

Demographic Trends in India

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Abstract:-

Population aging is a worldwide phenomenon, and India is no exception to the rule. Census reports indicate that the Indian population has approximately tripled during the last 50 years, but the number of elderly Indians has increased more than fourfold. When considering the continuation of the trend, the United Nations predicts that the Indian population will again grow by 50 percent in the next 50 years, whereas the elderly population is expected to grow another fourfold. India has more than 50% of its population below the age of 25 and more than 65% below the age of 35. It is expected that, in 2020, the average age of an Indian will be 29 years, compared to 37 for China and 48 for Japan; and, by 2030, India's dependency ratio should be just over 0.4. This paper also tries to draw attention on the increasing urbanization trend in India. It tries to highlight that though presently, in absolute terms, the urban population is relatively much lesser than the rural population, still we cannot afford to overlook the shifting rural to urban population trends. The share of urban population of the total is constantly increasing. It is estimated that close to the year 2050 more people in India would live in urban areas rather than rural. This makes the time apt for looking into the urban India challenges separately, strategizing afresh, with focus on urban issues and not merely extending the existing development strategies, with less focus on urban issues.

Key words: - Population, Urbanization, Young, Disintegration

Introduction:-

As a result of the ongoing transition, India's population has increased from 238 million in 1901 to 1210 million in 2011, i.e., more than quadrupled. The pace was slow up to 1921, with some decline during the decade of 1911-21 but picked up after 1921 and accelerated after 1951, with decadal increase rising to 20 percent and the period of 1961-91 experienced growth at a rate exceeding two percent per annum. Some slowing down of the

pace was noticed after the 2001 census with the decadal growth still over 20 percent but the annual rate falling marginally below the two percent mark. The latest census has shown a clear fall, to a decadal growth of 17.6 percent and annual rate of 1.62 percent. In fact, not just the growth rate but the absolute increase has also shown a decline, from 182 million during 1991-2001 to 181 million during 2001-11. Clearly, India's trajectory of growth has turned downward though the population trajectory continues to be upward.

Populous country:-

India is the second most populous country in the world, with 1,336,286,256 (1.3 billion) people (May 2016), more than a sixth of the world's population. Already containing 18% of the world's population, India is projected to be the world's most populous country by 2022, surpassing China, its population reaching 1.6 billion by 2050. Its population growth rate is 1.2%, ranking 94th in the world in 2013. The Indian population had reached the billion mark by 1998. India has more than 50% of its population below the age of 25 and more than 65% below the age of 35. It is expected that, in 2020, the average age of an Indian will be 29 years, compared to 37 for China and 48 for Japan; and, by India's dependency ratio should be just over 0.4.

Period of Stable Population (1891-1921):-

During the period from 1891 to 1921, growth of Indian population was very slow and almost stable. During this period, only 1.27 crore persons were added to the population. The size of the population increased from 23.87 crore in 1891 to 25.14 crore in 1921. The decades of 1891-1901 and 1911-1921 witnessed negative growth of population because of famines. During the decade of 1901-1911, there was positive growth of population.

Period of Steady Rise in Population (1921-1951):-

The year 1921 was referred to as the year of 'Great Divide.' From 1921 onwards India's population started rising steadily. The average annual growth rate of population during this 30-year period increased to 1.22 percent. In absolute number, population of India increased by 10.96 crore during this period.

Period of Population Explosion (1951-1981):-

Population Explosion is a situation in which the size of the population tends to become enormous owing to a widening gap between birth rate and death rate. During the phase of 1951-1981, India witnessed population explosion. The growth rate of population reached 2.2% by 1981. The average annual growth rate of the population during this period reached 2.15%.

Period of Declining Growth Rate of Population (1981 Onwards):-

From 1981 onwards, India's population is growing consistently but growth rate of population has been falling. Average annual growth rate of population was 1.64 percent in 2011. It was 2.16 in 1991 and 1.97 in 2001. But in its absolute size, population continues to rise. From 1981 to 2011 53 crore people were added to our population.

Population Structure:-

More than 50% of India's current population is below the age of 25 and over 65% below the age of 35. About 72.2% of the population lives in some 638,000 villages and the rest 27.8% in about 5,480 towns and urban agglomerations. The birth rate (child births per 1,000 people per year) is 22.22 births/1,000 population (2009 est.) while death rate (deaths per 1000 individuals per year) is 6.4 deaths/1,000 population. Fertility rate is 2.72 children born/woman (NFHS-3, 2008) and Infant mortality rate is 30.15 deaths/1,000 live births 2009 estimated), India has the largest illiterate population in the world. The literacy rate of India as per 2011 Population Census is 74.04%, with male literacy rate at 82.14% and female at 65.46%. Kerala has the highest literacy rate at 93.9%, Lakshadweep (92.3%) is on the second position and Mizoram (91.6%) is on third.

Growing Population:-

Every year, India adds more people than any other nation in the world, and in fact the individual population of some of its states is equal to the total population of many countries. For example, Population of Uttar Pradesh (state in India) almost equals to the population of Brazil. It, as per 2001 Population Census of India, has 190 million people and the growth rate is 16.16%. The population of the second most populous state Maharashtra, which has a growth rate of 9.42%, is equal to that of Mexico's population. Bihar, with 8.07%, is the third most populous state in India and its population is more than Germany's. West Bengal with 7.79% growth rate, Andhra Pradesh (7.416) and Tamil Nadu (6.076) are at fourth, fifth and sixth positions respectively. The sex ratio of India stands at 940. Kerala with 1058 females per 1000 males is the state with the highest female sex ratio. Pondicherry (1001) is second, while Chhattisgarh (990) and Tamil Nadu (986) are at third and fourth places respectively. Haryana with 861 has the lowest female sex ratio.

Indian Population						
Year	Population	Years % Change	Density (P/Km ²)	Country's Share of World Pop	World Population	Indian Global Rank
2016	1,312,457,832	1.2%	446	17.85%	7,432,663,275	2
2015	1,292,836,541	1.27%	441	18.92%	7,349,472,099	2
2010	1,230,984,504	1.47%	414	18.88%	6,929,725,043	2
2005	1,144,326,293	1.67%	385	18.68%	6,519,635,850	2
2000	1,053,481,072	1.86%	354	18.37%	6,126,622,121	2

Important reasons for growing population:

one of the reasons for India's rapidly growing population are poverty, illiteracy, high fertility rate, rapid decline in death rates or mortality rates and immigration from Bangladesh and Nepal. Alarmed by its swelling population, India started taking measures to den the growth rate quite early. In fact India by launching the National Family Planning program in 1952 became the first country in the world to have a population policy. The family planning program yielded some noticeable results, bringing down significantly the country's fertility rate. In 1965-2009, the contraceptive usage more than tripled and the fertility rate more than halved. The efforts did produce positive results, however, failed to achieve the ultimate goal and the population of India since getting independence from Britain in 1947 increased almost three times. Whereas India has missed almost all its targets to bring the rate of population growth under control, China's 'One Child Policy' in 1978, has brought tremendous results for the latter. The policy claims to have prevented between 250 and 300 million births from 1978 to 2000 and 400 million births from 1979 to 2010. The growth rate of population started rising till 1951 though it was not a cause of concern. But after 1951, there was an alarming rise in the population. It continued till 1981. Since 1981, though population has been growing in absolute numbers, growth rate has been declining, offering a slight relief to the policy makers of the country. The growth of India population can be divided into four periods.

- **Young India:** Over 700 million Indians are below 35 years of age and over 550 million below 25. However despite its youthful population, India's size means that it is home to e second largest number of older people in the world, in absolute terms.
- **Unequal India:** The rising income gap is creating an urban-rural divide and a north-so imbalance. A quarter of India's population lives below the poverty line with most living the land on small farms with little access to new technology.
- **Urbanizing India:** Almost 70% of Indians still reside in rural areas although in to decades migration to larger cities has led to a dramatic increase in the country's urban population.

- **Mega city India:** India is home to around 18% of the world's population but accounts for only 2.42% of the total world area, the emergence of mega cities is inevitable.

Rapid Urbanization:-

With the growth of rural population, the area of arable land is decreasing to meet the increased demand for housing, leading to incremental and disguised unemployment. As a result, the rural masses are forced to migrate to the urban areas. In search of a livelihood. According to the framework of economic development developed by Arthur Lewis (1954), the movement of labor from the “traditional sector” (comprising agriculture and allied areas that produce traditional outputs for all societies) to the “modern sector” (industrial area, which produces manufactured items) is placed on the center stage. The traditional sector may be assumed to supply unlimited number of laborers, but the absorption of the same critically depends on the supply of capital to the modern sector. The level of savings and investments are the determinants of the growth of the modern sector and hence, the generation of employment as well as the process of urbanization.

The size of urban India has grown from 62.4 million in 1951 to 284.5 million in 2001, constituting 17.3 percent and 27.8 percent of the total population in those respective years. During the last 40 years, the number of towns has approximately doubled, whereas the areas of the cities are increasing by leaps and bounds. The size of the urban population has registered a very high level of decadal growth (20.9 percent, or 6.3 million, during 1961-71; 19.6 percent, or 9.8 million, during 1971-81; and 28.8 percent, or 16.6 million, during 1981-91) due to migration from the rural areas. Accordingly, the Technical Group on Population Projections, as appointed by the Planning Commission of India, projected that the share of the urban population as a percentage of total population will go up to 32.0 percent by 2011, 33.7 percent (425 million) by the year 2016 and 41 percent (550 million) by the year 2021. Although various programs created by the government such as Integrated Rural Development Program (IRDP), Training of Rural Youth for Self Employment (TRYSEM), and Prime Minister's Rojgar Yojana (PMRY) have affected the gradual process of urbanization, it is still substantially high.

Disintegration of the joint family:-

These migrants, mostly the youth, primarily relocate for better earning opportunities, leaving their elderly parents in the villages. Moreover, the higher cost of living in urban areas and the lack of space for all members of a family to reside at the same place are causing the disintegration of the joint family system. At the same time, the insurance motive of the joint family system has declined gradually while the cost of child rearing has been internalized to a higher degree, leading to a lower rate of fertility. Therefore, the growth of the industries catalyzes the process of urbanization, but makes the invaluable family support system unavailable to senior citizens.

Health Profile of the Elderly Indians: Declining health status is a major symptom of an individual's aging process. Such deterioration broadly depends on heredity, nature of lifestyle and the nutritional quality of food consumed. A gradually weaker physical capacity and psychological strength are observed during this time of life.

When it is observed among an increasing number of citizens in a country, it becomes a problem to the country itself.

Communicable Diseases A careful analysis of the Global Burden of Diseases (GBD) of the age-specific morbidity during the year 2000 shows that about 60 percent are due to infections and common tropical diseases, 25 percent are due to lifestyle disorders, while the rest are due to potentially prenatal conditions. Poor level of nutrition and substantial consumption of immunosuppressive drugs are causing a higher incidence of infections among elderly Indians. Two mostly communicable diseases among them are tuberculosis and asthma, which are responsible for a higher rate of mortality.

Unorganized Sectors: On the other hand, about 40.69 percent (19.18 million) of salaried employees and 289.59 million are engaged in the unorganized sector (including self-employed professionals, farmers, shopkeepers, taxi drivers, casual labourers, etc.) are deprived of being covered by any compulsory retirement benefit plans. In other words, about 92 percent of working Indians are not covered under any old-age income security plan. Despite the absence of any regular income, a significant proportion of these people stay well above the poverty line during their working life. But they are likely to sink below the poverty line in their old age, simply because they could not accumulate adequate amounts of savings while they were in the workforce. The reason behind this trend is because of the non-availability of any suitable framework for savings and investments. It may be further aggravated due to the exponentially increasing healthcare expenses, though neglecting those expenses may worsen their quality of life. The importance of this sector in the Indian economy cannot be neglected. This informal sector of the Indian economy offers employment opportunities to about 92 percent of the working populace and contributes 59 percent of the GDP, including reasonable export earnings (Planning Commission of India).

Considering the existence of this void, Project OASIS Report warned, "Demographic transition coupled with poor coverage by existing provisions suggests that we are inexorably moving towards an India with a gigantic number of destitute elderly. Faced with such huge numbers, a social safety net for the retired workers or a poverty alleviation program, which aims to pay even a modest subsidy, would require a staggering expenditure much beyond the capacity of the government." Moreover, the Indian constitution has entrusted some responsibility to the state in relation to the social security of the people. But the obligation of the state regarding old-age income security of the people is primarily limited to the organized workforce.

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