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**POPULATION GROWTH AND INDIAN ECONOMIC DEVELOPMENT WITH REFERENCE  
TO UNEMPLOYMENT, RESOURCE SCARCITY, INEQUALITY, AND POVERTY - AN  
ASSESSMENT**

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**ABSTRACT**

The world's population is growing by 83 million people year, and 57 billionaires control 70% of the nation's wealth. According to the medium-variant prediction, there will be 8.6 billion people on the planet in 2030, 9.8 billion in 2050, and 11.2 billion in 2100. Population expansion has a negative influence on the economy, increasing costs and lowering savings, which causes hardship for the working and middle classes. A major contributor to poverty in developing countries is overpopulation, which also contributes to unemployment, food shortages, low per capita income, problems with capital formation, high levels of pressure, social problems, economic insecurity, social insecurity, increased environmental pressure, and societal instability. Overcrowding, poverty, crime, pollution, and political upheaval are all effects of India's population increase, which has also resulted in overuse and loss of fertile land. In order to support human flourishing in a globalised world, this study offers a theoretical assessment of the process for population expansion and Indian economic development.

There are a number of major issues that India is dealing with, including overcrowding, which has decreased as a result of government initiatives. Strong legislation and regulatory measures must be implemented to address this in order to make the best use of the resources at hand and transform the nation's human resources into priceless assets. Using secondary sources that include data and information pertinent to the study's problem, this research is descriptive and is theoretically grounded. From a theoretical perspective, it is both a descriptive and diagnostic design. In order to promote human flourishing in a globalised society, this article analyses population increase and Indian economic development. This study tries to assess the population increase and Indian economic development processes in relation to poverty, inequality, resource scarcity, and unemployment.

**KEYWORDS: Population, Wealth, Population Expansion, Overpopulation, Unemployment, Economic Insecurity, Social Insecurity, Poverty and Societal Instability.**

The population of the globe is increasing by 83 million people per year, according to the most recent estimates. India is at its limit due to overpopulation. 57 billionaires in India are in control of 70% of the country's wealth. Economic inequality has several negative effects, including poverty, a lack of social security, access to free healthcare, and substandard living conditions. The medium-variant forecast projects that the world's population will reach 8.6 billion in 2030, 9.8 billion in 2050, and 11.2 billion in 2100, even if fertility rates continue to decline. The world's population is expanding at an increasingly rapid rate, which worries every nation on earth. Natural resources are in danger of being extinct because their availability is running out. It is crucial to create policies, programmes, and awareness campaigns that can help solve the major issue of population explosion in light of the current surge in population. The rising population is one of the issues facing developing and underdeveloped nations. The economy is negatively impacted by population growth. Prices are increasing, which reduces savings and increases the risk of economic hardship for the working and middle classes.

**STATEMENT OF THE PROBLEM**

People in poor nations are compelled to live in substandard conditions without access to clean water or enough food. Unemployment, food shortages, poor per capita income, issues with capital creation, high pressure, social issues, economic insecurity, social insecurity, increased pressure on the environment, and societal instability are all caused by overpopulation. A large population has also resulted in problems with food security and safety. The nation's resources are finite and steadily running out, despite the rising demand for commodities. A increasing population will stress food poverty and increase the effects of climate change. Malnutrition is impacted by climate change in many different ways. The size, composition, organisation, distribution, and movement of a population can

promote or retard the pace of economic growth. In order to maintain economic growth, a developed nation with low population density and a low proportion of employable individuals must see an increase in population. Population expansion that is too rapid and excessive would put a pressure on the environment and cause malnutrition, illnesses, and even death.

However, there are a few advantages to a growing population as well. This is demonstrated by the improvement in the economy, the low mortality rate, the rise in creativity, etc. One of the key reasons for India's population expansion is a drop in death rates brought on by better medical services and a steady birth rate. The widespread illiteracy in India makes people feel that "children are god's favours," which makes them opposed to the idea of "family planning." In India, there are two key factors contributing to an overpopulation: The birth rate continues to exceed the death rate. Although we have been effective in lowering death rates, we cannot say the same for birth rates. India needs a tremendous quantity of resources to support its whole population. Making sure that the benefits of growth reach every Indian is a further issue the nation faces. These difficulties are the outcome of a population that is expanding quickly. When the human population increases above the ecological environment's bearing capability, it is said to be overpopulated. In an overpopulated area, there may be more people than there are resources that are necessary for their existence, such as transportation, water, shelter, food, or social infrastructure.

Numerous effects of human population growth on the Terrestrial ecosystem include: Increasing resource extraction from the ecosystem. These resources include minerals, plants, water, and wildlife, particularly in the oceans, as well as fossil fuels like oil, gas, and coal. Unchecked urbanisation brought about by rapid growth has resulted in overcrowding, poverty, crime, pollution, and political unrest. Increases in food production have lagged behind rapid expansion, and population pressure has resulted in the overuse and loss of arable land. In industries, they have been unable to get employment. The unemployed in metropolitan areas either work irregular hours or as temporary workers. They have insufficient skills or a lack of work security. This is how a growing population without access to quality employment or education caused poverty to rise. The economy is under pressure because of the scarce resources, though. Higher resource utilisation results from a greater population. As a result, not everyone can have access to the resources, and the government is overworked. Economic progress is hampered by population growth since it never keeps pace with increases in the availability of food. Advertisements: In reality, economic growth is impeded as population expansion outpaces economic growth. Possible effects of a population decline that triggers an ongoing recession include: decline in infrastructure and basic services.

There is less demand for essential services like hotels, restaurants, and shops as a community's GDP declines. As a result, these industries' employment suffers. The foregoing are the fundamental concerns with India's economic development: low national income levels. low per capita income levels. The high population rate is an obstacle to the nation's growth and economic advancement. Due to overcrowding, many people lack access to basic necessities and means of subsistence. The population of India is the second-highest on the globe. Indian predictions suggest that by 2027, India would overtake China as the world's largest populated nation. India currently has a population of about 1.37 billion, which is second only to China's 1.4 billion, and by 2050, that number is predicted to rise by an additional 230 million. Therefore, it is necessary to enact tough rules that can aid in halting further population growth. Considering the foregoing, the primary objective of this work is to provide a theoretical evaluation of the process for population growth and Indian economic development with reference to unemployment, resource scarcity, inequality, and poverty in order to promote human growth in the globalised world with the help of secondary sources of information and statistical data. A substantial, pressing, and timely issue that is pertinent from a social, political, and economic perspective is brought up in the study paper. The issue of the study project is obvious from the title alone and is treated very seriously.

### **THE STUDY'S METHODOLOGY**

This research is descriptive and has theoretical foundations. This research offers a well-organized examination of theories and points of view. This kind of research involves conceptualising and explaining how a subject and its surroundings work, as well as investigating or modelling the impacts of those requirements. It exclusively uses secondary sources that contain data and information relevant to the study's problem. It is a descriptive and diagnostic design from a theoretical standpoint. The compilation of secondary data involves using a variety of reports, both published and unpublished. In addition, a thorough review of the literature in the pertinent fields was carried out with the aid of the libraries of the University of

Madras, Madras Institute of Development Studies, Connemara Public Library, Higher Education Department of India and Tamil Nadu, Directorate of Census Operations, Vellore Central Library, and Thiruvalluvar University Library.

### **RESEARCH ARTICLE OBJECTIVE**

The overarching objective of this study article is to analyse theoretical aspects of population growth and Indian economic development with reference to unemployment, resource scarcity, inequality, and poverty in order to enhance human growth in the globalised world with the assistance of secondary sources of information and statistical data.

### **INDIA'S POPULATION**

According to Worldometer's elaboration of the most recent United Nations data 2023, India's population is currently 1,414,792,391. According to UN estimates, the population of India is expected to be 1,380,004,385 at the halfway point of the year. The population of India makes up 17.7% of the entire global population. In terms of population, India is ranked second among all countries (including dependent territories). India has a population density of 464 per Km<sup>2</sup>. 2,973,190 Km<sup>2</sup> is the total area of the land (1,147,955 sq. miles) 35.0% of people live in cities (483,098,640 people in 2020) In India, 28.4 years old is the median age. A nation's population is seen as both an asset and a liability. The country's economic progress is greatly influenced by its population. India has suffered as a result of population expansion.

Although the nation has made enormous strides in its economic development, the population growth potentials have been reduced. India has a total population of 1,210,193,422 people as of March 1, 2011 (623.7 million men and 586.4 million women), up from 1,028,737,436 people in 2001. According to this data, India's population has grown by more than 181 million people between 2001 and 2011. The population of the world in 2020 will be 1,396,150,120, or 17.87% of the total. One in six of the world's population, according to estimates, resides in India. Keeping in mind that India has a landmass of more than 3.2 million square kilometres, it is necessary to keep in mind that it is the seventh-largest country in the world. According to population density, India is ranked 29th with 420 people per square kilometre.

The population density in some Indian metropolises is extraordinarily high. Mumbai has a relatively high population density of 21,000 people per square kilometre when compared to the rest of India. With 46 of them having a population of over a million people and 11 having a population of more than three million, India's megacities have a very high population density. Mumbai, Delhi, and Bangalore, the country's top three cities, each have a population of more than 8 million. There are currently over one billion people living in India, many of whom are in extreme poverty as a result of a lack of proper housing, food, and clothes. In the aforementioned situations, it is imperative to manage the current population in order to better the welfare of the populace and establish a higher quality of life for the nation's future generations.

### **INDIA'S POPULATION EXPANSION**

According to the United Nations, India will surpass China as the most populous nation in 2023. However, according to government statistics, India's population has grown by 1.2% year on average since 2011 as opposed to 1.7% over the previous ten years. The population of India is expected to increase from 1.417 billion in 2022 to 1.515 billion in 2030. In contrast, it is anticipated that over the same time period, China's population will slightly decrease from 1.426 billion to 1.416 billion. India's vast population is mostly due to its youthful population. Nearly half of India's population, or 650 million people, are under the age of 25. Expect more slowing in the future.

#### **❖ Higher birth rate and low death rate**

In India, there will be 24.02 million births in 2021. That works out to 65,797 every day, which ranks first. In 1000 people, there are 17.23 births on average. In India, there will be 10.23 million fatalities in 2021. Poor reproductive, birthing, and birth control knowledge are all consequences of illiteracy, particularly among rural populations. Religious and traditional beliefs and practises: Many people view children as both a divine blessing and a sign of good fortune. The prevention of diseases, urbanisation of the population, dissemination of education, late marriage, prevention of famine, modification of behaviour, and decrease in social ills are the most significant details in this text. There has been a decrease in the death rate as a result of the effective containment of epidemics like the plague, small pox, TB, and malaria. The population's shift toward urban areas has improved sanitation, cleanliness, and

health services, and the development of education has reduced infant mortality. The age limit for late marriage has been set by legislation at 18 for women and 21 for males in order to lower the mortality rate for both women and children. Changes in behaviours have caused individuals to pay greater attention to hygiene and health, which has decreased the death rate more than the birth rate. India has one of the highest birth rates among several other nations. This continues to play a major role in India's explosive population rise. A higher birth rate has been caused by a number of variables, including the practise of early marriage, poverty, a lack of intentional family planning, India's tropical environment which causes earlier puberty, etc. In addition to being blessings for humanity and being the reasons for the decline in India's death rate, improvements in medical and health facilities, the prevention of famines and the spread of diseases like malaria and tuberculosis, the improvement of hygiene in rural and urban areas, the availability of basic resources, etc. have also acted as a catalyst for growth and population growth.

❖ **An early marriage**

Child marriage, which is defined as the union of a girl or boy before the age of 18, has been prevalent in India from ancient times. All marriages between minors that are solemnised in accordance with the Prohibition of Child Marriage Act, 2006, are void. Despite this, child marriage is still prevalent across the country, with the highest rates occurring in the states of Rajasthan, Uttar Pradesh, Madhya Pradesh, Jharkhand, Chhattisgarh, Bihar, and Andhra Pradesh. Due to the high fertility and unintended pregnancies that young brides are likely to experience, this has serious consequences for population management. As women who marry young tend to have children at a young age and bear more children overall, child marriage helps to increase fertility. Due to outdated cultural and traditional conventions, children are compelled to marry at a very young age. Birth rates rise as a result of this. This practise is still common in India's rural areas, which has caused a sharp rise in the population there. It is important to note that rising the average age of marriage will aid in lowering the birth rate and reducing the population growth.

❖ **Excessive illiteracy rate**

India has a complicated network of social and economic divisions that contribute to the country's high rate of illiteracy. In India, illiteracy is a result of economic inequality, gender, caste, and technological hurdles. The most prevalent causes of adult illiteracy, according to the Literacy Foundation, include having parents with limited education, a lack of books at home and a lack of reading stimulation as a child, dropping out of school, challenging living conditions, such as poverty, and learning difficulties. According to a survey by the United Nations Educational, Scientific, and Cultural Organization (UNESCO), India has the world's highest percentage of illiterates. Numerous issues brought on by illiteracy impede the society's steady progress. It further prevents people from making decisions about effective family planning. Illiteracy is thought to be the root cause of a number of problems, including poverty, unemployment, and population growth. India, a victim of this, is severely impacted by the effects of illiteracy. Education is believed to aid a person in understanding a situation and making logical decisions. Men and women with higher levels of education are better able to make decisions about family planning.

❖ **Arrival of refugees and unauthorized immigrants**

People who are compelled to leave from violence, persecution, or conflict are considered refugees, and requesting asylum is not illegal. Over 100 million people have been forced to evacuate their homes as a result of the war in Ukraine and other conflicts, a record that shouldn't have been broken. There were 400,000 refugees living in India in 1992, coming from eight different nations. As of January 1, 2021, there were 72,312 Tibetan refugees living in India, while 58,843 Sri Lankan refugees were residing in 108 camps in Tamil Nadu and 54 in Odisha, according to data with the Union Ministry of Home Affairs. They struggle to find basic essentials including food, housing, and job. They are compelled to work for meagre pay with no special rights or status. Despite India's reputation as a "safe haven" for refugees, there is no specific law governing the issue, so the government can treat refugee groups however it sees fit. The primary law that governs how people who are not citizens of India are treated is the 1946 Foreigners Act. A nation's population grows as a result of migration, whether legal or illegal. India has been consistently affected by immigration from its neighbours, including Pakistan, Bangladesh, Nepal, Sri Lanka, and other nations, whether it is regulated or unregulated.

## **ISSUES WITH POPULATION EXPLOSION**

The ability of the earth to generate food, water, and other natural resources is put under even more strain as the human population rises. As a result, the poor must endure malnutrition, famine, and unsanitary living conditions. Population growth that is too rapid results in severe pollution and deforestation. The population increase has a variety of effects on natural resources and several economic sectors. As the population increases, so does the demand for work and occupations. However, due to a lack of resources and employment opportunities, India has millions of unemployed people.

### **❖ The Unemployment**

Since members of some castes are not allowed to work in particular occupations, India's caste system plays a significant role in the country's high unemployment rate. Increased population, insufficient economic growth, and the disappearance of cottage and small-scale enterprises as a result of industrial development all contribute to increasing unemployment rates. Furthermore, because agriculture is a seasonal industry, many agricultural labourers lack the necessary job and income. Indian savings and investment rates are low, which has led to the demise of cottage and small-scale manufacturing as well as the unemployment of artisans. Additionally, there is a dearth of investment in tier 2 and tier 3 cities as well as rural areas, which results in significant unrealized job potential. Finally, 33% of educated youth are unemployed due to a lack of necessary skills. Whenever anyone actively seeks job but is unable to do so, this is referred to as being unemployed.

Nationwide unemployment is rising as a result of overpopulation. Sadly, it happens frequently that those without jobs are viewed as a burden on both society and the country. In addition to issues like low land availability, low per capita income, rising land subdivision and holdings fragmentation, hidden unemployment, etc., the rural region suffers more as a result of such unemployment issues. Rural residents move to cities because there are less possibilities there, which increases the trouble there. One of every country's most valuable resources is its human capital, yet as population grows, the state is forced to care for an increasingly large number of unproductive people, making this one of its biggest liabilities.

### **❖ Resource scarcity**

Whenever a natural resource is under scarcity, the stock of that resource is declining because there is a greater demand for it than there is room to meet that need. As prices rise and the resource becomes less cheap for those who are least well-off, this can result in unsustainable growth and a rise in inequality. Water scarcity in India has a significant impact on both the vast rural and urban population as well as the ecosystem and agriculture. Despite having a population of nearly 1.39 billion, only 4% of the world's fresh water resources are found in India. India is experiencing severe resource scarcity as a result of its rapid population growth. Due to their limited availability, resources are being exploited as they are used up more and more to satisfy people's wants.

The availability of land and water resources is two additional issues. A large population has also resulted in problems with food security and safety. The nation's resources are finite and steadily running out, despite the rising demand for commodities. India has the worst water shortages in the world, as proven by inadequate clean water supplies, declining water tables, and regional instability brought on by disputes over water. By 2025, the nation will experience water stress, and by 2050, water scarcity.

### **❖ Infrastructure issues**

Transportation infrastructure is a key barrier; India's clogged roads, lengthy freight train delays, and other issues all lead to serious capacity issues. Critical infrastructure is consistently underfunded, which impedes economic development and puts businesses and communities at serious risk. Population increase is putting strain on the physical and digital infrastructure that is already in place, and it also faces threats from cyberattacks, severe weather, and climate change. Poor infrastructure is caused by a number of issues, including a lack of funding or funding shortages, inadequate supplies of resources for development, ineffective labour practices for development, and inadequate repair and upkeep.

Infrastructure Deficit Poor roads, limited access to public transportation, and a lack of communication tools like communication technology are all examples of a lack of infrastructure. The country's infrastructure is put under more strain by a higher population rate, which also hinders development efforts to keep up with population expansion. Due to this, vital services including communication, health care, transportation, housing, education, and other

ancillary services and facilities are lacking. Overpopulation has also resulted in an increase in slum areas, traffic jams, a lack of room for kid-friendly play places and playgrounds, etc.

❖ **Inequality of income distribution and poverty**

India is classified as a country with "severe inequalities" in the World Inequality Database (WID) Report, 2021. According to the survey, the average annual household income for adults in India is INR 204,200. While the bottom 50% earns INR 53,610, the top 10% make INR 1,166,520, which is more than 20 times higher. More than 60% of India's total wealth has been held by the top 10% of earners over the past ten years. This suggests that wealth inequality in India has significantly increased during the past 40 years, in stark contrast to the measly 6% of the nation's total wealth that is distributed among the bottom 50% of the population. According to empirical estimates, poverty rates are correlated with income disparity, and income inequality is correlated with poverty rates as well.

The main causes of the low income levels of the majority of Indians are underemployment and unemployment, which result in low labour productivity. Low labour productivity means low economic growth, which is the key factor contributing to the poverty and inequality experienced by vast populations of people. The population is one of the key factors contributing to the rise in poverty in India. Overpopulation-related poor income and more families have an impact on their standard of living. The gap between the rich and the poor also develops as a result of the problem of economic inequality.

**GOVERNMENT ACTION HAS BEEN DONE TO REDUCE THE POPULATION**

The population control bill of 2019 withdrawn in 2022 proposed a two-child limit per spouse and sought to encourage adoption through financial incentives such as educational grants, free healthcare, greater job prospects, and home loans. Small family, happy family is the slogan used by the Indian government to launch family planning and welfare programmes. Several public spaces display the inverted Red Triangle, which is a representation of family planning. Education regarding family planning techniques is provided by volunteers and social workers. The number of families also decreases as a result of decreasing child mortality, better access to healthcare, and increased economic prospects. International assistance, ethical trade, and global justice are all tools that can be used to reduce global population to levels that are sustainable.

The Indian government has attempted a number of measures to decrease population growth, including increasing awareness through the media, posters, and other means, raising the legal age of marriage, and offering incentives to couples with small offspring. India was aware of the necessity to keep up with its expanding population even before it attained independence. Following its independence, the country gave planning concerns like population management, a crucial element of development, significant attention. There is currently no formal legislation dealing with population regulation and control in the country. It's also critical to keep in mind that the legislature is presently debating the recently introduced Population Regulation Bill. To handle the growing population, the Indian government has nonetheless launched a number of measures. The planning commission's initiatives, the incorporation of family planning in the five-year development plans, and other measures are examples of this. The government has implemented a number of initiatives to manage the population, including the ones listed below.

❖ **Five Year Plan - I (1951 – 1956)**

The first five-year plan was effective in many ways, but there were also certain areas where it fell short. The overall rate of poverty and deprivation did not decrease by a larger margin. Due to limited resources and lack of understanding of scientific growth, technological and scientific advancement remained stagnant. Some students in the class were still ravenous and unfed. Even though it had slightly improved, India's economy lagged far behind that of its neighbours. There was still room for improvement in both employment and education. The first five-year plan's theme was "Development of Agriculture," and its main goal was to address the various issues brought on by the country's division and the Second World War. The growth of agriculture was the primary objective of the First Five-Year Plan. India's economy was based mostly on agriculture when it attained freedom.

The First Five-Year Plan (1951–1956)'s initial framework stated that the growing population pressure on natural resources retards economic progress and seriously limits the rate of extension of social services, so vital to civilised existence. Therefore, planning requires a population policy. Three crucial factors were given top priority in this plan: migration, mortality, and fertility. The importance of family planning was also taken into account in this design. The

goals of the strategy are to get a clearer view of the elements that lead to population growth that happens quickly, to comprehend human fertility more thoroughly and learn how to control it; create quick public education strategies, and to incorporate family planning counselling into all aspects of hospital and health centre services. In 1952, India created the first national family planning programme in the world with the goal of stabilising the population at a level consistent with the requirements of the national economy by reducing the birth rate to the extent necessary. Therefore, this was a crucial step in taking the people into account and establishing control over them.

❖ **Five Year Plan - II (1956-1961)**

The primary goals of the Second Plan are to grow real national income by 25% over the five-year period 1956–1957–1960–1961, significantly enhance job possibilities, industrialise quickly, and lessen economic inequality. More emphasis was placed on population management in the Second Five Year Plan. The plan took into account the fact that the pace of population increase would determine the rate of economic development, making it important to limit the population boom. This national program's four main components were: creating an environment of acceptance for contraception through education; providing sterilisation facilities through rural and urban centers; providing staff training programs; and conducting research.

❖ **Five Year Plan – III (1961 – 1966)**

The Third Five-year Plan placed a strong emphasis on agriculture and increasing wheat output, but the Sino-Indian War of 1962 highlighted economic flaws and moved attention to the Indian Army and the defence sector. The plan took into account societal factors like employment, education, rural water supplies, and the expansion of family planning programmes. Also noteworthy is the fact that family planning and welfare programmes received higher attention as a result of the Census of 1961, which indicated a substantial increase in population.

❖ **Five Year Plan - IV (1969 – 1974)**

Indira Gandhi led India as prime minister during the fourth Five-Year Plan. The fourth Plan's time frame was from 1 April 1969 to 31 March 1974. The fourth plan sought to increase stability and self-reliance in growth, particularly in the defence industry. The government concentrated on population during the Fourth Five Year Plan in order to determine how to slow the rate of population growth. In order to accomplish this, the government raised awareness about small family standards, improved understanding of family planning techniques, and reaffirmed that family planning would remain the top priority in order to regulate the population.

❖ **Five Year Plan - V (1974 – 1979)**

Achieving self-reliance and removing poverty were the two main goals of this plan. This was intended by encouraging faster growth rates, more equitable income distribution, as well as a large rise in domestic saving rates. In this plan, the issue of family planning received the same level of importance. This plan also placed emphasis on the central government's significant initiatives and decision regarding integrated family planning. The National Minimum Needs Programme was one of the newer programmes implemented under this programme, and it also improved existing services like public health care, the availability of medications, etc.

❖ **The 1976 National Population Policy**

In order to combat the population growth brought on by poverty, India developed a comprehensive national population policy in 1976. Girls' education was given more focus, population education was given its due place in the overall educational system, all government ministries and departments participated in the family planning programme, monetary compensation for sterilisation was instituted, group awards were established as incentives for various organisations and bodies that represented the people, and close relationships between the various organisations and bodies were encouraged. India spent 0.65 during the first five-year plan (1951–1956) on family planning.

The government's initiatives focused on welfare and family planning. Aside from providing free healthcare, the government also introduced a number of birth control options, including sterilisation, IUCD, conventional contraceptives, training for medical professionals, and training for public health workers. On the basis of the B. Shantilal Shah Committee's advice, the government took another initiative by passing the Medical Termination of



Pregnancy Act, 1922. Global attention was also given to population control. At the United Nations World Population Conference held in Bucharest, Romania, in 1974, the United Nations declared that year to be the World Population Year. This was one of many notable events that year.

The main takeaway from the Bucharest meeting was that population policy and programmes needed to be undertaken in the context of development and that population growth and development were intertwined. The National Population Policy of 1976 incorporated these concepts. Since the 1970s, there has been a need for such a policy, and initiatives to create one have been attempted. To increase the legal age for marriage, the government suggested new laws. The Child Marriage Restraint Act of 1921 set the minimum marriage age for girls at 15 and for boys at 18 years old. Additionally, the age was raised to 21 for boys and 18 for girls. If this rule was broken, according to the policy, a sub-divisional magistrate or higher officer would be authorised to impose harsh penalty. A consideration was also given to the issue of mandatory marriage registration. Although sterilisation was required, it was up to the individual states to create their own laws. All citizens were subject to the three-child maximum family rule, which did not make any distinctions based on caste, creed, or religion.

Additionally, family planning affected politics. The number of seats in the Parliament was decreased due to a decline in population. The States were not eager to adopt the scheme because this damaged their interests. The Lok Sabha's representation was required to be frozen in 2001 based on the population in 1971 under the terms of the National Population Policy. This meant that the Lok Sabha seats would not be adjusted based on the results of the censuses in 1981 and 1991. For this reason, constitutional modifications were enacted. When conducted after two children, the sterilisation procedure now comes with a monetary reward of Rs. 150, Rs. 100, and Rs. 70, respectively. Additionally, the government debuted unique initiatives aimed at improving women's educational attainment across the board. In order to encourage Central Government employees to accept the modest family norm, the population policy also placed a strong emphasis on implementing the necessary reforms to their service and conduct standards.

#### ❖ **Five Year Plan - VI (1980 – 1985)**

India's Sixth Five Year Plan was put into action between 1980 and 1985 with the main objective of accomplishing goals like quick industrialization, more jobs, less poverty, and technological self-reliance. The failings of earlier five-year plans were taken into account when creating the sixth five-year plan. The importance of health was recognised, and family welfare was once more prioritised as a key element of the strategy. This plan included all the elements outlined in the National Population Policy and stipulated that the policy should be such that it would address overall development issues rather than just population control. It should also reflect concern for the individual as well as the community's dignity, needs, and aspirations.

#### ❖ **Report of the 1980 Working Group of the Planning Commission**

The Working Group was established to recommend a long-term demographic objective for the country and to make recommendations for ways to better integrate population and development policies, with a focus on connections to the Minimum Needs Programme that would increase the acceptance and efficacy of fertility control. The Planning Commission Working Group, which was founded on the National Population Policy, released another important report today. The group set a long-term objective of achieving a national Need Reproductive Rate of one on average by 1996 and in all states by 2001. The panel recommended tactics such as creating the required amount of demand; services of all kinds that the public needs. Health care, education, access to clean water, employment, per capita income, and urbanisation are all factors that should be taken into account while implementing fertility control measures.

#### ❖ **Five Year Plan – VII (1985 – 1990)**

The plan placed emphasis on raising industry production levels through technological advancements. The Seventh Five-Year Plan's primary goals were to generate growth in the areas of rising economic output, food grain production, and creating jobs through Social Justice. After learning about the Sixth Five Year Plan's shortcomings, the Seventh Five Year Plan was launched. Since it was recognised that Uttar Pradesh, Bihar, and Rajasthan were among the states that performed poorly in terms of achieving the NRR, this plan changed the target year for

obtaining an NRR of 1 from 2001 to 2006–2011. For the purpose of achieving the goals, the Ministry of Health and Family Welfare also developed a number of revised strategies.

❖ **Five Year Plan - VIII (1992 – 1997)**

India experienced economic volatility between 1989 and 1991, hence no Five-Year Plan was put into action. All that existed between 1990 and 1992 were Annual Plans. India experienced a foreign exchange (forex) reserve crisis in 1991, with only roughly \$1 billion in reserves remaining. The creation of suitable employment possibilities was one of the goals of the eighth five-year plan. Through the provision of basic facilities including education, healthcare infrastructure, and clean drinking water, the plan also aimed to promote human growth. In this plan, the two key areas where human development was aimed for were health and population management. In order to improve medical care for those living in rural areas, the government sought to expand health facilities there. Services including nutrition, human resource development, and welfare received top priority.

❖ **79th Constitutional Amendment Bill, 1992**

In order to improve the effectiveness of the third layer of democracy, the Indian Constitution was changed in 1992. The local bodies therefore reserve at least one-third of all positions for women. The Narasimha Rao administration introduced the 79th Constitutional Amendment Bill in 1992 to establish the two-child requirement for candidates in the Lok Sabha and Legislative Assembly elections. The population control-promoting modifications to the Directive Principles of State Policy and Fundamental Duties were put forth by Health Minister M.L. Fotedar. The proposed legislation called for changing Article 47 of the Direct Principles of State Policy to read, in part, "State shall endeavour to promote population control" and, in part, "State shall include the promotion and adoption of the small family norm as one of the fundamental duties" of citizens (Article 51 A). However, because the Babri Mosque was demolished on December 6, 1992, no more discussion of the bill was possible when it was finally brought up for debate on 18th December, 1992.

❖ **Five Year Plan – IX (1997 – 2002)**

India celebrated its 50th anniversary of independence during the time, and Atal Bihari Vajpayee served as prime minister. It supported efforts in the social spheres to completely eradicate poverty and saw how the public and commercial sectors worked together to ensure economic growth. The Ninth Five-Year Plan's primary goals were to reduce historical disparities and boost the nation's economic growth. Population control was another component of the Ninth Five-Year Plan. creating jobs by making agriculture and rural development a priority. The Planning Commission became aware that the objectives set for completion by the year 2000 were not being met, and that in order to catch up, more attention needed to be paid to the targets. The National Population Policy, which was focused on population management, was being drafted by a committee at the same time.

❖ **The National Population Policy of 2000**

The National Population Policy, 2000 (NPP 2000) reaffirms the government's commitment to allowing citizens to make voluntary, informed decisions and give their consent when using reproductive health care services, as well as the continuation of the target-free approach to family planning service delivery. The infant mortality rate should be decreased to below 30 per 1000 live births. Obtain a maternal mortality ratio of less than 100 per 100,000 live births. Realize the widespread immunisation of children against all diseases that can be prevented by vaccines. Encourage girls to wait until they are at least 18 years old, and preferably 20. To create the draught of a second National Population Policy, an expert panel under the direction of M.S. Swaminathan was chosen. In the year 2000, the second National Population Policy (NPP 2000) was ultimately put into effect.

The National Population Policy of 2000 reaffirms the government's commitment to encouraging residents to make voluntary, informed decisions and give their consent when using reproductive health care services. It also maintains the target-free approach to providing family planning services. The major goal is to meet unmet needs in the areas of contraception, health, care infrastructure, and personnel while delivering integrated services for crucial reproductive and paediatric health care. The mid-term objective is to aggressively implement cross-sectoral operational efforts to achieve replacement levels by 2010. By 2045, the population should stabilise at a level that satisfies the needs of environmental conservation, sustainable economic growth, and social advancement.

Also included in the policy were national socio-demographic goals, which needed to be achieved by 2010. Reaching universal childhood immunisation against all vaccine-preventable diseases, bringing convergence in the implementation of related social sector programmes so that family welfare becomes a people-centered programme, addressing the unmet needs for basic reproductive and child health services, suppliers, and infrastructure, lowering infant mortality rates to below 30 per 1,000 live births and mortality ratios to below 1000 per 10,000 live births, and more. The policy suggested employing promotion and encouraging tactics as well in order to carry out the modest family standards.

#### ❖ **National Health Policy for 2017**

The National Health Policy of 1983 and 2002 did a good job of directing the direction for the health sector, however there have been four significant changes to the context. The National Health Policy, 2017's main goal is to inform, clarify, enhance, and prioritise the government's role in determining how health systems are organised through investments in healthcare, the management of healthcare services, illness prevention, and the promotion of good health. In defining a nation's vision, policy goals, and tactics for guaranteeing the health of its population, national health policies, strategies, and plans are crucial. In India, the first National Health Policy was put into place in 1983, and it placed a strong emphasis on the necessity of preserving the modest family norm by voluntary efforts and advancing toward the objective of stabilising the population. 2002 saw the introduction of the second policy.

As a result, the health sector's Five Year Plans were guided by the policies of 1983 and 2002. In 14 years, there have been many significant changes, thus the 2017 policy was developed after taking into account the needs of the time. The goal of the strategy was to increase access to high-quality preventative, promotional, curative, palliative, and rehabilitative services offered by the public health sector while also improving health status through coordinated policy action in all sectors. Additionally, the policy acknowledged the significance of the Sustainable Development Goals and defined its actions accordingly.

The National Health Policy, 2017, aims to inform, clarify, strengthen, and prioritise the role of the government in creating health systems in all of their dimensions, including healthcare investments, the organisation of healthcare services, the prevention of diseases and promotion of good health through cross-sectoral actions, access to technologies, human resource development, encouraging medical pluralism, building knowledge bases, and developing better financial practices. The strategy also includes a clause for attaining population stabilisation, acknowledging that successful population stabilisation will be based on greater access, education, and empowerment. Additionally, it suggests moving away from camp-based services, which have all the associated issues with quality, safety, and the dignity of women, to a situation where these services are accessible every day of the week or at the very least every 14 scheduled days. The percentage of male sterilisation should be increased from the current level of less than 5% to at least 30% and ideally much higher.

#### ❖ **Bill to Regulate Population, 2019**

In a decade, India's population is predicted to surpass China's, according to the United Nations' World Population Prospects 2019 study. 125 Members of Parliament (MP) signed the proposed measure, however it has not yet become a law. The message of the Indian government's family planning and welfare initiatives is "small family, happy family." Many public spaces display the inverted Red Triangle, a symbol of family planning. Social professionals and volunteers instruct the public on family planning techniques. The two children per spouse proposal was suggested in the Population Control Bill of 2019, which was abandoned in 2022. The bill also included incentives for adopting the strategy, including tax breaks, house loans, improved work prospects, free healthcare, and educational perks.

The Rajya Sabha just received the Population Regulation Bill, 2019, which was introduced in June 2019. The proposed legislation calls on government workers to pledge not to have more than two children, and it also calls for welfare benefits for the poor who have more than two children to be withdrawn. Along with other perks like income tax rebates, free health care for parents, subsidies and loans for plots of land and houses, it also suggests implementing a two-child policy to help with population control.

The purpose of the bill was to revive efforts to support small family norms of up to two children per eligible couple, to ensure healthy birth spacing through actions related to increasing the availability, accessibility, and affordability of quality reproductive health services, as well as other pertinent inter-sectoral development instruments by the

Central and the State Governments. Recognize the impacts of population momentum on the long-term prospects of national progress, driven by its young and dynamic population age-structure; enhance and harness the demographic potential in a sustainable manner and aid in eradicating the current demographic and socioeconomic disparities across population groups and regions; and provide equal opportunities for all, regardless of age, sex, religion, caste, class, race, residence, or national origin. It is important to highlight that passing this law could take at least two years because the next census won't take place until 2021 and the official report won't be accessible until 2022. As a result, the government won't be able to pass any legislation until the report is ready.

### **POVERTY IS CAUSED BY THE GROWTH IN POPULATION**

Poor farmers make up a major portion of the population in India's rural areas. Their agricultural output was reliant on rains because their land was typically not fruitful. They rely on cattle and subsistence crops for their survival. Due to the population's rapid growth and a lack of alternative work opportunities, the amount of land that may be used for farming per person has constantly decreased. The income from these modest property holdings does not suffice to cover the family's essential needs. Many people fall into poverty as a result of this. Rural migrants who moved to urban regions in search of work make up a sizable portion of the impoverished in both rural and urban communities. In-demand employment have not been accessible to them. Poor people in cities typically work as temporary or sporadic workers. They either have limited skill sets or a lack of employment security. In this way, poverty has increased as a result of a growing population lacking access to quality jobs and education.

### **CAUSES AND CONSEQUENCES OF POPULATION EXPLOSION**

Development in agriculture that has enhanced food production and lowered starving mortality. medical facilities that have decreased disease and epidemic-related mortality. improved nutrition and healthcare services promote longevity. Socioeconomic issues brought on by a lack of housing, food, facilities for education and healthcare, as well as by unemployment and poverty. Energy issue brought on by rising oil and electricity demand.

### **INFLUENCE OF POPULATION GROWTH ON THE INDIAN ECONOMY**

India's overpopulation has resulted in a number of issues, including unemployment, excessive dependency, low income rates, insecurities, job loss, failed development efforts, and societal issues. The backbone of India's functioning and development is its economy. Having a good understanding of how the Indian economy operates is crucial. It becomes simpler to recognise the difficulties, shortfalls, and issues with the Indian economy as well as the areas where it needs to make improvements. The country's extreme overpopulation is one of the problems the Indian economy is currently facing. In order to examine the effects of population growth on the Indian economy right now, also discuss the concept of a \$5 trillion economy. In addition to having a negative impact on the environment, overcrowding also has a negative impact on a nation's economy. After China, India has the second-highest population density, and this reputation is deadly.

The usage increases as the population grows. Everyone should be aware of the fact that all living things depend on the earth and its different resources in order to survive, eat, breathe, and exist. Since a result, as there are more people living in India, there is an increase in the use of natural resources. To acquire our comfort and meet our requirements, the natural resources are taken advantage of, used up, and sucked dry. Plantations, agriculture, and the natural environment do not give birth or heal as regularly as people do. The farms, plants, trees, energy, and environment are so damaged as a result of a dense population and their wants. Agriculture is having difficulty producing enough food for everyone. India's income rate suffers severely from overcrowding. In addition to declining, the income also fails to bounce back after failure. Overpopulation has the following negative effects on India's economic standing: India's fields are under intense strain from the population. Consumption costs rise in response to the economic downturn and supply shortfall. Due to the fact that having children and having more families means that production goes down and consumption goes up, respectively.

The most prevalent and fundamental issue brought on by India's excessive population is this one. The quantity of jobs, the sources of employment, and the extent of expansion in various industries are unable to keep up with the country's overpopulation or growth in population. It is impossible for the nation to increase employment for such a sizable population. Incomes, earnings, production, and resources all decline as a result of the population's rapid rise. The government falls short of meeting everyone's needs. As a result, a sizable portion of the population is living on less than the federal poverty level.

The yearly GDP serves as a gauge for the size or growth of the Indian economy. The total monetary value of all the items produced in India over the course of a whole year is used to calculate GDP, which is then compared to gains. India had a

GDP of \$1.85 trillion in 2014, and its economy is now worth \$2.7 trillion, ranking it as the sixth-largest economy in the world. India nominal GDP does not rank its citizens as the sixth richest, but one must understand their per capita income in order to understand the state of the Indian economy. India's government hopes and targets that its economy would surpass the 5.33 trillion mark in 2024, making it one of the 5 trillion economies. For that to occur, India's GDP must consistently increase by 12% - 8% GDP growth with 4% inflation. Reaching the 5 trillion mark will be difficult, though, as India's growth rates in 2018 and 2019 were only 6.8% and 7%, respectively. India must therefore make rapid progress in its economic sector if it is to reach the 5 trillion dollar mark. The Indian economy is greatly impacted by overpopulation. Over time, the strain it places on the economy has been worse. India would eventually drop in the rankings if the population is not regulated over time. Every nation's economic power is its greatest asset, and India in particular shouldn't ever give in to problems like overcrowding.

## **CONCLUSION**

The economy suffers as a result of population growth, which also causes social problems, economic insecurity, social insecurity, increased environmental pressure, and societal instability. Other negative effects of population growth include unemployment, food shortages, low per capita income, issues with capital formation, high levels of stress, and social problems. The country is currently facing a number of serious problems, including overpopulation, which is a significant barrier to economic growth. It is commendable that the government is concerned about population increase because, in part, thanks to its efforts, the rate of population growth in the nation has been slowed. Various training institutions have also been established for family planning as a result of government initiatives that have helped raise awareness of the topic. These programmes have significantly contributed to a decline in the birth rate. India has timely implemented a number of policies aimed at controlling the population growth, but up to this point, overcrowding has remained a major cause for concern. In order to effectively address the escalating overpopulation problem, it is necessary to establish and enact strong legislation and regulatory measures. The government now faces a liability due to overpopulation, thus it must be urgently controlled in order to, among other things, make the best use of available resources and turn the nation's human resources into valuable assets. In order to support human flourishing in a globalised society, this essay analyses population growth and Indian economic development processes in connection to poverty, inequality, resource scarcity, and unemployment.

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