



## Trends in Demography

**For Prelims:** India's demographic dividend, TFR, Maternal mortality ratio

**For Mains:** Demographic Changes of India, Significance of Population Growth

### Why in News?

According to the projection by the [United Nations](#), in 2022, **China will for the first time register an absolute decline in its population** and in 2023, India's population to reach 1,428.63 million, will surpass China's 1,425.67 million.

### What are the Drivers of Population Change?

- **Total Fertility Rate (TFR):**
  - TFR has **fallen for India in the last three decades.**
    - Between 1992-93 and 2019-21, **it came down from 3.4 to 2**; the fall was especially significant in the rural areas.
    - In 1992-93, the average rural Indian woman produced one extra child compared to her urban counterpart (3.7 versus 2.7). By 2019-21, that gap had halved (2.1 versus 1.6).
    - A TFR of 2.1 is considered as "replacement-level fertility".
    - The TFR is the average number of births by women aged 15-49 based on surveys for a particular period/year.
- **Fall in Mortality:**
  - **Crude Death Rate (CDR) fell to single digits for China first in 1974 (to 9.5) and for India in 1994 (9.8)**, and further to 7.3-7.4 for both in 2020.
    - The CDR was 23.2 for China and 22.2 for India in 1950.
    - CDR is the **number of persons dying per year per 1,000 population.**
  - Mortality falls with increased education levels, public health and vaccination programmes, access to food and medical care, and provision of safe drinking water and sanitation facilities.
- **Life Expectancy at Birth:**
  - Between 1950 and 2020, **life expectancy at birth went up from 43.7 to 78.1 years for China and from 41.7 to 70.1 years for India.**
    - Reduction in mortality normally leads to a rising population. A drop in fertility, on the other hand, slows down population growth, ultimately resulting in absolute declines.

## What are the Implications of the Trends for China?

- China's **TFR was 1.3 births per woman, marginally up from the 1.2 in the 2010 and 2000 censuses**, but way below the replacement rate of 2.1.
- From 2016, **China officially ended its one-child policy** which was introduced in 1980.
- The UN, nevertheless, projects its total population at 1.31 billion in 2050, a 113 million-plus drop from the 2021 peak.
- The decline in China's population of prime working age is concerning as it **creates a vicious cycle wherein the number of working people to support dependent decreases but the number of dependents starts increasing**.
- The proportion of the **population aged between 20 and 59 years crossed 50% in 1987** and peaked at 61.5% in 2011.
- As the cycle reverses, China's working-age population will fall below 50% by 2045.
- Moreover, the average (median) age of the population, which was 28.9 years in 2000 and 37.4 years in 2020, is expected to soar to 50.7 years by 2050.

## What are the Steps taken by India to Control Population?

- India **became one of the first developing countries** to come up with a state-sponsored family planning programme in the 1950s.
  - A population policy committee was established in 1952.
  - In 1956, a Central Family Planning Board was set up and its focus was on sterilisation.
  - In 1976, GOI announced the **first National Population Policy**.
- **National Population Policy, 2000** envisaged achieving a stable population for India.
  - The Policy aims to achieve stable population by 2045.
  - One of its immediate objectives is to address the unmet needs for contraception, health care infrastructure, and personnel and provide integrated service delivery for basic reproductive and child health care.
- [National Family Health Survey \(NFHS\)](#) is a large-scale, multi-round survey conducted in a representative sample of households throughout India.
  - NFHS has had two specific goals:
    - To provide essential data on health and family welfare needed for policy and programme purposes.
    - To provide information on important emerging health and family welfare issues.
- Realising the potential of education in tackling the problems of growing rate of population, the Ministry of Education launched a **Population Education Programme** with effect from 1980.
  - The Population Education programme is a central sector scheme designed to introduce Population Education in the formal education system.
  - It has been developed in collaboration with the **United Nations Funds for Population Activities (UNFPA)** and with the active involvement of the Ministry of Health and Family Welfare.

## Way Forward

- There is an **opportunity for India to reap a demographic dividend** as its working-age population's share of the overall population reached 50% only in 2007 and will peak at 57% by the mid-2030s.
  - But reaping demographic dividend is contingent upon the creation of meaningful employment opportunities for a young population.
- There **needs to be preparedness with suitable infrastructure**, conducive social welfare schemes and massive investment in quality education and health.
- For those already in the 25-64 age bracket, **there is a need for skilling**, which is the only way to ensure they are more productive and have better incomes.
- New skills and opportunities for women and girls befitting their participation in a [3 trillion dollar economy](#) is urgently needed.

### UPSC Civil Services Examination, Previous Year Question (PYQ)

#### **Prelims**

**Q.** As per India's National Population Policy, 2000, by which one of the following years is it our long-term objective to achieve population stabilization? **(2008)**

- (a) 2025
- (b) 2035
- (c) 2045
- (d) 2055

**Ans: (c)**

#### **Mains**

**Q.** Discuss the main objectives of Population Education and point out the measures to achieve them in India in detail. **(2021)**

[Source: IE](#)

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