

## What do you mean by over populated country?

According to Malthus' theory, a country is a populous country whenever there is no food supply for its people.

According to the Optimum theory of Population, a certain amount of population is required for the full utilization of the natural resources of a country. That certain amount of population is called optimum Population. A country having greater than optimum population is overpopulated country.

## Theory of Demographic Transition

This theory explains the change in the rate of population growth as a result of economic development. It indicates three levels of population growth.

### First stage

The first stage is the stage of backward underdevelopment. The higher the birth rate and the higher the mortality rate neutralize each other. In this stage the death rate is high due to low level of standard of living, poverty, malnutrition and lack of medical facility. Birth rate is high at this level due to lack of education, early marriage, ignorance about family planning, social prejudices, etc. The population growth rate is almost stable and there is a very low level of equilibrium in the economic structure.

### Second Stage

At this stage of development, the mortality rate decreases rapidly, but the birth rate does not decrease in proportion. This is known as an early stage of economic development. The death rate declines significantly as the result of development in the system of food supply and medical facility, use of different life saving drugs, developed Public Health system, developed transport and communication system. Moreover, the welfare schemes of the government help to curtail the death rate caused by contagious diseases, natural calamity etc. But Government schemes fail to decline the birth rate due to the ignorance and illiteracy of the citizens. So, in this stage the population increases rapidly and it creates a problem. This is known as the stage of population explosion. At present, India is at this stage and so problem of population is a vital problem in our country.

### Third Stage

This is the stage of economic development. Here the birth rate decreases faster than the death rate, the population growth rate declines, education expands, public awareness increases, women's liberation arises, and more female becomes educated. All people get education. The people spontaneously follow the ideals of small families and keep the number of children low. The per capita income of the people in the country rises significantly and the standard of living reaches its highest and the people try to maintain the standard of living. Consequently the difference between birth rate and death rate declines and the country comes out of the stage of the population explosion. Population growth at this stage does not cause any problems in the economy of the country. The developed countries like United States, Germany, France, have now reached this stage.

## Causes of Growth of Population

### Reasons for population growth

In 1951, at the beginning of the five year plan, the total population of India was 36.10 crore , while the total population in 2021 is approximately 139 crore.

## 1. Partition of Country

Due to the partition of India and Pakistan in 1947 and due to formation of Bangladesh in 1971, many people from neighbouring countries came to India and settled permanently. As a result the population grew rapidly.

## 2. Decline in death rate

In 1951 the death rate was 27.4 per thousand. In 2020 it declined to 7.3 per thousand. During planning period, the death rate in India has been reduced as a result of food security, improved medical care, use of life-saving medicines, public health facilities, etc. In addition, the number of deaths declined as public welfare measures became successful to curtail the death toll caused by infectious diseases, famines, epidemics and natural disasters.

## 3. Increase in Birth rate

The population is growing at a faster rate due to higher birth rate than declining mortality rate in India. The significant economic, social and religious reasons behind this are

### a) Marriage

The number of unmarried people in India is very low as compared to developed countries because married people are looked upon with pity by Indian society.

### b) Child marriage

Despite the enactment of the law, child marriage is still practiced in India. In India, a large number of people living in rural areas believe in child marriage due to various social pressures. As the people get married in early age so naturally, they give birth of many children and it increases birth rate.

### c) Joint family practice

The people in a joint family feel financially secured and often do not hesitate to marry and give birth to the children, which in turn increases the birth rate.

### d)Prejudices

Indian people consider the birth of a child as a gift from God and therefore do not think about family planning. Moreover, they believe that a male child can only keep up the name of heredity and for these beliefs the birth rate increases.

### e) Ignorance and illiteracy

Due to lack of education and proper knowledge about family planning they give birth to more children against their own will and the birth rate thus increases.

### f) Poverty

Poor and economically weaker people think that having more children will pave the way for higher income. These people do not think much about the standard of living. Moreover, the cost of raising children (education, etc.) is very low, often these children acting as a money-making unit and ensuring the financial security of the family

### g) Slow urbanization

There are various problems in urban life such as housing problem, high cost of living. But these problems are not severe in rural areas. According to the census data, the growth rate from rural to urban areas is low. Thus, the slow urbanisation may be a cause for the increase in birth rate.

In India, to check the population growth, it is necessary to curtail the birth rate. For this a vast, realistic and scientific programme must be adopted. The government should play a leading role in this area.