

# POPULATION

## ❖ Population: Its Importance

- Human beings are central to understanding the environment because they **use resources**, create society, and give meaning to natural events.
- Example: Coal is just a rock until humans extract and use it. Floods or tsunamis are only disasters **when they affect humans**.
- Therefore, population is key in social studies. It helps us understand resources, disasters, and economic and social systems.

## ❖ India's Population Size

- **As of March 2011:** 1,210.6 million (1.21 billion) people.
- This is **more than 17% of the world's population**, living in **2.4% of the world's area**.
- **Most populous state:** Uttar Pradesh (199 million, ~16% of India's population).
- **Least populous:** Sikkim (0.6 million), Lakshadweep (64,429).
- **Half of India's population** lives in five states: Uttar Pradesh, Maharashtra, Bihar, West Bengal, Andhra Pradesh.
- **Rajasthan**, the largest state by area, has only 5.5% of India's population.

**Reason for uneven distribution:** Varies due to **physical factors** (mountains, deserts), **climate, soil fertility, availability of water**, and **economic opportunities**.

## ❖ Census in India

- A **census** is the official counting of population, conducted every **10 years**.
- **First census:** 1872 (partial), **First complete census:** 1881.
- Provides detailed information on **demographics, social and economic characteristics**.

## ❖ Population Density

- **Population density** = Number of people per square kilometer.
- **India's average density (2011):** 382 persons/sq km.
- **Highest density:** Bihar – 1,102 persons/sq km.
- **Lowest density:** Arunachal Pradesh – 17 persons/sq km.
- Only **Bangladesh and Japan** have higher population densities than India.

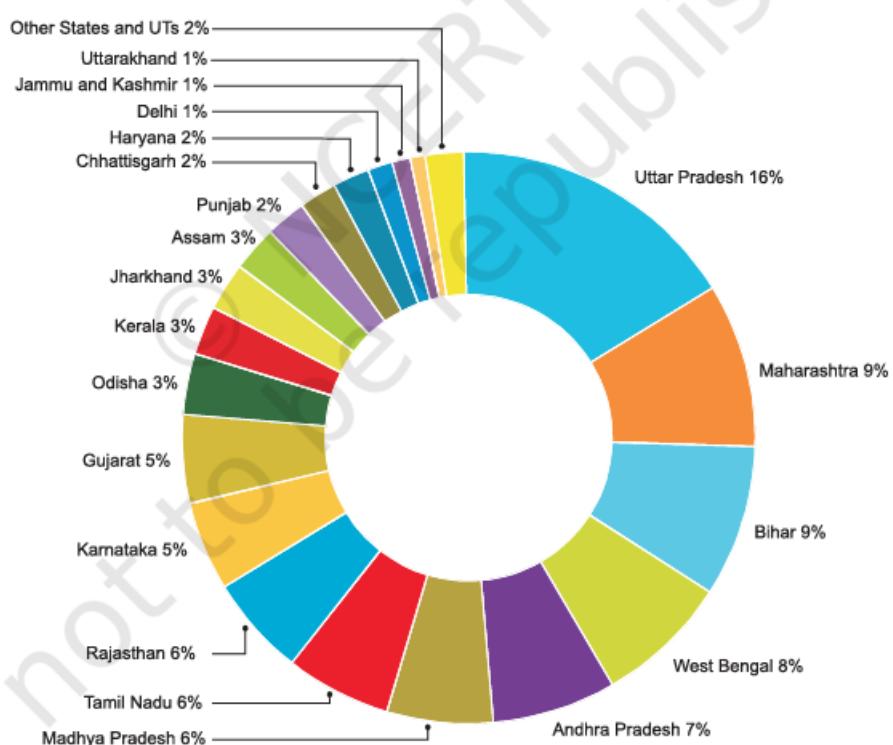


Fig. 6.2: Distribution of Population

## ❖ **Population Growth in India**

Population is **dynamic**—it changes constantly due to **births, deaths, and migrations**.

### 1. Measuring Population Growth

Population growth can be expressed in two ways:

1. **Absolute increase** – the total number of people added in a period (e.g., 2001–2011: 135.17 million).
2. **Annual growth rate** – percentage increase per year (e.g., 1.64% in 2011).

### Observation from 1951–2011:

- India's population increased from **361 million in 1951** to **1,210.6 million in 2011**.
- Growth rate rose steadily until 1981, then began to decline gradually.
- Despite the decline in growth rate, **the absolute number added each decade remained large** because the base population is huge.

**Key point:** Even a low growth rate on a large population produces a large number of people.

## ❖ **Processes of Population Change**

### (a) Birth Rate

- Number of live births per 1,000 people per year.
- Traditionally high in India, contributing to population growth.

### (b) Death Rate

- Number of deaths per 1,000 people per year.
- Declining death rates since 1950s (due to better healthcare, nutrition, sanitation) led to **rapid population growth**.

### (c) Migration

- **Movement of people** from one region to another.
- Types:
  - **Internal migration:** within India (e.g., rural → urban).
  - **International migration:** between countries.
- Migration does not change the **total population**, but alters **distribution and composition** (age, sex) in regions.
- Main trend in India: rural → urban migration due to **“push” factors** (poverty, unemployment) and **“pull” factors** (jobs, better living).

Urban population increased from **17.29% in 1951** to **31.80% in 2011**.

Number of **million-plus cities**: 35 (2001) → 53 (2011) → 59 (2023).

## ❖ **Adolescent Population**

- Age group: **10–19 years**, making up **1/5 of India's population**.
- Adolescents are the **future human resource** of the country.
- **Challenges:** Poor nutrition, high prevalence of anemia among girls.
- **Solution:** Improve literacy, awareness, and nutrition programs.

## ❖ **National Population Policy (NPP)**

- **Family Planning Programme** started in 1952 to promote planned parenthood.
- **National Population Policy 2000** aims to:
  1. Provide **free and compulsory education up to 14 years**.
  2. Reduce **infant mortality rate below 30 per 1,000 live births**.
  3. Achieve **universal immunization** for children.
  4. Promote **delayed marriage for girls**.
  5. Make **family welfare people-centered**.

### Q. Short Answer Questions

#### (i) Why is the rate of population growth in India declining since 1981?

- Decline in birth rates due to family planning programs, better education, and awareness about reproductive health.
- Declining fertility rates have slowed down population growth, although absolute numbers added remain large because of the already huge population base.

#### (ii) Discuss the major components of population growth.

1. **Birth rate:** Number of live births per 1,000 people per year; contributes to population increase.
2. **Death rate:** Number of deaths per 1,000 people per year; declining death rates increased population growth historically.
3. **Migration:** Movement of people within or outside a country; affects population **distribution and composition**, not overall size.

**(iii) Define age structure, death rate and birth rate.**

- **Age structure:** Distribution of population across different age groups (children, adolescents, adults, elderly).
- **Birth rate:** Number of live births per 1,000 people in a year.
- **Death rate:** Number of deaths per 1,000 people in a year.

**(iv) How is migration a determinant factor of population change?**

- Migration changes population **distribution** (rural → urban) and **composition** (age, sex ratio).
- Internal migration increases urban population, influencing economic activity, housing, and services.

**Q. Distinguish between population growth and population change**

Aspect	Population Growth	Population Change
Definition	Increase in population over a period	Any change in population (increase/decrease)
Focus	Magnitude and rate of increase	Births, deaths, and migration
Measurement	Absolute numbers and percentage growth rate	Includes growth, decline, and redistribution

**Q. Relation between occupational structure and development**

- **Occupational structure:** Distribution of population across primary (agriculture), secondary (industry), and tertiary (services) sectors.
- In **developed regions**, more people are employed in **industry and services**, indicating economic development.
- In **rural/underdeveloped areas**, majority work in **agriculture**, showing low economic diversification.

**Q. Advantages of having a healthy population**

1. Increased **productivity and economic growth**.
2. Reduced **healthcare costs** due to fewer diseases.
3. Better **quality of life** and longevity.
4. Stronger **workforce** for development projects.
5. Improved **education outcomes**, as healthier children attend school regularly.

**Q. Significant features of the National Population Policy (NPP) 2000**

1. **Free and compulsory education** up to 14 years of age.
2. Reduce **infant mortality rate** to below 30 per 1,000 live births.
3. Achieve **universal immunization** for children.
4. Promote **delayed marriage for girls**.
5. Encourage **voluntary and responsible family planning**.
6. Focus on **people-centered family welfare programs**.