



# **INDIAN POPULATION PROBLEM: A HURDLE OF DEVELOPMENT**

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## **Abstract**

India has the population of the second most populous nation in the world. It is anticipated that India will overtake China as the nation with the most people living in it by the year 2024. With a population growth rate of 1.13 percent in 2017, it ranked 112th among all countries in the globe. In the year 2020, it is anticipated that the typical age of an Indian would be 29 years old. The growth of the population is both a means and an end in itself to economic progress. If they have the right amount of strength, they are an advantage, but if they have too much strength, they become a burden. In India, the population has surged over the country's carrying capacity, turning it into a burden. Therefore, the issue of India's rapidly expanding population has proven to be a significant barrier to the achievement of goals related to economic planning and development. We need to educate people, particularly about sexual education, which should be followed by the organisation of family planning awareness programmes that should be promoted, and we need a new policy for population control in India, which is the need of the hour.

**Keywords: Population , Problem**

## **INTRODUCTION**

The population of India accounts for 17.99% of the total population of the world, which might be interpreted to suggest that India is home to one out of every six people now living on the planet. India is now the second most populous nation in the world, and it is anticipated that its population would soon overtake that of China in the following years. It is anticipated that India will overtake China as the nation with the most people living in it by the year 2024. With a population growth rate of 1.13 percent in 2017, it ranked 112th among all countries in the globe. More than half of India's population is under the age of 25, and over 65 percent of the country's population is under the age of 35. It is anticipated that by the year 2020, the average age of an Indian will have increased to 29 years old, and the dependence ratio would have increased to little more than 0.4. People are both the means and the objectives of the process of economic growth. If they have the right amount of strength, they are an advantage, but if they have too much strength, they become a burden. In India, the population has surged over the country's carrying capacity, turning it into a burden. Therefore, the issue of India's rapidly expanding population has proven to be a significant barrier to the achievement of goals related to economic planning and development. In India, population serves both as a means and an objective to achieve economic growth. If it has the right amount of strength, it may be an advantage, but if it has too much strength, it can become a burden. In India, the population has surged over the country's carrying capacity, turning it into a burden. Therefore, the issue of overpopulation in India has proven to be a significant barrier to the effective planning and growth of the country's economy. India's present population is responsible for accounting for 17% of the total global population. In addition to that, all of these individuals

are spread out in an unequal manner throughout the 3.28 million square kilometres that make up our geographical region. According to the results of the Census that was carried out in India in the year 2001, the state of Uttar Pradesh has a total population of 166 million people. On the other side, states like Sikkim and Lakshadweep have some of the smallest populations in the country, with only 60,000 people living in the island state of Lakshadweep and about 0.5 million living in Sikkim. In addition, over one-half of India's total population may be found in just five of the country's most populous states: Uttar Pradesh, Maharashtra, Bihar, West Bengal, and Andhra Pradesh. Although it covers the most land, Rajasthan is only responsible for 5.5% of India's total population. This despite the fact that it is the largest state in terms of area. Despite the fact that there has been no impact on GDP as a result of overpopulation, the GDP of India has expanded quite quickly over the past two decades. Despite having the world's third biggest economy with a GDP (PPP) of \$10.40 trillion, India is still rated 116th in terms of per capita income and 130th in terms of human development index (HDI). This is mostly owing to the country's expanding population. The exponential growth of the world's population is having a negative impact on the current level of living. Issues such as unemployment, a lack of food, a low per capita income, a problem with capital creation, high pressure, social problems, economic insecurity, social insecurity, rising strain on land, and environmental degradation are all caused by overpopulation. The shifting demographics of India's population have a significant impact on the country's efforts to plan and build its economy. Even if its people resources are growing and it has an abundance of natural resources, India is still classified as a developing country. In spite of recent progress, India is not yet in a position to make appropriate use of its natural resources to ensure the well-being of its rapidly expanding population. The lack of proper housing, inadequate clothes, inadequate medical treatment, and malnutrition contribute significantly to the prevalence of poverty in India. The current situation in India is distinguished by a shortage of power in many of the country's villages, insufficient food for a substantial portion of the country's population, and very few facilities for medical care, education, and other social services.

### **Population in India**

A nation's population may be viewed as both an advantage and a liability depending on the context. The nation's economy owes a great deal of its progress to the population's extremely important role in the process. The rapid increase in the country's population has proved detrimental to India. Despite the fact that the nation has made significant strides in its economic development, the population has corroded the growth potentials. In comparison, the total population of India was 1,028,737,436 in the year 2001, but as of March 1, 2011, it has increased to a total of 1,210,193,422 (623.7 million men and 586.4 million females). The population of India expanded by more than 181 million throughout the course of the decade that ran from 2001 to 2011, as seen by this data. In the year 2020, the population is estimated to be 1,396,150,120, which is equivalent to 17.87% of the total global population. It is generally accepted that India is home to around one sixth of the world's population at any given time. It is important to take into account that India has a landmass that exceeds 3.2 million square kilometres, which places it in the position of the seventh biggest nation in the world. India has a population density of 420 persons per square kilometre, which places it at position number 29 on the list of countries ranked by population density. Some of India's major cities have a population density that is significantly greater than the national average. For instance, the population density of Mumbai is 21,000 people per square kilometre, which is quite high in comparison to the population density in India as a whole. There is an extremely high population density in India's megacities, with 46 of them cities having a population of over 1 million people and 11 of those cities having a population that is larger than 3 million. Mumbai, Delhi, and Bangalore are the country's three most populous cities, with each of these cities having

a population of more than 8 million people. The current population of India is already at such a large level that a significant number of its citizens are not provided with adequate food, clothing, or housing, and as a result, they lead terrible lives. In light of the information presented above, there is an urgent requirement to exercise population control in order to enhance the condition of the populace as a whole and to provide the groundwork for a higher quality of living for future generations of the country.

### **Reasons for the growth of Population in India. Higher birth rate and low death rate**

In comparison to many other nations throughout the world, the birth rate in India is exceptionally high. This has remained one of the primary contributing factors that has led to India's greater rate of population expansion. Some of the factors that have contributed to India's high birth rate include the custom of marrying young, the prevalence of poverty, a dearth of intentional family planning, and the fact that India's geographical location in a tropical region causes girls to reach puberty at an earlier age. Despite being a boon to humanity and one of the reasons for the reduction in the death rate in India, factors such as the improvement of medical and health facilities, the control of the spread of famines and diseases such as malaria and tuberculosis, the improvement of hygiene in rural as well as urban areas, and the availability of basic resources, among other factors, have acted as a catalyst towards the growth rate and overpopulation.

### **Early marriage**

Child marriage is a factor in greater fertility rates because women who marry at a younger age are more likely to start having children at a younger age and to carry more children over the course of their lives. The children are coerced into getting married at a very tender age as a result of antiquated cultural and traditional conventions. This results in a rise in the total number of births. The fact that this practise is still widespread in India's rural areas has contributed significantly to the country's ballooning rural population. It is essential to bear in mind that elevating the typical age at which people get married would facilitate the regulation and reduction of the birth rate, so preventing a growth in the overall population.

### **High rate of illiteracy**

According to a report published by the United Nations Educational, Scientific, and Cultural Organization (UNESCO), India has the biggest number of illiterate people in the world. The lack of literacy is the root of many of the issues that impede the society's ability to progress in a methodical manner. It makes it even more difficult for people to make decisions on the correct way to organise their families. People often point to illiteracy as the root cause of other social problems, such as unemployment, poverty, and overpopulation. As a country that is affected by this issue, India is extremely hard struck by the effects of illiteracy. Education enables a person to have a better understanding of their circumstances and to make decisions that are more in line with their values. This is a well-established truth. Both men and women who have completed their educations are in a stronger position to make decisions on the planning of their families.

### **Illegal migrants and arrival of refugees**

Migration, whether legal or illegal, is another factor that contributes to the growth of a country's population. India has been continually facing the consequences of immigration (controlled or unchecked) from its neighbouring nations like Pakistan, Bangladesh, Nepal, and Srilanka as well as other countries.

## **Problems of Over Population Unemployment**

The number of people who are without jobs in a nation might rise due to overpopulation. Unfortunately, the population that is unemployed is sometimes viewed as a burden not just on society but also on the nation as a whole. The rural region is particularly hard hit by issues such as unemployment, as well as other issues such as low per capita income, insufficient land availability, a growth in the subdivision of land and the fragmentation of property holdings, disguised unemployment, and so on. Because there are less possibilities accessible in rural regions, the population in rural areas migrates to urban areas, which contributes to the chaos that already exists in urban areas. However, if there is an increase in the population, then it becomes a liability on the state because they need to take care of such an unproductive population. Human resource is one of the most important assets for any nation. If there is an increase in the population, then it becomes a liability on the state.

## **Depletion of resources**

India is experiencing a severe shortage of resources as a direct result of its rapidly growing population. Because there is a limited supply of the resource, it is progressively being put to use in the service of satisfying the needs and desires of the people, which in turn leads to its exploitation. In addition to this, there are a lot of issues about the accessibility of land and the water supplies. A population that is too large has also contributed to problems with regards to the safety and security of food. There has been a surge in the demand for commodities, despite the fact that the resources of the nation are finite and are diminishing with time.

## **Infrastructural problems**

The higher population growth rate puts strain on the country's existing infrastructure, which in turn slows down the development efforts that are necessary to keep up with the expansion of the population. As a direct consequence of this, essential services such as communication, medical care, transportation, housing, education, and a variety of other linked services and facilities are in short supply. In addition, overpopulation has resulted in an increase in the number of slum areas, an increase in the number of traffic jams, a reduction in the amount of space available for children's play places and play grounds, and so on.

## **Poverty and unequal income distribution**

The rise in the country's population is one of the primary contributors to the country's worsening poor situation. The effects of overpopulation on people's level of life are seen in the form of bigger families and lower incomes. In addition, the issue of money being distributed unequally contributes to the widening gap between the wealthy and the impoverished.

## **Research Methodology**

For the purpose of this investigation, I have combined two of the archetypical research tools application for the social sciences, as they are genuine and brilliant methods to assemble statistics from multiple respondents in a way that is methodical and convenient. I have done this because these methods are authentic and brilliant. Question were posed to the parents and their children, surveys were conducted, and interviews were conducted, all of which consisted of multiple interrogations that were distributed among representative members of each candidate group.

## Objective of the Research

The main areas of exploration in this paper incorporates

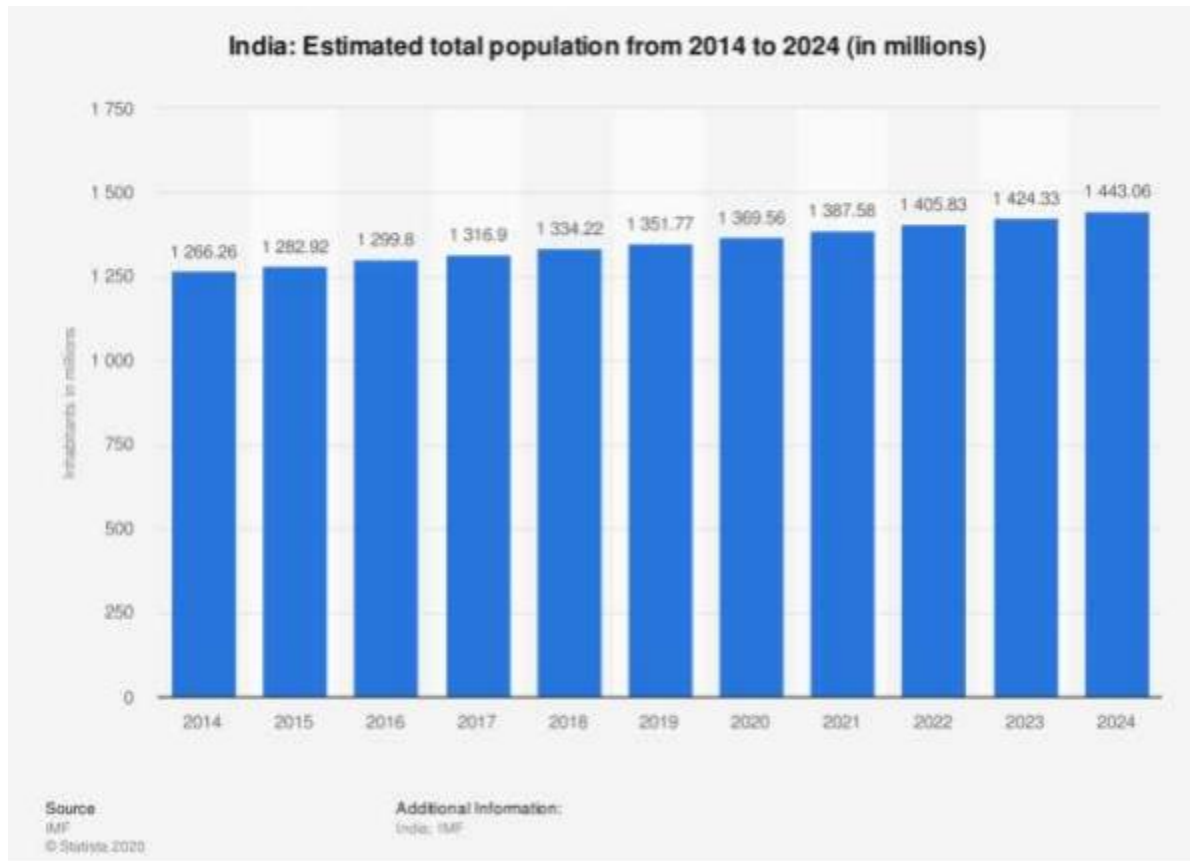
1. The increasing number of people in India is becoming an issue.
2. What factors are responsible for India's rapidly growing population.

## Literature Review

While there has been geometric growth in the population of India, there has been arithmetic growth in the resources available for sustenance. India is responsible for accommodating 16% of the world's people on only 2.4% of the territory. Our nation's population is growing at a rate of 2.9% per year, which is equivalent to 44 babies being born every minute. It was a crucial policy to control the rise in population followed by birth control programmes and offering economic incentives to poor families. China has the world's largest population in the world with efficient and high economic growth. In 1979, China had implemented a one child policy per family to control its population. China has the highest economic growth rate. China has the world's largest economy. In the year 2016, China repealed this legislation, so removing the requirement for married couples to provide a family planning service certificate in order to have more than one child. Additionally, the country made it possible for married couples to have up to two children. When a couple in China is given the right to live in just one city, they are required to practise some form of birth control in order to stop having more children. This is because the Chinese population views reproduction as both a responsibility and a privilege, and the state will only grant the privilege to officials who have fulfilled their responsibilities to the state. As a result of the prevalence of patriarchal norms in Chinese society, it is the women who are expected to take responsibility for birth control. On the other hand, we can observe a decrease in the population of Japan, where the number of inhabitants decreased from 128 million in 2010 to 127 million in 2015, and where the current population stands at 127, 159, 185. Because of its low birth rate and low immigration, Japan has the highest life expectancy in the world, with people living happily until the age of 85 according to the census of 2016, and Japan does not accept refugees. Another reason for this is that Japan does not allow refugees to live in the country. Japan There are mountains covering 75% of the land, as well as forests covering 68.5% of the land. However, 90.7% of the population lives in cities, while just 9.3% lives in the countryside. The decline in population growth in Japan can also be attributed to the country's low marriage rate. The global population is expanding at a rate of 1.25% each year, which amounts to an additional 2500 people every single day. This rate of growth is unsustainable. It is possible for individuals to exercise more control over their population through, among other things, expanding access to education, ensuring that all children attend school, and enhancing the role of women in society. This trend can be seen in nations all over the world. However, in India, only a small percentage of women have access to education, and it is difficult to integrate women into mainstream society. India's economic growth is very slow, and it is not sufficient enough to meet the fundamental requirements of its people in terms of food, shelter, and clothing. As a result, the country's one-child policy is regarded as a taboo there, as it goes against the country's religious and cultural traditions. Indians are a product of traditional beliefs; they are also conservative; they are filled with backwardness; and they are unable to understand the harmful effects of overpopulation and their impact on the earth. On the other hand, if India were to implement a policy of restricting families to a single kid, we would be able to bring the country's population under control, which would be beneficial to the nation's general progress. 10 million people all over the world, where India is experiencing a water crisis and food security difficulties, where she is attempting to figure out how she can feed the entire nation.

## RESULTS

One definition of overpopulation is "when the human population exceeds the real carrying capacity of that nation." The decline in the death rate and improvements in medical services, followed by the exhaustion of valuable resources, have all contributed to the problem of overpopulation. Humanitarian aid has been delivered, and many lives have been saved, as a result of advances in both technology and science, as well as improvements in medical facilities. Nevertheless, there are a great number of other factors that have contributed to the development in the overpopulation problem in India.



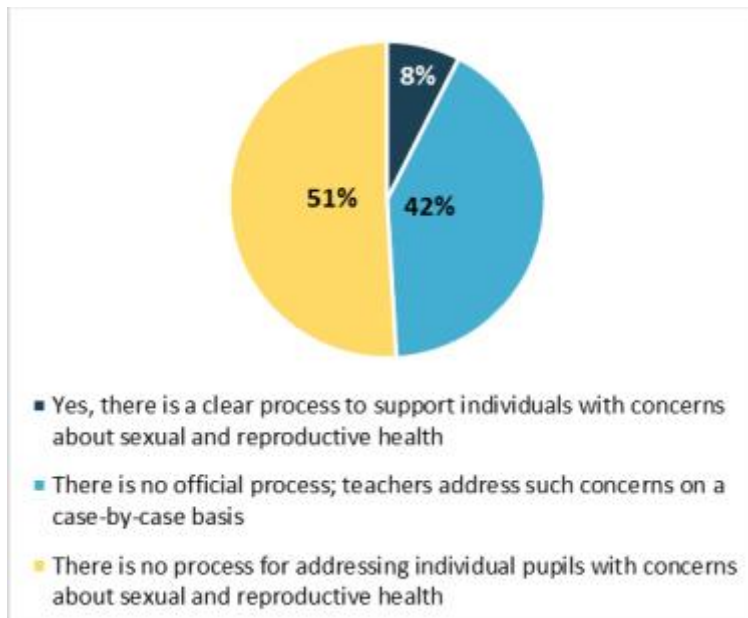
The decline in death rates is the primary cause of overpopulation in India, which is due to the vast disparity between the country's birth and death rates. If India's birth rate had been equal to its death rate, the country's population would have been in a more sustainable balance. Despite this, we are witnessing a rise in birth rates and a fall in mortality rates as a direct result of the development of medical services across all strata of society. People were able to satisfy their needs for nourishment and hunger with the discovery of agriculture, which allowed them to do away with the practise of hunting. This results in the initial imbalance that can be seen between the two rates.

Agricultural Progress During This Time Period Both the Industrial Revolution and the Great Population Explosion Took Place During This Time Period The manufacturing of tools, the agricultural revolution, and the industrial revolution are the three primary revolutions that we come across. The development of modern agriculture in the 20th century enabled farmers to increase their food output by employing agricultural chemicals such as fertilisers, herbicides, and insecticides. This, in turn, contributed to the exponential growth of the world's population. Improved Medical Fertilizers – The Industrial Revolution ushered in a period of rapid technical growth, which is the single most important factor in irreversibly upsetting the delicate equilibrium. Because of advances in science, we have been able to create more efficient methods of food production, which has made it possible for families to feed more people. Furthermore, improvements in medical technology have made it possible to combat a wide variety of illnesses, which has contributed to a

reduction in the number of people who have lost their lives. Amalgamation of improved food supplies and improvement in medical facilities have balanced the situation and are considered as the beginning point of overpopulation in India. In the past, people used to die from the same ailment and there was no remedy. Help to get out of poverty There is also a mental aspect to overpopulation Support to get out of poverty Overpopulation In India, extreme poverty is widely recognised as the primary factor contributing to the country's high population. The absence of educational resources, along with high death rates that have led to an increase in birth rates, is the primary reason why slum regions are experiencing such a significant surge in population. For many years, only a select few individuals had the funds to maintain a life of relative ease. The people who lived in poverty would have large families in order to make up for the high infant mortality rate, which would result in overpopulation and poverty. Because there was more poverty and fewer resources, families would be produced by poverty, which contributed to the increase in overpopulation.

Natural disasters also played a role in the rise in overpopulation. Child Labor: One of the Major Challenges to Overpopulation According to the Census of 2011, there are 1.01 million children working as child labour, and out of those, males contribute to 5.6 million and girls contribute to 4.5 million. Child labour is one of the biggest challenges to overpopulation. In India, exploiting children for work is against the law, and the country has taken strong legal action against this practise. There are around 150 million youngsters working as child labourers across the world right now. Children from low-income households often begin earning an income at a very young age because they do not have enough access to school or other possibilities. This puts them in a difficult position. Fertility treatment has provided couples with the opportunity to undergo fertility treatment methods so that they are able to conceive and have their own babies, we have effective medicines by which we can increase the chances of conception, which can result in high birth rates. With the advancement in technology and discovery in science, fertility treatment has provided couples with the opportunity to undergo fertility treatment methods so that they are able to conceive and have their own babies.

Immigration and Refugees – People typically prefer to move to places where they get better job and living opportunities, and also because of environmental disasters, one has to shift from their homeland to other state or country, or from rural to urban for better facilities. India is home to around lakh of refugee across the globe, particularly from neighbours like Bangladesh and Nepal, Sri Lanka Tamils, and Myanmar- Rohigyas, which has resulted in over-population in India. Lack of Family Planning – India is a country where the majority of the population lives in rural areas, where there are high rates of illiteracy, where the majority of the population lives below the poverty line in both urban and rural areas, and where the majority of the population has little or no knowledge about family planning. Additionally, early marriage increases the likelihood of having more children. The reasons of overpopulation and the factors that drive the rate of morality include a lack of excellent information regarding family planning as well as a lack of comprehension. In rural India, the use of condoms and contraceptives is prohibited because of a lack of access and secondly it is a taboo and against their rituals for them child is a gift of god. In Muslims, the use of condoms is prohibited, followed by social stagima, and the conservative nature of the society further contributes to overpopulation. Lack of access to contraceptives and condoms — In rural India, the use of condoms and contraceptives is prohibited.



The Figure indicates the lack of sex education in India

This rise in over-population is encountering a number of challenges which are as follows

The depletion of natural resources There is no resource on our planet that is limitless, and that includes natural resources; the earth can only generate a certain amount of food and water. The rapid growth of the world's population over the past half-century has been the primary cause of environmental degradation. This has resulted in the destruction of forests and other natural habitats, the worsening of air quality, an increase in the incidence of a variety of other problems, and a current shortage of food and water with which to provide for the world's population.

Degradation of the environment: Excessive use of natural resources such as coal, oil, and natural gas has resulted in serious environmental problems. These problems have been compounded by the growth of industry and the increased number of vehicles on the road, both of which have contributed to a significant deterioration in air quality. Globalization, rapid urbanisation, and an excessive human population are also contributing to rapid climate change, an increase in sea level, global warming, air, water, and noise pollution.

Conflicts and Wars- Disputes and hostilities over natural resources something that is becoming very common due to the rise in population and the shortage in the availability of water, trans-border conflicts on water issues are very common today; for example, China and India, India and Bangladesh, and India and Nepal have all fought over the use of water. This is something that is becoming very common due to the rise in population and the shortage in the availability of water. Increase in the Rate of Unemployment Because of Overpopulation We Are Seeing an Increase in the Rate of Unemployment Because the Country Does Not Have Enough Jobs to Support the Growing Population Today, 94% of the Population in India Works in the Unorganized Sector, Where There Is No Guarantee of Permanent Service Additionally, We Are Seeing a Decline in the Rate of Women in the Employment Sector Because of Discrimination Bound by Patriarchal Society and the Question of Safety and Security We Are Seeing a Decline in the Rate Empowering women can assist to manage overpopulation in India and ensure that they receive an appropriate education. Women are essential to the growth and development of the nation in today's world. The cost of living is quite high, and 78 million people in India's urban sector live in close proximity to slum areas. The cost of living is quite high, and there is a significant imbalance between the supply and demand of goods and services. The poor



and those in the lower middle class are unable to pay the ever-increasing prices of essential goods such as food, clothes, a place to live, and health care services. There is a causal chain connecting poverty to both man-made and natural disasters, which is then followed by the deterioration of the ecosystem. There is a lack of resources available, with poor agriculture facilities, old method of growing crops, soil salinity, and soil erosion has made the agriculture land unfit for growing crops, people are dying out of starvation, and in India every second child under the age group from 0-5 years dies out of malnutrition and shortage of food. India has been a product of famine and has experienced the worst drought, as India is depended on monsoon rainfall. Even in the metropolitan areas, tonnes of food that could have been used to feed the country's impoverished population are wasted in India. Extinction - Extinction of wildlife and birds due to continuing cutting down of forest for construction purposes and installation of wind tribunes near the coastline has distributed with a rise in population, we see a decline in the wildlife and other species. It is estimated that fifty percent of the world's species will be at risk of extinction as a result of ongoing damage to the environment and nature. Domestic abuse and a lack of opportunities for women to further their careers are two of the elements that have led to India's population problem. Other contributors to the problem include a lack of education in India and other social and economic problems.

### Conclusion

The world's rapidly expanding population is quickly becoming a major security risk, and India is a particularly vulnerable country in this regard. Due to an endless number of factors, including the fact that religion and customs provide a significant barrier, India is having a tough time addressing the issue of population growth. In this country, children are seen as a gift from god, and this mentality cannot be altered. Increase in population has led to widespread poverty in India, where 90 percent of the population lives below the national poverty line, where each family has between three and four children, where people do not use condoms or birth control pills, where there is a rise in bonded labour, and where there is a lack of illiteracy and sex education, which has led to a rise in other health diseases, and where there is a lack of preventive methods and family planning, which has led to us being in this situation. We need to organise family awareness programmes in addition to organising workshops on sex education and the use of pills for birth control, and then we need to encourage the general public to adopt a policy of having only two children. This is the only way we can effectively control population growth.

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